



# MONTHLY NEWSLETTER

NOVEMBER 2025

## Level Up: World Travels

The Level Up: Young World Travelers Program has been soaking up new experiences of cultures around the world from the comforts of our own home office. We have just come back from our travels to the continents of Asia and Africa. For Asia; we practiced the art of making sushi from Japan, learned about the widely celebrated holiday of Dawahli of India, and learned the game of *Five Stone* in Thailand (made popular by the series *Squid Games*). For Africa; we learned how to play the game of *Senet*- an Egyptian game played by ancient Pharaohs, we made Mandazi,



a traditional fried bread of Kenya (similar to what we would recognize as a donut), and we learned about Zulu symbols commonly seen around South Africa and discussed the use of symbolism in our own culture. We also introduced the game of Moraboraba- an advanced version of tic-tac-toe and Connect Four. If you are interested in trying these recipes or playing these games for yourself, check out our website under “Young World Travelers” program for PDFs of recipes and DIY game print outs with the game instructions.

## Upcoming Holidays



- ★ **RAX OSU W/TALAVOU**  
DECEMBER 6TH
- ★ **CHRISTMAS EVE**  
DECEMBER 24TH
- ★ **CHRISTMAS**  
DECEMBER 25TH
- ★ **TNEW YEARS EVE**  
DECEMBER 31ST

## Projecting Love over Fear

“One thing I know for certain is I barely know anything at all.”

This was something I told to myself often at the beginning of my intentional journey of self discovery. With a Bachelor's degree in Science and as a committed student of the school of life- there came a point where I had to access my ego and pride and realize how much I truly didn't know. I had to get a reign on my experiences, perspectives, and conditioned biases in order to realize the real possibilities of. life beyond my simple comprehension.

I enjoy connecting the dots, analytically and symbolically, and thinking through things to find answers. I loved knowing the answers- I still do. But there is a certain amount of compassion and understanding you will struggle to grasp if you don't accept a hard reality that time is one of the greatest teachers and often the best source to the truth. It is hard to learn new things and apply new experiences to our arsenal of understanding if we refuse to let go of the things we think we already know.

We all have a human way of projecting what we already think we know onto every single piece of life around us- not recognizing the range of possibilities of the true reality of the happenings of life.

Some examples I needed to work past are as such:

Someone “leaves me on read” and I assumed they were ignoring me. In reality, they are waiting for a moment in their day where they can give a thoughtful response. Sometimes, when people spoke a language I did not understand around me, I assumed they were talking bad about about me. In reality, that was just their most efficient way of communicating to each other- and they liked my outfit.

Sometimes people ask me questions about myself to truly get to know me better, yet I perceive it as judgement or trying to get gossip from me.

These assumptions were reflections of my own experience and conditioned understanding of the world. Once I was able to accept all the possibilities of the true reality of these situations, I was saved a lot of grief. I do not assume the worst in these situations, but strive to lead with compassion and a desire to understand the truth. Blurring the truth with the veracity of life can easily cause us to create our own truths that do not align with actual reality.

When you allow yourself to accept that, even the smartest of people tend not to know the whole reality of a given situation, the more likely you will be able to have your eyes opened to the truth. The more likely you can move forward with compassion and kindness, projecting the love in your heart rather than the fear.

### 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 The Heatherington Foundation. Their partnership and sponsorship supports us to make confident strides towards fulfilling our mission for Lebanon.



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