

Community Women Against Hardship January 2023 Newsletter



“A Blessing to the Community”

Community Women Against Hardship (CWAH) spoke with John Saunders, a long-time friend of and contributor to CWAH to ask him a few questions about himself and his history of philanthropy. When asked why giving back is so important, he immediately replied, “I have been blessed.”

Mr. Saunders hails from a family steeped in the tradition of giving, with both parents involved in the community. His mother worked at United Way all her life so giving back was ingrained in him and his sister from an early age. He feels blessed to have grown up in the 60s and 70s when neighborhoods were safe. It was a simpler time when families sat down to dinner, neighbors watched over each other, and communities bonded with one another. Mr. Saunders sees the neighborhoods changing and the great need for people to help our African American communities.

Mr. Saunders’ involvement with CWAH began in the early 90s with Gloria Taylor, he realizes now, as a mentor for him. Seeing her commitment to helping the community inspired him. He was involved with the United Negro College Fund’s walk-a-thon, so Gloria said she wanted to do something like that for CWAH. With customary willingness, John became the chair of the CWAH walk-a-thon for the first three years, being instrumental in getting that project underway.

New Sunny Mount Baptist Church became involved with CWAH when they were talking about giving back and someone asked if anyone knew of an organization. Mr. Saunders immediately thought of CWAH. That’s when they volunteered to adopt one or two families to provide gifts for at Christmas. (See pictures.) They are also interested in providing support throughout the year.

With a touching humility, Mr. Saunders said, “I’m doing what I think God wants me to do.” Mr. Saunders has been blessed and feels it’s God’s wish that he shares his blessings. CWAH is blessed that Mr. Saunders chose our organization for his good work and thank you to The New Sunny Mount Resource Family Support Ministry for all their help and dedication.



New Sunny Mount
Pastor Aid Committee



New Sunny Mount
Pastor Aid Committee



New Sunny Mount
Family Support
Ministry

*“If you want to go fast, go alone.
If you want to go far, go together.”
- African Proverb*

**SAVE THE DATE!
CWAH Walk for Life
Tower Grove Park
Sons of Rest Pavilion
4256 Magnolia
South Grand Entrance
MAY 6, 2023**

Celebrating our Community Supporters

Community Women Against Hardship survives in large part because of the support we receive from the community. This involvement allows us to keep our tentacles in the community. In this issue, we want to thank those who newly support and continue to support our efforts. As we've said before, it takes a village to raise a child and the "villagers" whose selfless contributions benefit our families and help us achieve our mission are greatly appreciated and deserve a special thank you from us to each of you. We applaud your commitment to servicing the community and your diligence in showing up repeatedly.



AKA Omicron Theta Omega Chapter



St Louis. University Blue Santa Toy Drive



Ellen Cooper and Students Loyola Academy of St. Louis



Black MBAs



Hopewell Missionary Church



Royal Vagabond Club

Community Women Against Hardship

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(314) 289-7523



C.W.A.H

COMMUNITY WOMEN AGAINST HARDSHIP

UMSL Nursing Students Healthy Cooking Class

As part of our continuing community involvement initiative, University of Missouri-St. Louis nursing students work with our families at our center on W. Belle Place. The students engage with our clients by answering questions on exercise and health problems, then holding a cooking class, demonstrating healthy cooking techniques, and creating tantalizing dishes. The students receive early, up-close exposure to a demographic they will encounter when they graduate and work in the community. The families enjoy the opportunity to get involved in the hands-on experience and sampling the dishes they helped cook.



*“If I cannot do great things, I can do small things in a great way.”
-- Martin Luther King Jr.*



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Save The Date!
May 6, 2023 Walk For Life!

**Choose 1K or 3K
Non-competitive
walk/run
\$25 per person**

**Registration: 8 a.m.
Warm-Up: 8:30 a.m.
Walk/Run: 8:45 a.m.**

**Tower Grove Park
– Sons of Rest Pavilion**

**4256 Magnolia
– South Grand Entrance**



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Against Hardship**
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[CLICK HERE TO DONATE OR REGISTER FOR WALK](#)

