



Seeds of Exchange

Inspired Action to Get You Started

you belong here. Together, we are igniting a global community movement, our path well-worn by steps of inspired vision and action... each making mighty contributions to our world's great challenges, whether in **our backyards** or **distant lands**. **Join us.**

Here are a few ways to ignite your own beautyFULL path...

learn.

Half the Sky bit.ly/HalfTheSkyVideo
Preemptive Love Coalition bit.ly/LoveManifesto
Fatouma's Wollo dance bit.ly/WolloDance
6 Word Memoirs, TEDx bit.ly/6WordMemoirs
Seeds Inspired Action Resources
Human Trafficking bit.ly/InspiredActionJan
Africa bit.ly/InspiredActionFeb



Visit our
Inspired Action
page on
seedsofexchange.org
for a digital version
of this resource
with even more info +
clickable links.

attend.

March 28: Setting the Stage Women's Network: The Spark bit.ly/SettingTheStage-March28
April 12: Threads Connect Event bit.ly/ThreadsApril12
April 17: Seeds Storyteller Series: We are interconnected bit.ly/SeedsApril17
May 13 | Aug 19 | Nov 11: SAME Cafe 4-course Colorado-grown meals bit.ly/SAMESeasonal
Saturdays: Koffi Togo African drum and dance classes bit.ly/KoffiSaturdays
June 3: MountainChild Run for Hope [Parker] bit.ly/MountainChildRun
July 22: Aruna Run for Their Freedom [Ft. Collins] bit.ly/ArunaJuly22



share.

Put this **beauty**-full "Hate Has No Home Here" sign in your **yard or office**, crafted in English, Urdu, Korean, Hebrew, Arabic, and Spanish. Suggested donation to cover printing is \$10. Pick yours up at our next Seeds event or at our home-headquarters: 4326 Montview Blvd., Denver.
POST: #seedsofexchange, #storiesmatter, #HHNHH + tag us @seedsofexchange



CONNECT WITH YOUR STORYTELLERS



Fatouma Ahmed

Fatouma's life stories always enrapture...

at twelve, she set out through the Ethiopian desert, fleeing her husband, arriving at a refugee camp and meeting the love of her life, Ibrahim (with an always entertaining proposal rendition). Through it all, we witness in her a courageous, fighting, compassionate, persevering, humorous way to engage with the always unexpected, sometimes tragic, and other times BEAUTY-full twists and turns of life.

"I decided to live my life instead of die with my son ...It is for times like this that I really need my sisters and brothers."

give.

Fatouma: How often can we help make someone's dream a reality? Well, today we can. Our sistah is ready to DRIVE and needs a bit of support to pay for the course. Send via *Paypal* to sarah@seedsofexchange.org, and write: "Fatouma's Dream", in the memo.

Angela Melfi + Kara Wiegand

Kara and Angela have been best friends since a road trip after college took them across the country from New York to Oregon.

They have since traveled together internationally and visited dozens of countries on their own. With each trip to a developing country they have been struck by the people and each one sparked the conversation, "What can we do?" Together, they invite us to consider our own responses to the same question. These sistahs are a powerful and extravagantly compassionate duo!

threadsworldwide.com

"Take a step - any step - into action. Do something - doesn't have to be perfect and do it now!"

Julie Geller

Julie delivers her lyric-driven songs with honesty, clarity, and most of all, hope.

The veins that run through Julie's music are connection and courage. Connection, as her music makes us feel both a part of something greater and more in touch with our deepest selves. Courage, because her lyrics are about the struggle to develop into the people we know we can be. If music is the heart of what Julie does, then storytelling is the soul. Julie is founder of *Setting the Stage Network*, which is yet another creative innovation of hers that is building a dynamic and connected community of women in Denver.

juliegeller.com + settingthestagenetwork.com

"We share our humanity - both the struggles and high points."

SUPPORT THE WORK OF SEEDS OF EXCHANGE

volunteer.

Want to help at a future Seeds Event?

sarah@seedsofexchange.org

SET UP, GREET FOLKS, TECH/SOUND

SPONSOR an event

We're happy to offer an event marketing shout-out.

shop with purpose.

Learn more about joining our Seeds-Threads

team +/or hosting a unique and fun global showcase at your home bit.ly/SeedsShop

Each purchase creates life-changing work for women artisans around the world and benefits Seeds of Exchange bit.ly/SeedsThreads

