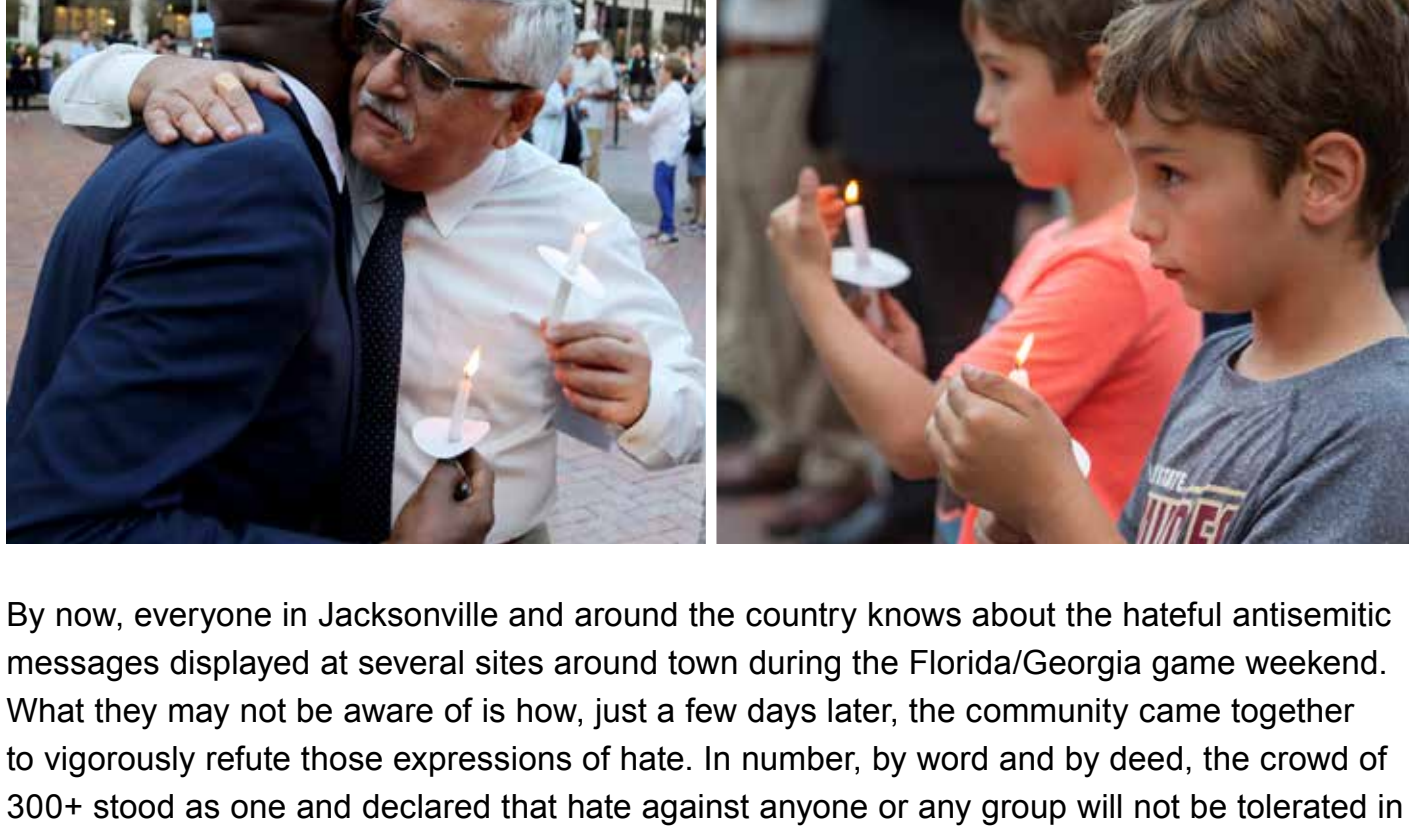


Jacksonville Pushes Back on Hate



By now, everyone in Jacksonville and around the country knows about the hateful antisemitic messages displayed at several sites around town during the Florida/Georgia game weekend. What they may not be aware of is how, just a few days later, the community came together to vigorously refute those expressions of hate. In many ways, by word and by deed, the crowd of 300+ stood as one and declared that hate against anyone or any group will not be tolerated in our city. It's not who we are as a community and there is no place for hate here.

