

## 2011 Board of Directors



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## FVFL Successes:

- A Pre-Thanksgiving Dinner was held November 16, for East St. Paul residents. 64 turkeys and 40 bags of groceries were given out to the 200 attendees. Cub and Rainbow grocery stores generously donated food.
- On December 8, 2012, a Holiday Party was held at Wilder Recreational Center. Roughly 55 bags of groceries were provided by 2nd Harvest Heartland, and about 300 bags for packing were donated by Rainbow Foods. The food was given to 75 youth and 60 adults. The youth did holiday crafts, such as decorating bird houses, and picked out a Christmas present for their parents.

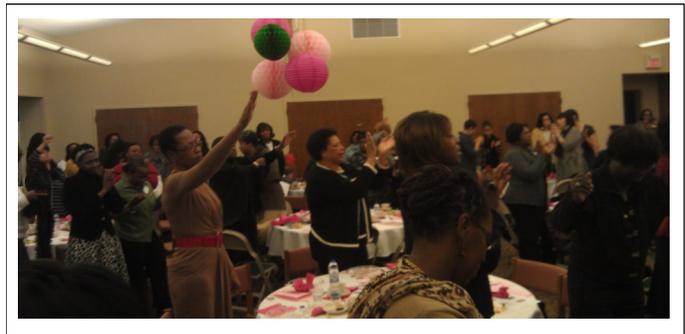
## BEAUTY FOR ASHES PROGRAM INSPIRED BY EXECUTIVE DIRECTOR'S JOURNEY

As the mother of 8 children, who has also helped to nurture 9 grandchildren, worked as a licensed daycare provider and a home/school liaison, and named the "community mom" in my neighborhood, my passion has always been to assist in building strong, healthy families.

I would like to share with you the history one of our core programs, *Beauty for Ashes*. *Beauty for Ashes* was developed out of the anguish I experienced following the loss of my husband after 35 years of marriage. I was broken. Our children were grown and my husband and I were just beginning to tap into some of our lifelong dreams and passions.

Five years later, as I found healing and wholeness for myself, it became apparent that, out of Family Values for Life, there would be an opportunity to walk women through the process of overcoming loss and grief; to guide them from brokenness to wholeness.

*Beauty for Ashes* is a 5-week program that walks women to a path of achieving wholeness. What started in 2010 serving



Women participate in praise and worship at the Post Holiday Tea, which kicked-off the *Jumpstart to the New You* program.

5 local women has now grown to work with women locally and nationally. I have realized that, a vision might start out small as the season permits, but it grows as the seasons change.

A new season came in January where over 80 women from the Twin Cities attended a *Post-Holiday Tea*. It was an inspiring event where women were introduced to the *Jump Starting the New You* program. Women came to four sessions on Physical Fitness, Mental Alertness, Spiritual Empowerment and Financial Security; trained instructors facilitated each class. The seasons will change again this spring as

FVFL presents, *Pressing Forward into the New You*.

I went through a five year process of healing that took on a holistic approach similar to the four pillars of FVFL: Physical Fitness, Mental Alertness, Spiritual Empowerment and Financial Security. The growth of *Beauty for Ashes* has provided a welcoming place where any woman who is dealing with brokenness or moving into a new season can heal.

All women are welcome to come any upcoming event. RSVP through [www.familyvaluesforlife.org](http://www.familyvaluesforlife.org).

— Alfreda Flowers

## GOALS FOR THE SPRING OF 2012

Family Values for Life has set the following goals for the spring of 2012 in hopes of better serving the needs of families on the east side of St. Paul:

- Participate in the Resource Fair at Dayton's Bluff Recreational Center, which will take place on March 8.
- Develop committee members for the Back to School event, which will take place on August 29.
- Expand the Feed Our Kids Lunch Program to five locations on the east side of St. Paul.

## Program Updates:

- **Wilder Wednesdays implementing educational activities.** During the winter months, volunteers have been doing educational activities with the youth attending Wilder Wednesdays. Activities include building bird houses, reading, and coloring, which have helped volunteers build stronger relationships with the youth who continue to attend.
- **Feed Our Kids Lunch Program will work to expand to 5 locations this spring.** The dates for this year's program are June 11 - 15. Family Values for Life hopes to continue working with the St. Paul Fire Department, which provided volunteers for the event. In addition, the public schools will offer a dinner meal at the local recreational centers. More information on the dinner program will be released in the coming months.
- **Beauty for Ashes has developed new programs.** While Alfreda has continued to work individually with women to help them through the grieving process, Beauty for Ashes has grown into the Jumpstart to the New You, and Pressing Forward Into the New You. All of these programs are to help women grow and develop in all areas of life, and are developed by Alfreda and a dedicated group of committee members.

## Family Values for Life

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# PARTNERSHIPS WITH FOOD ENTITIES BENEFIT MULTIPLE EVENTS

Family Values for Life would like to extend a extra "thank you" to Cub Foods, Rainbow Foods, and 2nd Harvest Heartland. These three entities have provided an incredible amount of food and resources to two major Family Values for Life events this past fall.

Between the Pre-Thanksgiving Dinner and Holiday Party, both of which were held at Wilder Recreation Center, Cub and Rainbow provided 64 turkeys and over 40 bags of groceries, and over 300 bags for packing to the 285 event attendees.

2nd Harvest Heartland generously donated 55 bags of groceries to the Holiday Party, and has continued to provide various food items for the weekly meals provided at Wilder Wednesdays.

Family Values for Life also thanks the following partners who have supported us during our fall events:

- 1st Covenant Church
- Black Parenting Network
- Community Youth Leadership Development
- Contender for the Faith Church
- East Side Neighborhood Development
- Face to Face
- Individual donors
- McDonalds
- St. Paul Park and Recreation Department
- Saint Paul Public Schools Foundation
- University Bank



A community member receives a free turkey, graciously donated by Cub and Rainbow Foods.

## ALFREDA CALLS FOR COMMITTEE MEMBERS

Family Values for Life has continued to grow and explore new ways to reach out to the community during its two years of existence. To assist in its growing nature, Alfreda is calling on enthusiastic volunteers, mission-driven community members and gracious donors to join a committee to support one or more of our upcoming events.

This fall, we hope to reach 1000 community members at our Back to School event, which is double last year's attendance. To do so, we are looking for en-

thusiastic people who would be willing to meet to develop outreach ideas and partnerships for the event.



Alfreda Flowers, Executive Director of Family Values for Life.

In addition to the back to school event, Family Values for Life will be holding their first ever gala, this fall. We are seeking mission-driven people who would assist in a variety of planning committees. Committees range from marketing, to sponsorship solicitation, to the clean-up crew. All will of which will help make this event a successful.

If you are interested in being a part of one or multiple committees, please contact Alfreda Flowers at familyvaluesforlife@gmail.com or 651-388-7886.