

Families of 500

We have 51 Families of 500!

Thank you for your commitment to support Family Promise of Juneau with \$500 for the next three years. Our goal is 60 so we are almost there.

Board

Please feel free to contact any of the board members below.

Board Chair

Tari Stage-Harvey

Vice-Chair

Lisa Lindeman

Secretary

Pat McLear

Peter Mores

Members

Joe Orsi

Kelly Hansen

Soapy Lingle

We welcome new members: Rebecca Farrell, Eileen Hosey, and Reuben Willis.

We give thanks for outgoing members Jennifer Carson and Willie Anderson

A message from Executive Director Shannon Fisher:

The first rule of CrossFit is to tell everyone that you do CrossFit. I do CrossFit.

I have been suffering from a knee injury for almost a year now. Snowboarding followed by two soccer games is unwise after 30. Recently, at the gym, we were working on an Olympic weightlifting movement. A friend of mine, a certified weightlifting coach, yelled an instruction at me from across the room.

Honestly, the first thing to cross my mind was to tell him a creative place where he could put his advice. What was the problem? His guidance was correct and well intentioned. But the reality was that he wasn't my coach, he just happened to be at the gym at the time. The coach I work with regularly checks in on my knee every day, asking how it is feeling and suggesting replacement exercises when I can't do what is set out for the day. My coach also knows I'm experienced in these particular lifts, and asks if something is bothering me when my form isn't correct. My coach knows me and there is trust built.

Although this is a somewhat silly example, it helped me reflect on my own the times where I am quick to offer advice in both professional and personal relationships. **Have I taken the time to listen to the story of the person I am giving advice to? Have I built a relationship of trust? Is this person making a decision for reasons I do not know? Am I respecting that they are the expert in their own life, and are likely making a decision that is best for them even if it is not what I would have done?**

This is the season where everyone likes to share advice on many things: another person's relationships, employment and even how to lose weight. My advice to you this season is to listen to your friends and family. Hear their stories. And it's very likely that you will no longer feel the need to offer advice but encouragement and compliments.



Congregations & Organizations

Hosting

Chapel by the Lake
Northern Light United Church
Shepherd of the Valley
Holy Trinity
The Salvation Army
Church of the Nazarene
Church of Christ
St. Paul's
Cathedral of the Nativity
Resurrection Lutheran
St. Brendan's
Emmanuel Baptist

Supporting

Juneau Unitarian
Universalist Fellowship
Auke Bay Ward of the Church of
Jesus Christ of the Latter
Day Saints
Mt. Juneau Ward of the Church of
Jesus Christ of the Latter
Day Saints
Alaska Native Sisterhood Camp 2
TMHS National Honor Society

Spotlight on Congregational Coordinators: Linda Landvik from Shepherd of the Valley

This is Tari Stage-Harvey, board chair and pastor at Shepherd of the Valley, and I want to say a huge thank you to Linda Landvik who has been our congregational coordinator and one of the founding members of Family Promise of Juneau.



Linda is a wonderful mixture of compassion, grit, and organization. Her presence in the initial steering group was instrumental in making Family Promise a reality. Linda helped write our by-laws, took minutes, and kept us focused when we wandered. Those first two years gathering 12 congregations and raising \$60,000 as well as laying organizational groundwork were grueling, but she brought humor and life to the process.

In our final organizational meeting, we had to figure out who from the steering committee would form the board and who would take on coordinating in the congregations. Linda took the difficult task

of being a pioneer coordinator and helped us through many of the bumps. It's now time to hand off the ministry to Christy Wallace who joins us as a new coordinator.

Thanks to all the coordinators who have served so faithfully and those willing to take over. And speaking of the original steering team, Willie Anderson and Jennifer Carson were both with us from the start and have been key in helping us organize. They have served graciously on the board and we wish them well as they move off the board to serve on committees:)

Lives touched:

Total bed nights since opening: 4060

2018 Highlights

Nine families served, total of 33 individuals, including 18 kids, 10 under four years old. Six families graduated into housing, one remains in rotation at the conclusion of 2018.

Two parents have attained driver's licenses in 2018.

