



February Newsletter

"Surely, Lord, you bless the righteous; you surround them with your favor as with a shield." -Psalms 5:12

Upcoming Dates

February 2: Groundhog Day
February 5: World Nutella Day
February 9: National Pizza Day
February 14: Valentine's Day
February 17: National Random Act of Kindness Day
February 20: National Love Your Pet Day

Focus Word of the Month

Joy: The emotion of great delight or happiness caused by something exceptionally good or satisfying.

We encourage you to find and identify your feelings or moments of joy this month and share them with others!

Coordinator Spotlight

With a warm smile, Mrs. Mary Smith invited me into her apartment. We really hit it off, and in the coming years, she shared words of kindness and strength, gave me yummy things to eat, and helped me understand America. For a new immigrant girl from Korea, now suddenly navigating the new streets and public school in Chicago, Mrs. Mary was a Godsend. Although my parents were professionals in their country, they had to start from scratch in this country. They were super busy driving taxis, cleaning bedpans, and washing dishes. So, after school, I would head straight to Mrs. Mary's home. A retired elementary teacher, she poured her years of experience and patience into me. She introduced me to the *Little House on the Prairie* books, bought me a flute, and gave me my first bottle of perfume. More than a friend, more than a guide, she was my "American Grandmother."



Fortified by Mrs. Mary's encouragement and confidence, I was ready for a journey that would include the advantages of Adventist Education in a boarding academy, amazing friends, and inspiring professors at Southern Adventist University. My decision to become a teacher was largely influenced by my mentor, Mrs. Mary.

Three years ago, I was asked to become the new coordinator of the existing PFE program at Shenandoah Valley Academy. My daughters had participated in the program through the elementary school, so I knew firsthand how meaningful and important the weekly visits with their mentors were. I was honored to accept the responsibility.

Looking back, I know God put Mrs. Mary in my life. She helped me, and I believe ours was a win-win relationship. Ever since those confusing and happy times, I have loved spending time with older folks. Their depth, wisdom, and humor make life so much better. Their amazing stories are usually true and always fascinating. Now, through the PFE program, I can help young people draw strength and wisdom for the battles of this life and prepare for the life to come.

**When we are not working at SVA, my husband Don and I are busy on our little farm in the beautiful Shenandoah Valley of Virginia. With our three daughters, we care for three playful horses, two faithful dogs, one very precocious cat, too many chickens, and one-hundred Asian pear trees.*

Activity Suggestion Snowflakes

Supplies

- Tea/coffee filters
- Water
- Spoon or dropper

- Washable markers
- Scissors

1. Color a pattern or whatever you like with your washable markers onto coffee filters
2. Use a spoon or dropper and drip small amounts of water onto filters so they are completely wet
3. Let filters dry in the oven at about 115F for about 30 minutes (check on them every few minutes, so the edges of the filters do not curl) or let filters dry overnight
4. Fold filters into a triangle by folding them in half, folding the right corner to the left corner, folding the left corner, and folding the filters in half again
5. Use scissors to cut designs out of the folded filters
6. Open up your filters to reveal your snowflakes



Enter a drawing to win an Amazon gift card by replying to this email with your favorite Bible verse and share why you chose it.

Reminders

Reflections should be submitted within 24 hours of your visit. Submission tips -

- Take the last 10 min of your visit and fill out the reflection with your mentor
- Submit your reflection on the way home using a cellphone

Virtual visits do **not** count towards PFE visits! You must visit your mentor in-person, participate in a service activity, or deliver a care package to receive credit.

We want to highlight you and your mentor in our newsletter! Send us an email with a story, activity, or picture of you and your mentor to be considered.



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