



[www.hopefromthebottomup.com](http://www.hopefromthebottomup.com)

## July 2024 Hope Newsletter

Hope-Filled Organization: 



CENTER for  
**COURAGE &  
RENEWAL**

and the causes ab

out.

We're so glad you're here.

Here you'll find programs, resources, and connections to help renew your courageous spirit, amplify your inner teacher, and cultivate the stamina to keep showing up for yourself, others, and the causes you care about.



### **OUR MISSION**

The Center for Courage & Renewal exists to nurture deep integrity and relational trust, building the foundation for a more loving, equitable, and healthy world.

Through Circle of Trust® retreats and other programs rooted in the Courage & Renewal® approach, we nurture supportive communities of reflection and practice to help people come alive with a renewed sense of purpose, build trustworthy relationships, and cultivate the courage to rise to today's challenges, making a difference within themselves and their communities.

To learn more about this group and how it can help you grow as a contributor to a better world, click on this link:

[Center for Courage & Renewal \(courage renewal.org\)](http://CenterforCourage&Renewal.org)

## Hope-Filled Organization:



## WHAT WE DO

Special Spaces is a not-for-profit 501(C)(3) organization creating dream bedrooms for children with cancer. When a child is diagnosed with cancer, it can change their world. The activities that they used to enjoy may look and feel different. They may not be able to do the things they really love. They don't play soccer, ride bikes, go to prom or attend school.

Children with cancer spend a lot of time away from others; time in the hospital, visiting different doctors, receiving painful treatments, feeling tired and nauseous, and often times being isolated.

Our goal is to provide these children with a special space where they can not only sleep, relax, and recover, but also play and enjoy just being a kid. A custom bedroom designed just for them. Whether they are dreaming of a princess castle, a butterfly bedroom, a pirate ship or a sports theme, we transform the child's existing bedroom into a place that only he/she can imagine. A place for them just to be a kid!

This effort is done with teams of dedicated volunteers, sponsors, community partners and donated goods and/or services. The Special Spaces team meets with the family, designs the bedroom and provides all of the needed supplies. Bedrooms may include new paint, furniture, rugs, window treatments, closet organization, medical storage, light fixtures, bedding, painted murals and custom décor. With a "hands on" team, we create a very special bedroom.

Founded in 2004 in Knoxville, TN, with just one makeover, we have grown into a national volunteer organization. We currently have 12 chapters in 10 states. We have created over 1600 dream bedroom makeovers for our very special children. We measure our success not only in quantity, but in the quality of the experience. We are proud to be a high touch, high impact organization that changes the lives of children in our communities.

**We do this.... One Child. One Room. One Day....at a time.**

To learn more about this organization, click on this link: [What We Do - Special Spaces](#)

**Hope-Filled Organization:**

## **Growing Home still going strong after 30 years**



Growing Home is celebrating 30 years of helping people with job training and providing access to fresh produce.

Growing Home was founded by Les Brown in 1993. Brown was trying to figure out how to help homeless men. Brown saw gardening and farming as a great tool to help center people and help them obtain transferrable skills. Thirty years later, Growing Home continues to provide access to fresh food through its urban farm, workforce development and service communities that have been disinvested for years.

Growing Home started with a farm in Marseilles, Ill., and moved its operation to Chicago's Englewood community in 2002. The organization provides paid job training to those who are the hardest to place, which includes people out of work for many years and young people who might not have much work experience. It also focuses on job placement, partnering with employer partners to ensure people who participate in the program receive gainful employment and are able to move up in the work world.

Participants in the program are paid \$17 an hour, compared to the \$15 an hour minimum wage. The organization always strives to maintain its pay rate to at or above minimum wage.

Janelle St. John, Executive Director of Growing Home, said the organization is in a unique food space, where it has a USDA certified organic, urban farm, located in Englewood, which is a food insecure neighborhood. Growing Home is a high production farm, which grows an average of 100 varieties of produce every year. According to St. John, Growing Home's farm can grow up to 25,000 to 40,000 pounds of food, depending on what is being grown.

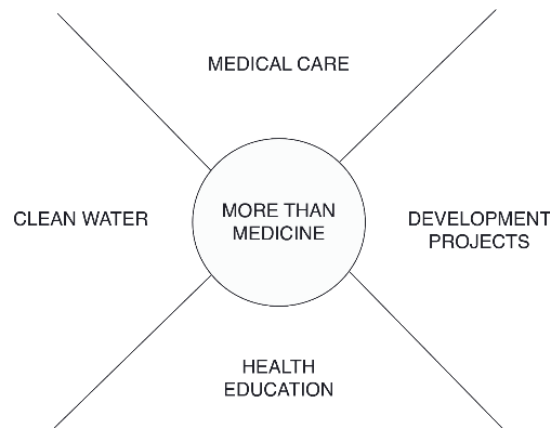
Since 2019, Growing Home has committed to distributing no less than 50% of the food it grows to Englewood or communities similar to it. It does this through the Farmers Market, which is held every Thursday on 59th and Wood Street; pop-up events, where it distributes produce at a discounted rate and partner with the Chicago Food Depository. They also deliver food to two local food pantries; and Englewood CSA, where up to 30 residents receive boxes of food at no cost to them every other week. To read more about Growing Home, click on this link: <https://citizennewspapergroup.com/news/2023/may/17/growing-home-still-going-strong-after-30-years/>

**Hope-Filled Organization:**



**THE MISSION:** To save lives and protect health by providing access to quality, community-owned, sustainable health care including primary care, surgical care, and public health in chronically underserved and under-resourced communities in the Dominican Republic & Haiti.

**HEALTHY LIVES:** At Community Empowerment, we're more than essential healthcare providers. We believe in treating the root causes of health inequities to improve community wellbeing and build a foundation for healthy living. We work with local leaders to identify risk factors, such as a lack of access to clean water, healthcare education, or infectious disease prevention. Then we source partners or raise funding to tackle the problem.



**GUIDING PRINCIPLES:**

**Community ownership and collaboration.** Ensure community trust by creating a community board that works with CE in the planning and implementation of medical care and business strategy.

**Innovation.** Leverage innovative products, practices and services to holistically treat as much of the population as possible.

**Integration:** Create partnerships with US and government agencies, NGOs and private companies to provide resources for primary medical care.

**Sustainability:** Empower community leaders to sustainably deliver and finance medical care through a community-based enterprise and partnerships with respective Ministries of Health.

**MEET THE TEAM:** Community Empowerment is headquartered in Chicago, Illinois with satellite teams in Santo Domingo, Dominican Republic and Port-au-Prince, Haiti. The teams work together on all initiatives across our four partner communities.

To learn more about community empowerment, click on this link: [Community Empowerment \(community-empowerment.org\)](http://CommunityEmpowerment.org)



## The Arts:

# “We Shall Be Free”



"We Shall Be Free" is a song co-written and recorded by American country music artist Garth Brooks. It was released in August 1992. The song was co-written by Garth Brooks and Stephanie Davis more than 30 years ago, inspired by the Los Angeles riots following acquittal of police who beat Rodney King.

To watch the video and listen to the song, click on this link: [\(20+\) Video | Facebook](#)

## Share this Newsletter!

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:



Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>  
Or send me an email ([robert@robertbeezat.com](mailto:robert@robertbeezat.com)) with the name and email address of the person you think would be interested. I will then contact them.

## Thank You