



MONTHLY NEWSLETTER

MAY 2025

WEAVING FALA SUMMER EVENTS

This summer, Weaving Fala is excited to be out and about at events being held through Oregon. Weaving Fala, Mugs Coffee House and Soulz Kitchen is getting together to share the work that Weaving Fala is doing for our local community while offering delicious food and drinks. We are stoked for the opportunity to see all the beautiful faces out in the community while fundraising and sharing the Weaving Fala mission.

Weaving Fala is kicking off our summer events outside Mugs Coffee house during the Strawberry Festival downtown events on June 6th and 7th. Come talk with us, get a quick drink or check out our merch during the Junior Parade, 5k, and Grande Parade while you're downtown!

Another event on Weaving Fala's list for this summer is the Samoan Festival on July 12th. This event is from 12-5 PM at Peninsula Park in Portland. Please come join us in cultural festivities and support Weaving Fala directly by getting a delicious dish from Soulz Kitchen.

Albany's 2nd Annual Mushroom Festival is another event that the staff at Weaving Fala are very excited about attending. Our friends at the Cap & Stem Northwest Organization were fellow recipients of the Linn Benton Cultural Coalition grant and we are excited to celebrate the work they do for our county with them!

Please reach out to Weaving Fala team members if you have ideas or an even you would like to invite us to attend!

Upcoming Events



PRIDE MONTH
ALL OF JUNE



LAST DAY OF SCHOOL
JUNE 11TH



FATHER'S DAY
JUNE 15TH



JUNETEENTH
JUNE 19TH

Controlling the Controllables

I learned many lessons growing up as an athlete. Luckily for me, learning how to be good at basketball has pretty strong parallels with learning how to be good at life. One lesson I learned in basketball that I am constantly reminding myself through life is to focus on controlling the controllables.

In basketball, "controlling the controllables" means to focus on the parts of the game that I actually had direct control over. How I ran offense, how I defended, how I communicate with and cheer on my teammates. I couldn't control anyone else on the floor, therefore, I couldn't let their actions take me away from focusing on what I could control and contribute as a player.

At the end of the day, the only things we truly have control over in our lives are our own thoughts, words, and actions. Everything else in our lives, such as our homes, families, pets, jobs, and material possessions, we may have *influence* over but full control is not there as life is unpredictable.

You cannot control your loved ones. You cannot control how people show up for you. The act of trying to control a loved one is contrary to the act of love itself.

You cannot control all circumstances. You will drive yourself and those around you crazy trying to do so. Everything you have can be taken from you in a moment's notice- but the head you carry on your shoulders will be with you for life.

There is a great sense of peace that can be found when we can accept full accountability for the few things we can control and detach ourselves from the illusion of control we desperately hold onto.

SOCIAL JUSTICE FUND

Social Justice Fund of Oregon has announced first round of awardees of the Emerging Justice Fund Grant! This grant moves unrestricted funds to resource grassroots organizations for communities that have been and continue to be targeted by Federal, State, and Local policies.

Weaving Fala is proud to be one of the recipients of this grant. This support will go towards our mission of serving our community by funding our Level Up after school programs and other advocacy work.

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 Heather McDaniel and *The Rotary Club International* for their on going support.

