



# The Heart of the Triangle

# Natural Awakenings Local Holiday **Giving** Guide

by Megan Cutter and Sara Kane

*Sharing the Vision, Supporting the Mission of  
the Triangle area non-profit community*

The falling leaves signal that winter and the holiday season are here. Many are facing a difficult time. Supporting our local community and the organizations that provide services is more important than ever. Whether providing warm socks to those who do not have a home, or gifts to put a smile on a little girl's face on Christmas morning, we can each take steps to give hope and love during this holiday season.

*"It is in giving that we receive"*  
- Saint Francis of Assisi

## THE SIERRA CLUB SOCK-ATHON

Most do not realize how important socks are to those who are homeless. Devmir, a sock manufacturing company, and The Friends of The Sierra Club are sponsoring a Sock-athon. For every pair of Sierra Club socks purchased, a pair will be donated to The National Coalition for The Homeless, and 10% of all proceeds will go to support the Sierra Club. Diogenes Ruiz of Devmir comments, "The goal is for one million socks to be donated. Sierra Club Socks are great gifts, and this unique program enables our company to give back to our community." Socks can be purchased at <http://www.SierraSocks.com>. 919-536-0139.

## BOYS AND GIRLS CLUB ANGEL TREE PROGRAM

Children are the angels of our community. We need to remember these boys and girls are also the future. To make sure these precious children are not forgotten, The Boys and Girls Club will sponsor an Angel Tree program at Cameron Village. Trees will be at selected stores where those wishing to give can pick the name of a girl or boy from the tree and purchase the requested Christmas wish (not to exceed \$25). The unwrapped Christmas gifts can then be turned in at the store for delivery to the child. Participants can also sponsor a family, which includes food and gifts. The Angel Trees will be up November 20 through December 21. For volunteer opportunities at The Boys and Girls Club, contact Tia McLaurin 919-834-6282 or visit [www.wakebgc.org](http://www.wakebgc.org).

## THE PAJAMA PROGRAM

Remember when you were little and read the same bedtime story over and over or held onto your favorite pajamas long after you outgrew them? There is nothing like snuggling up in a warm pair of pajamas on cold winter nights. Unfortunately, many children do not know the comforts that you and I take for granted. The Pajama Program provides new pajamas and new bedtime books to children whose parents cannot afford these necessities. Many are in social services or living in homeless shelters. Donated items will go to local social service agencies, private agencies and religious organizations. They need new pajamas, new bedtime books, and financial donations. You can even set up your own pajama drive. Holly Springs, Fuquay Varina and two Raleigh libraries will be drop-off sites for new books beginning December 1. Lynne Lachetta at 919-609-4764, [lynne@pajamaprogram.org](mailto:lynne@pajamaprogram.org) or visit <http://www.pajamaprogram.org>.

## NORTH RALEIGH MINISTRIES (NRM)

Would you know where to turn if you experienced an emergency and had no family to turn to? North Raleigh Ministries provides encouragement, food assistance and emergency financial aid. Help insure none of our neighbors go hungry. NRM needs volunteers, donations and financial contributions for Christmas Baskets and Christmas Cheer. Christmas baskets will be given to NRM clients and contain Christmas Dinner and Christmas Stockings. Christmas Cheer includes donated toys for the children. To volunteer, contact Katie Lightbody 919-785-9911x157 or [katie@northraleigh-ministries.com](mailto:katie@northraleigh-ministries.com).

The season of giving is here. This year, be sure to include your community on your gift list. In the present financial climate, the need is great. Your help, whether through donations or volunteering, will make a difference to your neighbors, and bring joy to your own heart. Here are some nonprofits that will welcome your support.

## TOYS FOR TOTS

This wonderful program has been directed by the U.S. Marine Corps since 1947. Unwrapped new toys in the \$10 price range or above are collected and distributed to needy children. Toys for Tots makes sure they have enough toys for every eligible child in every community they support – so no child goes without. A heartfelt effort for the past 60 years.

Go to [www.toysfortotsraleigh.org](http://www.toysfortotsraleigh.org) and click on "Donate Toys" for a list of local businesses that serve as collection points. Click on "Volunteer" to connect with opportunities for service. This program cannot be done without volunteers! Donation checks can be mailed to Toys for Tots, 2725 Western Blvd., Raleigh, NC 27606.

## HOLIDAY MEALS PROGRAM

One of many services of the Inter-Faith Council for Social Service, this program transforms your \$25 donation into a holiday meal for an entire family – turkey or ham, stuffing, vegetables, bread and dessert. Send your check along with a coupon from their website [www.ifcweb.org/holidaymeals.html](http://www.ifcweb.org/holidaymeals.html) or call John 919-929-6380, ext. 14, to pay by credit card.

The Inter-Faith Council also runs a Food Pantry at 110

W. Main Street in Carrboro. In addition to groceries, the Pantry distributes clothing and rent/utilities money when needed. They can always use canned goods, dried beans, rice, pasta, PB&J, cereal and paper bags with handles. You can volunteer your time, too.

The IFC is halfway to the \$45,000 goal to receive the Stewards Fund All-Or-Nothing Challenge Grant. Your donation will be doubled if the goal is reached by December 31. Checks can be mailed to 110 W. Main Street, Carrboro, NC 2510. Make a donation online at [www.ifcweb.org](http://www.ifcweb.org) (click "Donate Now") or call Kim Shaw 919-929-8380, ext. 29 to give with your credit card.

## THE WOMEN'S CENTER OF CHAPEL HILL

This year there is a 78% increase over last year in the number of women who need help with basic necessities, with many approaching homelessness. The Women's Center offers three building blocks of empowerment: career development, financial counseling and legal information, as well as the best referral service in the community. "We're really good at connecting people with what they need," says Executive Director Ann Gerhardt. They reach out to adolescent girls with programs to guide and educate, and they help women find affordable housing. Remember, when you help mothers you help children at the same time.

Contribute by calling 919-968-4610 or visit [www.womenspace.org](http://www.womenspace.org). Train as a first response volunteer or work on a committee. Translators as well as legal and financial professionals are needed.

Be a part of your community. Helping others is good for you!