Following the incidents, many throughout the community — including OneJax — expressed their outrage. “As person after person denounced the antisemitic messages, I could sense that people had a real need to come together over this,” said Kyle Reese, OneJax Executive Director. “I made a few calls and floated the idea to several people, who enthusiastically encouraged OneJax to host the event. We had three days to make it happen and, somehow, the incredible OneJax team pulled it together.”

Speakers at the Candlelight Vigil included UNF president, Moez Limayem; Mariam Feist, CEO of the Jewish Federation and Foundation of Northeast Florida; Ben Frazier, founder and president of the Northside Coalition; Sabeen Perwaiz, CEO of the Florida Philanthropic Network; Anne Joseph, board chair of MOCA Jacksonville; Matt Hartley, director of the UNF Interfaith Center; Richmond Wynn, vice president and chief diversity officer at UNF; and OneJax's own Kyle Reese. Hazzan Jesse Holzer provided several songs of hope and healing.

OneJax had started developing a Community Engagement Initiative months before the antisemitic incidents. “After the vigil, and talking with others with whom we collaborate frequently, we feel greater urgency to start rolling out parts of the effort sometime in the late spring of next year. If a few things fall into place as we're hoping, we can make this happen,” Kyle added.

Is There Method to Your Madness?



Do you donate with conscious intention or impetuously? This question was raised during a recent conversation with one of our major donors, who admitted that she “gave to what makes me cry.”

As you would expect, there's actually more thought involved before she makes a gift. If you were to look at the nonprofits and charities she's supported historically, she tends to support organizations and programs *that offer hope* — social justice, feminism, LGBTQ+ rights, civil rights, etc.

What we found interesting is that this donor chooses to spread her giving across quite a few agencies — making smaller contributions to a larger number of organizations. In contrast, many other donors take an approach where they hope to have greater impact by making larger gifts to fewer agencies. And still others restrict their giving to organizations in specific categories, such as education, healthcare, social justice, etc. There's no right or wrong way to plan your giving. Just having some type of plan in place helps you to stay focused and reflects your interests and priorities.

No matter how much you give in a year, having a giving strategy with projected goals of what you hope to accomplish is an important tool for maximizing the impact of your giving. You can always deviate from your strategic map — but having a plan at the beginning of each year will make your giving easier and, ultimately, more effective.

Meet the 2023 Humanitarian Honorees!



Save the date on your calendar and plan to attend the 2023 OneJax Humanitarian Awards! We look forward to seeing you on **May 4, 2023 at the Jacksonville Center for the Performing Arts** (formerly the Florida Times-Union Center) as we honor the following outstanding community leaders:

Gold Medallion for Lifetime Achievement
Nina Waters – CEO, *The Community Foundation for Northeast Florida*

Silver Medallions
Lad Daniels – Former President, *First Coast Manufacturer's Association*
Cindy Funkhouser – President and CEO, *Sulzbacher*
Stacey Goldring – Founder, *Searching for Identity Foundation, Inc.*

Acosta-Rua Young Professionals Award
Kimberly Allen – CEO, *904WARD*

“We are honoring a group of deserving people who have made an indelible mark on our community and are passionate about making Jacksonville the best place it can possibly be,” said Kyle Reese, OneJax executive director. “These honorees represent a growing list of people laying the foundation to help take Northeast Florida into the future. Their impact is immeasurable.”

More information about this year's event will be made available in the coming months. In the meantime, be sure to congratulate these deserving individuals and wish them well.



Acts of Kindness Can Reduce Burnout

If you or someone you know is experiencing burnout at work or in another area of your life, being kind to others — and yourself — can actually help improve your symptoms — and attitude.

That's according to Yu Tse Heng, a faculty member at the University of Virginia who studies burnout. “Being kind to other people can help with burnout by helping you feel more connected,” Heng says.

He believes that there are three components to burnout: exhaustion, inefficacy and cynicism.