Two kids have started preschool.

Six parents went from unemployed to full time employment.

Two families received assistance to stay in housing
Over 500 volunteers have been trained

Needed: Blankets and sheets

Family Promise of Juneau is Grateful

Family Promise is most grateful to the **Mudrooms Story Board** for selecting us as one of its donation recipients. The four events were successful due, in part, to the generous contributions from Travis Smith and the cookie bakers at the Rookery, Marc Wheeler for Coppa coffee, Northern Light United Church for their hospitality, and KTOO for conversation about the events on A Juneau Afternoon. A very special thanks to the musicians and the storytellers who share pieces of their lives with the friends and neighbors who gather to listen.

Mudrooms is a wonderful community event, and Family Promise is thankful to have been a part.

Thank you to **Coeur Alaska** for their amazing gingerbread mine display at Mendenhall Auto to benefit Family Promise and thanks to everyone who went and voted. Look for us next year.

The holidays were made extra special through the generosity of **Best Western** who provided hospitality over Christmas and **CrossFit Juneau** for donating gifts.

Thank you to all the volunteers, coordinators, and donors who helped make a significant difference in families and our community.



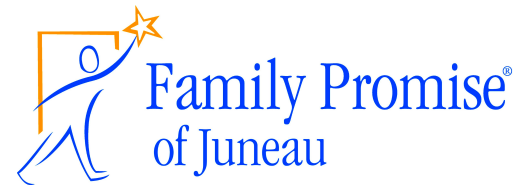
Annual Meeting: Everyone is welcome to join us for our annual meeting. We will review 2018 financials and 2019 budget, share updates, and talk about priorities for 2019. Light refreshments will be served. **Meeting is 5:30-6:30 pm on Tuesday, February 5 at Chapel by the Lake!**

Halibut Dinner and Silent Auction
Friday, February 22 from 6:00-7:30 pm at
Elizabeth Peratrovich Hall

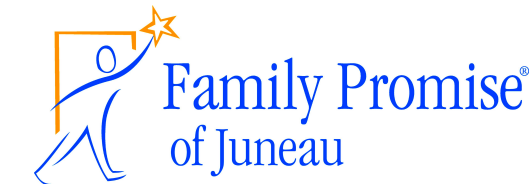
Please join us for the annual fundraiser dinner with salad, garlic mashed potatoes, green beans, and halibut. There will be a dessert auction as well as a silent auction with the following items:

- Taku Lodge and Flightseeing Trip for Two from Wings Airways
- Shelter Island Overnight Package: Transportation, Cabin and Meals with Whale Watching in season.
- One Week in Punta Gorda, FL for up to ten people (housing only). Come home to your private pool and hot tub to relax after a day of fishing the waters of Charlotte Harbor
- Two Alaska Airlines Roundtrip tickets
- Four Month Harvest Basket Subscription
- Two nights at Little Flower Cabin at the Shrine
- Fred Machetanz polar bear painting, "Face to Face", framed print (930/950)

Tickets are \$25 and credit cards are accepted for auction items. We are looking for dessert donations. Please talk to Tari if you are able to help.



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Upcoming Events

January 31	Congregational Coordinator Meeting at Chapel by the Lake
February 5	5:30-6:30 Annual Meeting at Chapel by the Lake
February 13	6:30-8:00 Volunteer Training at St. Paul's
February 22	6:00-7:30 pm Halibut Dinner and Silent Auction at Elizabeth Peratrovich Hall

Thanks to our sponsors: Rasmuson Foundation, Richard and Diane L. Block Foundation, Benito and Frances C Gaguine Foundation, Coeur Alaska, SEALASKA, Southeast Mining Supply, Tingey Orthodontics, American Seafood Community Advisory Board, Shattuck & Grummett, Filipino Community, Rainforest Custom, LLC, True North Federal Credit Union, The Anderson Heidersdorf Kohan Group Merrill Lynch, Thrivent Financial, Alaska Airlines, Alaska Seaplanes, Wings Airways, Juneau Interiors, Southeast Alaska Board of Realtors, Juneau Community Foundation, Juneau Gastineau Rotary Club, Doggie Dos