



# MONTHLY NEWSLETTER

AUGUST 2025

## Summer Sun is Setting, Our Momentum is Rising

With only a few short weeks left of summer and the school year knocking on our doorstep, Weaving Fala is preparing for a change of pace- transitioning from fundraising focused efforts at summer events to getting the ball rolling for our Pre K-12<sup>th</sup> grade Level Up programs.

When it comes to events, we only have one more on our calendar for the summer, The Albany Mushroom Festival, but that is always subject to change. Check our events page on our website to stay up to date!

### Upcoming Events



✦ **MUSHROOM FESTIVAL**  
SEPTEMBER 21ST

✦ **LEVEL UP RELAUNCH**  
SEPTEMBER 2ND

We are very excited to continue our Level Up programs and launch our pilot for our final program for high schoolers- *Level Up: Leaders in Motion*.

Leaders in Motion has been left on the back burner as we take the time and care necessary to build our programs from the ground up. The success of our other programs has been building upon themselves, developing a natural flow and structure that best serves the community- always open to growth and improvement.

This school year, we are stoked to fan the flame with high schoolers through the Leaders in Motion program. The purpose of this program is to give a space to older students to share what is important to them, the impact they would like to make, and working as a group to put those goals and visions in motion. Through a mix of thoughtful dialogue, intentional planning, and heartfelt action, we strive to demonstrate to these young people the beauty of following their heart and their strong capabilities to make a lasting impact.

## Acceptance and Resistance

Many of us spend a lot of life wishing things were different. Often we tell ourselves, “If only…” as if joy is achieved through a set of prerequisites. We create endless lists of tasks to complete, goals to achieve, and aspects of ourselves to fix before allowing space to authentically enjoy life. Along the way, many of us pick up the belief that happiness is not something we are inherently deserving of, but a conditional award for being “enough.”

“If only I made this much money, I could finally feel secure.” “Once I find the right partner, I’ll be happy with myself.” “If I looked a certain way, then I would be beautiful.”

But waiting for life to match your limited set of expectations only postpones joy and can distract us from paths we are meant to find for ourselves. Practicing acceptance in all aspects of life can help us move beyond this pit of “what ifs” and the constant sorrow of wishing things were different. Acceptance allows us to focus on where we are now, how we align, and how we want to continue forward.

Acceptance allows us to give ourselves time to process instead of rushing toward quick fixes. It gives us space to respond authentically rather than reactively. It allows us to hold space not only for our own feelings but also the feelings and perspectives of others.

To accept doesn’t mean settling but to ground ourselves in the present so that when we do push for change, we do so from a place of strength, alignment, and truth. Acceptance gives us a stronger backbone and a clearer path forward, freeing us from the endless “what ifs” and helping us live more fully in the now.

## INTRODUCTION

Hello readers! My name is Hannah Eddens. I’m a Community Outreach Coordinator for Weaving Fala and the writer of our monthly newsletters. The response from the community towards the columns I’ve written has been so positive. I am stoked to hear about all the hearts that resonate with what I have to share. I would love to extend the opportunity to our community to share what is on your hearts. If you would like to submit a piece of your own, email: [Hannah@WeavingFala.org](mailto:Hannah@WeavingFala.org). We will be looking for work that align with our mission and is uplifting to the community!

## WEAVING FALA SPONSORS

Weaving Fala is so thankful to our sponsors. With their support, we are able to confidently serve our community as a growing grass-roots organization. This month we are honored to highlight The Collins Foundation, Linn County Health Services and Lebanon Rotary. Their partnership supports us to make confident strides towards fulfilling our mission for Lebanon.



**THE Collins  
FOUNDATION**



**Linn County  
Health Services**



**LEBANON**