Exhaustion can come from overwork or from running out of time to do your work promptly. Inefficacy can result from the feeling that you're not in the right job — it doesn't fit right, no matter the reason. Cynicism often results from dealing with difficult relationships at work.

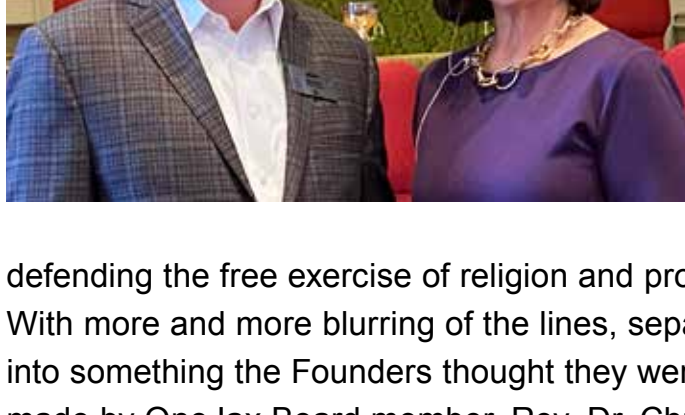
Heng's research is indicating that small acts of kindness that help others in the workplace can help you feel less cynical, and could also help you to feel more effective at your jobs. Things such as taking a few moments to check in with a coworker to see how they're doing, getting a colleague a cup of coffee while you are getting one for yourself, or offering a sincere compliment can help with your own cynicism but also lifts the person to whom your kindness is directed. In fact, the impact on them is probably far greater than you will know.

Don't forget yourself when you're dishing out kindness. Why is it that we find it easy to do something kind for someone else, but it's so much harder for us to show some compassion for ourselves? Acts of self-compassion — taking the time to do something you enjoy — can help reduce feelings of exhaustion, which, as noted, is one of the components to burnout. As Heng notes, acts of self-compassion are often harder to do than we admit. Make yourself a deal — for each act of kindness you show towards someone else, show one for yourself.

OneJax thinks it's worth a try. Spread the information to your teams and colleagues and see if you have a more engaged and energetic workplace in a couple of weeks or months. If we can model kindness in the workplace, it just might have a better shot of succeeding in the broader community.

Event Wrap-Up

It's been a busy fall and we want to thank so many of you who came out to our forum on the rising threat of Christian nationalism and to those of you who joined us at the 105th OneJax Interfaith Thanksgiving Gratitude Service.



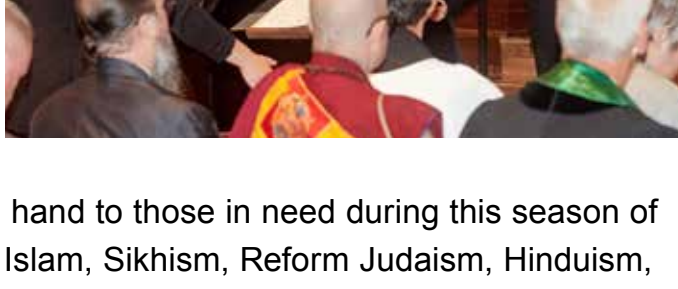
CHRISTIAN NATIONALISM FORUM

A presentation by one of the foremost experts in the field, Amanda Tyler, lifted the veil for the many in attendance on the rising threat of Christian nationalism and its potential for undermining our constitution and democracy. Tyler is the executive director of the Baptist Joint Committee for Religious Liberty (BJC) in Washington, D.C. The organization focuses on the historic Baptist principle of religious liberty,

defending the free exercise of religion and protecting against its establishment by government. With more and more blurring of the lines, separation between church and state is morphing into something the Founders thought they were protecting against. Comments were also made by OneJax Board member, Rev. Dr. Chris McKee, pastor at the Church of Oakland, and Rev. Rebekah Hutto, director of the Interfaith Center of Jacksonville. Speakers also fielded questions from the audience.

