



MONTHLY NEWSLETTER

JUNE 2025

Level Up Programs: Conclusion

This last spring, Weaving Fala continued to build our Level up programs by launching the second semester of *Young World Travelers* program and our initial pilot launch of our *Rising Leaders* program. These programs consisted of a small groups of students from Elementary and Middle school to learn more about themselves, each other, and different aspects of life and culture, all while enjoying a fun and engaging environment.

Participants in the *Young World Travelers* program spent their weeks learning about cultures of Africa, Europe and Polynesia through a various assortment of activities. We made food together, such as fresh tortillas, Lumpia (AKA eggrolls), and Otai (a Polynesian drink with watermelon, coconut, pineapple and cream). We learned how to play Mancala, a traditional board game originated in Africa. The children had a great time trying new things and being exposed to cultural experiences they might not be able to be exposed to otherwise. Participants in the *Rising Leaders* program displayed significant growth through our time together. As a program that has more of a conversation based structure, it was amazing to see the participants step out of their shells and share their perspectives on important life topics such as leadership, self-advocacy, respect, empathy, conflict resolution and more. Weaving Fala is stoked to continue building upon these programs and witness further growth in the youth of our community- LEVELING UP.

Upcoming Events



INDEPENDANCE DAY
JULY 4TH



MUSIC IN THE PARK
EVERY TUESDAY OF JULY



SAMOAN FESTIVAL
JULY 12TH

The power of the human mind

Humans are logical and emotional creatures. Unlike other animals on earth, our lives revolve around much more than instinct, but a whirlwind of thoughts and feelings around aspects of living that are not life nor death. Human's are the apex predators of this earth, not because of brute strength, sharply developed canines, or strong instinctual hunting strategies but because of the limitless potential power of our minds.

Humans have an incredibly complex way of using their mind to further evolve past our humanoid limitations. Our bodies cannot fly like a bird but human minds invented the airplane. Our eyes cannot see well in the dark like a nocturnal predator but the human mind created electricity, light, and night vision goggles. Humans have a natural ability to adapt, inspire, and bring inspiration to life.

Not enough people recognize the reality of the power their mind holds. How capable the mind really is. The amount of our existence that truly is lived in our heads. How much the way we think in our day to day lives significantly impacts the quality and circumstances our experience here on earth.

The power of your mind will persist whether or not you take control of it. Whether or not you decide to give more intention to the way that you think, your life will continue to use your thoughts as guidelines. If you continue to feed the thoughts that limit you, the possibilities will continue to feel limited. However, if you embrace the limitless possibilities to life itself and feed the voice of belief and potential- that voice will lead you closer and closer to reality you would like for yourself. It really could be just a perspective shift away

SAMOAN FESTIVAL

Weaving Fala is stoked to be Serving at this year's 12th Annual Portland-Vancouver Samoan Festival. The Samoan Festival will be held at Peninsula Park in Portland from 12:00 am to 6:00 pm. This event will be celebrating Samoan culture with music, dance, food, and community engagement. It's a family-friendly event open to everyone.

Weaving Fala is looking for volunteer help during these summer events! If you or anyone is interested in joining us, you can signup using this QR code.



WEAVING FALA SPONSERS

Weaving Fala is so thankful to our sponsors. With their support, we are able to confidently serve our community as a grassroots non-profit and make continuous strides towards fulfilling our mission. This month we would like to highlight Western University as one of our sponsors. Their partnership supports us to make confident strides towards fulfilling our mission for Lebanon.



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