



# MONTHLY NEWSLETTER

JULY 2025

## Summer Events: Can't Stop, Won't Stop

Weaving Fala has been busy this summer, and we're just getting started! We had an incredible time at the Samoan Festival on July 12th at Peninsula Park in Portland. Thank you to everyone who stopped by! We stayed busy all day, connected with so many new faces, and successfully raised funds to support our youth programs that are continuing next school year. Events like these are helping us move toward greater self-sustainability as a nonprofit.

### Upcoming Events



**TONGAN DAY**  
AUGUST 16TH



**ALOHA FESTIVAL**  
AUGUST 23RD

Come see us at our upcoming events:

**Tongan Day-** August 16th, 12-5 PM at Gateway Discovery Park, in Portland, OR. Bring your friends, family and neighbors to this island paradise festival to experience a full day of thundering fun with elegant cultural performances and art from the Pacific Island Nation of Tonga.

**Aloha Festival-** August 23rd, 12-8 PM at Alton Baker Park, Eugene, OR. Take advantage of this opportunity to learn more about the vibrant cultures of Polynesia, Melanesia, and Micronesia in this annual community event.

**2nd Annual Albany Mushroom Festival-** September 7th, 11-6 PM @ Timber Linn Park, Albany, OR. Join us in learning about the incredible and fascinating world of fungi!

These are all FREE events to gather as a community and learn about the variety of cultures that can be found across our beautiful state of Oregon. We really do hope to see you there! Make sure to come say hi and let us know you heard about it on this newsletter!

## Do it for you.

It's a common phrase: "Be the bigger person." We hear it when someone talks down to us, treats us unfairly, or throws hurtful energy our way for no apparent reason. To be honest- it's easy to want to fight back by mirroring their tone or their unkind words and actions. It's tempting to think that they deserve that same energy thrown back at them. Truthfully, sometimes... they do.

But think about this: What do you deserve?

Do you deserve to sink to their level and act in a way that doesn't reflect your true character? Do you deserve to carry around possible regret- replaying how you could have handled things differently? Do you deserve to lose yourself in their inconsiderate energy?

"Matching energy" might feel like justice in the moment, but in reality, it rarely brings healing. More often than not, it pulls you away from yourself. However, staying in your own energy, regardless of how others treat you, is what truly heals the soul. When you choose to respond from a space of being grounded in who you are, instead of pure reaction, you build resilience, strengthen your foundation, and remind yourself that no one, especially those who treat you poorly, should have any power to shake who you are.

At the end of the day, we're human. We have feelings. It's okay to feel hurt. It's okay if that pain rattles you. However, even in those moments, I encourage you to remember this:

Being the bigger person isn't because people who hurt you deserve grace. It's about giving yourself the grace to remain whole, grounded, and true to who you are. Do it for you, not for them.

## VOLUNTEER OPPORTUNITES

As Weaving Fala grows and expands, space is being created to offer those who are interested in joining us in serving the community fun and engaging volunteer opportunities. We could always use help running our tables at community events and at the events we are hosting ourselves.

**If you are interested in volunteering with Weaving Fala- we would be so happy for you to join us! It is important to us to us to assign roles that align with your skills and passions. Use this QR code to sign up.**



## 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, InterCommunity Health Network, and The Oregon Department of Education and their sponsorship. Their partnership supports us to make confident strides towards fulfilling our mission for Lebanon.



InterCommunity Health Network CCO

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