2022 INTERFAITH THANKSGIVING GRATING OF THE SERVICE

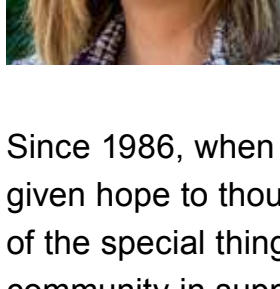
Coming off of the recent local incidents of antisemitism, the faith community gathered to celebrate each other. Faith leaders shared stories of kindness and cooperation, *Neighbor to Neighbor*. We came together to eliminate hate in our community by reinforcing that kindness, love and gratitude are things each of us needs to give — and receive — from one another. It also allowed us to commit to extending a helping hand to those in need during this season of giving. The religions sharing stories represented Islam, Sikhism, Reform Judaism, Hinduism, Presbyterianism and Baptist Christianity. Other faiths that joined in the procession and service include Baha'i, Conservative Judaism, Episcopalianism, Buddhism, Lutheranism, and Greek Orthodox Christianity. If you missed the service and would like to see it, you can watch the recording [here](#).



DONOR SPOTLIGHT: Mayo Clinic Jacksonville



INTERVIEW WITH ASHLEY PRATT, MPA, MNM Director of Community Engagement



OneJax and its social justice advocacy work has been the recipient of Mayo Clinic in Florida's generosity and investment for many years, never wavering in their belief that an inclusive community will be a healthier community. In addition, Mayo Clinic in Florida is a major sponsor of the Humanitarian Awards event, providing valuable unrestricted funds to be used as needed.

Since 1986, when Mayo Clinic opened its Jacksonville location, Mayo Clinic has cared for and given hope to thousands of people who visit from all over the world to receive their care. One of the special things about Mayo Clinic is that their focus on healthcare extends to the greater community in support of local programs and initiatives that impact Jacksonville's quality of life.

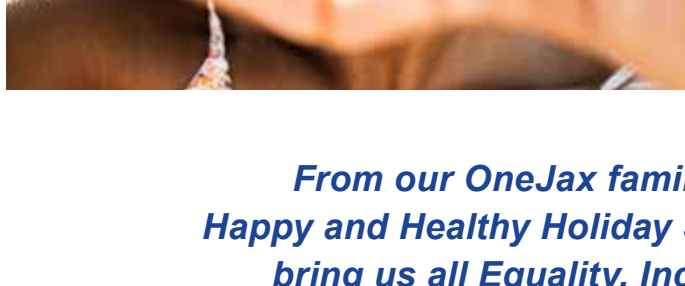
Mayo Clinic in Florida, through their Annual Community Contributions Fund grant program, awarded grants to 296 organizations and programs throughout Northeast Florida in 2022. The awards, totalling \$198,641 in grants which range from \$2,500 to \$22,000, will help address significant community health needs identified in the 2022 Community Health Needs Assessment and contribute to advancing equity, inclusion, and diversity in Northeast Florida. Mayo Clinic in Florida also sponsors various memberships, events, and other local organizations throughout the year.

“We believe that addressing healthcare needs in our community extends beyond the walls of our clinic,” said Ashley Pratt, Community Engagement, Mayo Clinic in Florida. “Each year we fund organizations addressing efforts to increasing access to care, chronic diseases, education programs where youth can have access to afterschool programs offering mental health support, career exploration and mentorships. These programs contribute to addressing social determinants of health, which impact the overall health and well-being of individuals in Northeast Florida.”

In addition to contributing funds to grant recipients, Mayo Clinic in Florida employees, their family and friends and Employee Resource Groups volunteer with nonprofit organizations throughout Northeast Florida year-round.

Mayo Clinic reviews applications and awards grants twice a year in the spring and fall. Nonprofit organizations in Northeast Florida are eligible to apply. Applications for the Spring 2023 cycle will open on December 16th.

Our Wish



We hope that you and the people important to you are surrounded by peace, love and joy this holiday season. And that you extend kindness and compassion to those who need it most.

It's been a hard year for many, in so many ways. Take some time to renew your spirit by doing something good for yourself. We cannot be who we want to be for the people we love if we can't love ourselves first.

From our OneJax family to yours, we wish you a Happy and Healthy Holiday Season. And may the New Year bring us all Equality, Inclusiveness and Belonging.