



Blessings from the Heart, Inc.

“Helping to provide for our neighbors in need”

“HeartBeat”

July/August/September 2011

Welcome to the current issue of “HeartBeat”, the newsletter from Blessings from the Heart, Inc., an Arizona 501(c)(3) non-profit corporation that provides assistance for US/Mexico border towns and other disadvantaged communities by distributing donations and helping to facilitate aid.

Trip in August to deliver school shoes and other goods

We had a great trip in August to deliver brand new school shoes to the children in Agua Prieta. Thank you to everyone who bought shoes for the children and a special shout out to Tyler and her Vacation Bible School kids who decorated and donated the backpacks to put them in. They were a big hit with the children and the perfect size for a pair of shoes. We also delivered a BUNCH of Girl Scout cookies, which will be great for school lunches and treats for the children.



Blessings from the Heart, Inc.

“HeartBeat”, July/August/September 2011 Page 2

Message from the Director:

Did you know that studies have shown that giving to others helps you to overcome stress, boosts your immune system, improves your heart health, relieves depression, and helps you to live longer? Giving to others, whether it is your time, talent or finances; is good for your health! So get out there and find your passion. You can join us on a trip to the orphanage, go wash or walk dogs at your local shelter, teach an adult to read, volunteer at a homeless shelter, or pick up trash along the road. It will improve your health! ☺

Time to start thinking about Christmas?!

We are already starting to think about Christmas! We will be doing our **10th Annual** Christmas present delivery to the children in Agua Prieta, so stay tuned for the announcement when we have the children's sizes and wish lists. We will also be providing dinner on the day we go, so if anyone has a good homemade macaroni and cheese recipe, please pass it on! Thank you.

Board Activities

As always, we are looking forward and planning events and activities to further the mission of Blessings.

We are building our board of directors, and you may be just the person we are looking for. Do you have great ideas? Organizational skills? A desire to make a difference? Contact us and we can decide together if you would be a good fit for our organization.

No experience necessary!

And now a word from our Partners....

Northwest Firefighters Charities Home Brew Challenge

Northwest Firefighters Charities 2nd Annual Home Brew Challenge Oktoberfest is coming up! It will be held on October 22, 2011 from 6-10 pm in the parking lot of Foothills Mall in Tucson. This event helps to raise funds to assist the Flowing Wells Family Resource Center in their Holiday Help campaign. Come out and have some fun and help our neighbors too. See <http://www.brew.nwfirefighters.org/> for details.

Are you drinking Just Coffee?

Once a month we sell Café Justo, which is a high quality coffee that comes directly from the grower in Chiapas, Mexico to the roaster in Agua Prieta, to you, the consumer. From their website: “We market a pure, organic coffee which is grown, harvested and marketed in the spirit of justice. Our goal is to provide incentives for people to remain on their family lands.” This high quality, delicious coffee is \$9 per pound (and it is a full pound) for regular, or \$10 for decaffeinated. Contact us for more information.



Come find us on facebook!

We have a facebook page, where you can see the latest photos and activities of Blessings. Just search for Blessings from the Heart, and tell us you like us!

<http://www.facebook.com/pages/Tucson-AZ/Blessings-from-the-Heart-Inc/146276801704>

Blessings from the Heart, Inc.

“HeartBeat”, July/August/September 2011 Page 3

Who do you GoodSearch for?



Search the web with www.goodsearch.com and money from Yahoo advertisers will go to Blessings without you spending a dime! Simply enter Blessings from the Heart into the “My Cause” line and press “Verify”. The website takes care of the rest!

Do you have your Albertson’s “Community means a great deal” card? We are participating in this program and there is no cost to get involved. You scan the key tag every time you shop at Albertsons and it helps us earn much needed funding! Contact us if you need a card!



Collect Drink Pouches for Blessings!



Yes, we have a fun way to earn funds for Blessings. If you have children, know children or just like drink pouches, we need you! We are collecting drink pouches to help save the environment and receive a penny for each one redeemed. Please remove the straw and cut the top off the drink pouch as close to the seam as possible, and rinse.

Tax Deductible

Donations Always Needed:

- Cash (checks may be made out to “Blessings from the Heart, Inc.”)
- Canned and nonperishable food
- New or used clothes in good condition
- sturdy shoes, all sizes
- Personal items:
 - shampoo & conditioner
 - soap
 - hair ties
 - deodorant
 - lotion
- Laundry and cleaning supplies
- Twin size Sheets and Blankets
- Dry drink mixes
- Toilet paper
- Paper towels

Your help is needed and greatly appreciated! Contact us for pick up of goods and consider one of our many volunteer opportunities!



Believe with all of your heart
that you will do what you were
made to do.

Orison Swett Marden