



MONTHLY NEWSLETTER

APRIL 2025

African American Youth Leadership Conference

On April 9th, 2025, members of Weaving Fala attended the 19th annual African American Youth Leadership conference (AAYLC). Black and African American students from middle schools and high schools across the state came together to share their experiences as well as be given the opportunity to learn important knowledge of pursuing higher education, financial literacy and embracing curiosity.

Upcoming Events



LEVEL UP PROGRAMS
WEDS. & THURS. WEEKLY



PACIFIKA (OSU)
MAY 11TH

To begin the day, all the AAYLC participants gathered in the auditorium to receive initial welcomes, such as receive AAYLC t-shirts, name tags, and breakfast—followed by joining together to carry out opening activities.

We got to hear stories from Mekhi Gardner, a high school student, and Bryan Butcher Jr., Portland, Oregon Teacher of the Year recipient. They spoke about the importance of curiosity and asking questions to continue making strides through life and build character.

After their amazing words, the students broke off into small groups to engage in important informational workshops. These workshops taught and encouraged college preparation and financial literacy. The final group was split by girls, boys, and non-binary students to talk about the commonalities their gender faces in regards to their race. We finished off the day gathering to eat lunch together.

Thank you to all the school staff who make providing access to this event a priority and the many volunteers that make AAYLC possible.

April's showers & May's flowers

Pain and suffering is inevitable. It is a hard reality to accept, but when one begins to *genuinely* accept this truth, this slowly allows us to understand the opportunities of growth to be had when life get hard.

It is easy to be kind and happy when everything is going your way, but how do things shift within you when things begin to become challenging?

It often feels easier to become secluded and avoidant to the pain and suffering that has and continues to arise in our lives- to build a wall around that part of ourselves-

POSTED: KEEP OUT

It can be very hard to face that pain within ourselves with love, compassion, and understanding rather than with endless shame, regret and defensiveness. It can be easy to come up with excuses as to why our negatively associated emotions are best to stay suppressed and tiptoe around the things within ourselves that can bring up the difficult emotions of sadness, anger, and shame.

However, facing these emotions head on as they come allows us to create space within ourselves to grow, develop, and practice our own unique ways of alchemizing the negativity as it enters our lives- growing our will to live our lives in accordance to how we truly feel like we are meant to live it. This process, while it can be slow and difficult, allows room for us to create more peace in our lives.

We all know, living in the PNW, that we would not have the beautiful, lush landscape we are blessed here with without the dark seasons of rain that come and go every year. This reality is truly an extension of our own minds. If we allow it, these dark seasons of our minds can flourish into the recognition of the much greater blessings that are right in front of us.

BIG SUMMER PLANS

This summer, Weaving Fala is excited to be part of our growing community through various local events! If you find us out and about, we encourage you to come to our table to learn more about our mission to embrace Lebanon's community. We will be offering delicious food and unique merchandise, all while striving to create meaningful connections. Every purchase and interaction helps us grow our programs and community and continue our work in the right direction. Together we can achieve so much more for our 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 grassroots non-profit and make continuous strides towards fulfilling our mission. This month we would like to highlight *The Heatherington Foundation* and *The Oregon Department of Education* for their on going support.



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