



The Mariah Fenton Gladis Foundation

Winter 2020

Dear Friends of the Foundation,

This year has been a difficult one and I'm sure you feel it too. The destructive pandemic has killed over 1.6 million people worldwide and more than 304,000 in the United States as of this writing. Because of this, we have suffered major losses of jobs and incomes with family resources strained to the limit. And, we've been through a tremendously contentious presidential election whose effects, physically, emotionally and financially, still continue.

Though our foundation has been stymied by these events this year, we have still managed to:

- ❖ Train four workshop facilitators to give programs in under-served communities, doing Mariah's work when the pandemic will allow.
- ❖ Update our website to be more functional and include a host of supportive resources. Check it out.
- ❖ Establish a small scholarship training fund for those with a passionate desire for emotional health though financially challenged.
- ❖ Create our first and continuing Blog post: mfgfoundation.org/blog
- ❖ Present a discussion on Arrive Already Loved™ to Compassionate Care ALS's staff, Falmouth, MA.
- ❖ Donate some of Mariah's clothing to "Why Not Prosper," a group dedicated to supporting formerly incarcerated women.

Recently in the mornings, I drive to Wawa, a local convenience store chain, to pick up a newspaper. Something I've noticed over the years is that everyone tries to hold the door for someone coming in or out. People even go out of their way to do this. Sometimes I find myself pacing my steps in order to open a door for another. It seems like it's the culture there; a simple gesture of kindness and care. It doesn't matter age or gender, businessmen or blue collar, men or women. And always a "Thank You."

As a foundation, our mission is to spread care and love. You can support us by doing the same. Make eye contact and smile at someone in line at a store. Hold the door for someone. Compliment others. Pay it forward at a Starbucks drive-through. Forgive someone. Forgive yourself. Mariah wanted us to create these little moments of taking care of others and ourselves.

We are all in this together. Getting through. Creating a meaningful and purposeful life. *Please join us as we embrace this holiday spirit on the cusp of a brand new year with all it's possibilities for growth.*

Thank you so much for your past support and care. We are honored.

Ron Gladis
President



"Why Not Prosper" founder, Michelle Simmons, with Mariah at a fundraiser.



Ron at CCALS's new retreat house.



Mariah at an Afternoon Workshop.

Arrive Already Loved™

Trainer's Booklet



AAL Training booklet for leaders

Update...



The Foundation is sporting a new look with an updated logo AND a brand new website! And you were wondering what we've been doing during the coronavirus lock down.

Our beautiful, user-friendly website is an in-kind donation from
Jessica Reilley
jess@amixofpixels.com.

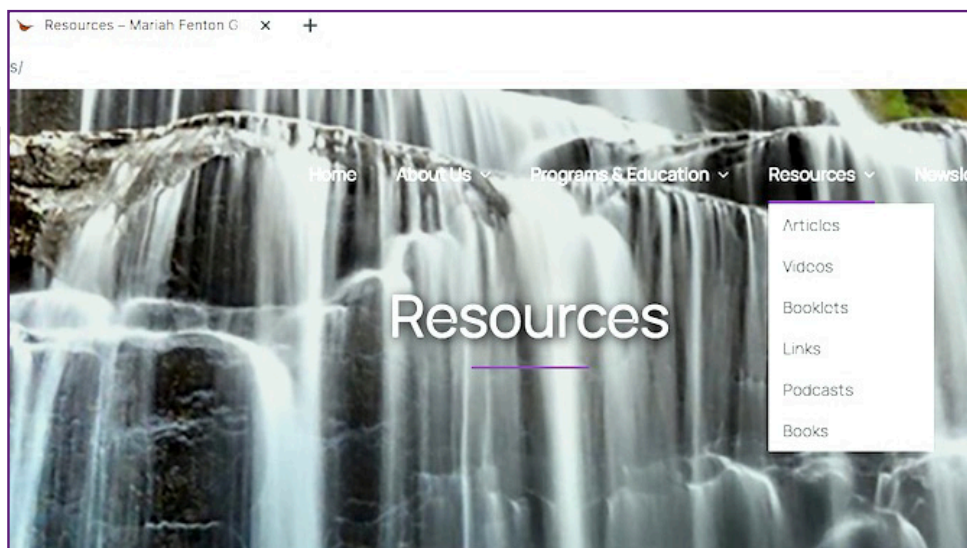
We are so appreciative of Jess' creativity and expertise. Her professionalism made the development and easy collaboration a learning, unique and fun adventure.

Thank You Jess!

On her website, Jess writes:

"The creative journey of building a website — connecting with someone new and learning about their business — is absolutely the best part about what I do.... Creating a website isn't about tech-speak, industry jargon, or stilted conversations; it's a creative, collaborative partnership that brings your business to life on the web."

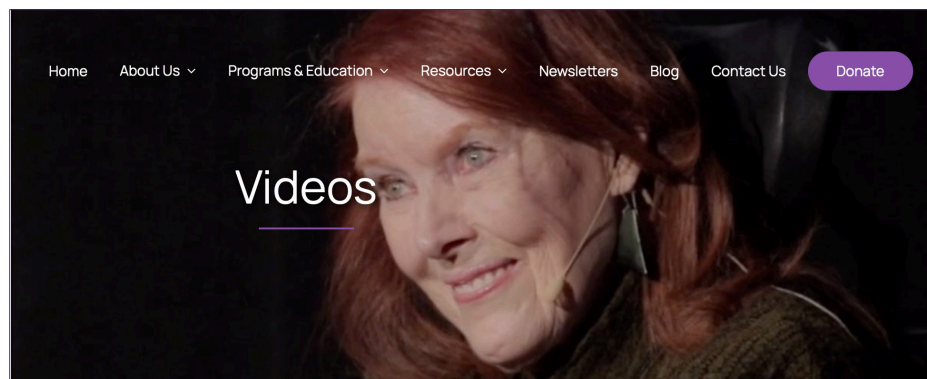
<https://amixofpixels.com/>



Browse our Full Library

Take time to acquaint yourself with the website. Peruse the many resources available. Stay awhile and read articles about Mariah and ones that she shared her pithy words of wisdom. Watch videos about her courageous and inspiring work as a psychotherapist, renown workshop leader, and teacher. Download and read her inspirational booklets, including, "Bitterness Is Not An Option." Or listen to a podcast and purchase her book,

Tales of a Wounded Healer.



Please consider a Donation

via check, PayPal, credit card, or a monthly donation automatically & securely deducted from your credit card. Contact the office to learn more: 610-251-0945 or mfgfoundation@comcast.net
Or Click **Donate** button NOW!

The Mariah Fenton Gladis Foundation Donors – 2020 to date

It is our intention to honor and appreciate all who have given throughout the **Calendar Year of late December 2019-2020**. While we strive for accuracy, we occasionally make mistakes. Please call the Foundation at 610-251-0945 to correct errors, omissions, or misspellings.

Darlyne Bailey
Intissar BenHalim
Frank Cassidy
Baba Cesarini and David Stone
Janet Eisenhauer
Beth Behrs Gladis
Cole Gladis and the many donors from his Birthday GoFundMe!
Peter and Carol Gladis

Colleen Hanley
Nancy Hanley-Moyer
Dave Harrower
Liz Dideon & Jeremy Hess
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Krista Peterson
Paula and Andy Rosen
Melody Schaper
Michael Schwager
Marcy Seminoff
Deborah Starr
Teresa Vesey

In-kind Gift:
Jessica O'Reilley

In Memory of Mariah Gladis and Hoyt William Bangs:
Khore Enterprises

In Honor of Ron Gladis:
Laura Dubester

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