

2018 Year End Review

December 31, 2018

We marked our first anniversary on December 7th, and for an all-volunteer nonprofit startup, with plenty of rookie year 'learning experiences', we have achieved some notable markers:

1. Despite a late distribution start on March 1st and working through various vendor-related supply issues and delays, we were able to place over 500 of our custom, hand-made, meditation strand packets to individuals and groups located in 14 states and six foreign countries, which could be understated by subsequent 'downstream' distribution to people in other states and countries. Our geographical map crisscrosses America from Bainbridge Island, in Puget Sound, Washington to Miami, Florida; from Southern California to New Hampshire. In-between places included cities, large and small, in AZ, GA, MD, MN, WI, MA, MI, PA, OR, VT, and, of course, our home base in Colorado. Beyond the U.S. we placed meditation strand packets with interested parties, without discrimination, in Canada, Mexico, Costa Rica, England, France and Israel.

Our signature handcrafted packets found their way into doctor offices, hospitals, banks, laboratories, law offices, courthouses, governmental centers, churches, women's support groups, assisted living facilities, pharmacies, hair salons, schools, social worker conferences, and spiritual retreats. We also placed our strand packets with therapists, meditation coaches, motivational speakers, ministers, nurses, published authors and into households of all shapes and sizes.

In sum, a good 1st year start, one which we have deemed largely a 'beta test' across a wide spectrum, with consistently positive reactions to both the quality of our specialized gemstones used in our signature 12-bead strand and with the simplicity and effectiveness of our easy to learn and practice 12-step meditation, which is centered upon helping anyone, regardless of their own situation, to achieve and maintain the health and wellness benefits from living a compassionate life.

2. As expected, our initial funding has come largely from founding directors, yet we will close 2018 with 26% coming from outside support, which came without any solicitation, and is just short of the 30% required by IRS 501(c)(3) rules to maintain tax-exempt status. But the IRS gives a new nonprofit, such as CnA, five years to get to the 30% level. We are confident that CnA will reach and maintain the 30% threshold employing the principals of the *pay-it-forward* concept, with donors, of all types and sizes, stepping-up to help us make strand packets for others.

3. At a year-end Board meeting, we decided to expand our focus groups to include veterans dealing with PTSD and with indigenous cultures in 2019, and we voted to shift from a broad, more general, approach to focus more of CnA's effort on the marginalized populations identified in our Mission Statement, with our emphasis centered upon education and facilitation via TED style talks, keynote presentations and hands-on, teaching, workshops with our focus groups. CnA will continue to grant our custom handcrafted meditation strand packets to interested people, beyond our focus groups, on an individual basis, without discrimination and to the best of our ability, as we see our potential to serve others with our unique calling limited only by our ability to fund our operations and to find dedicated, community-minded, volunteers to help us.

continued

Thanks to all of our supporters and other interested parties for helping make CnA's first year a better than expected success; and we are looking forward to an active outreach effort in 2019. It's encouraging, for example, to learn about the success, albeit early in results, of meditation being helpful to veterans struggling with PTSD, as linked below; so, adding this group into our core mission, along with indigenous peoples, creates an even more worthwhile compassionate-based, all volunteer, nonprofit effort.

I'll close with a reminder that 100% of all funding goes solely towards the materials that create our handcrafted strands, for the informational index-size cards that are included in each packet, and for distribution, specifically mailing costs. There are no salaries or reimbursed expenses paid to anyone; all related work comes from committed volunteers. We spend not a single penny on marketing or fund-raising, and while we rely on donations from those wanting to pay-it-forward, including from both insiders and outsiders, we do not solicit funds from anyone.

Sincerely,

Rii Sabby, President
Compassion-in-Action, Inc.
<https://compassion-in-action.info/>

Meditation helps vets with post-traumatic stress disorder

Associated Press, November 15, 2018

"Meditation worked as well as traditional therapy for military veterans with post-traumatic stress disorder in a small experiment sponsored by the Department of Defense. One method preferred by the Department of Veterans Affairs is exposure therapy, but it doesn't work for everyone and many can't handle what it requires: purposely recalling traumatic events and confronting emotions. Meditation could be a better choice for some, the researchers said." ... Direct link to full article >>>

<https://apnews.com/759bf5a933db41c6bb2be1263aec6165>

Three reasons why we should all care about Indigenous Peoples

World Bank, August 9, 2017

"Worldwide, there are about 370 million Indigenous Peoples and ethnic minorities living in more than 90 countries worldwide. No matter where we live or who we are, we should all care about Indigenous Peoples. Why? First, Indigenous Peoples and ethnic minorities are more likely to be poor. Although Indigenous Peoples make up only 5% of the global population, they account for about 15% of the world's extreme poor. They are overrepresented. And if you're from an indigenous family in Latin America, then you're three times more likely to be in poverty than someone from a non-indigenous family in the same region." ... Direct link to full article >>>

<http://blogs.worldbank.org/voices/three-reasons-why-we-should-all-care-about-indigenous-peoples>

Indigenous peoples and ethnic minorities: marginalization is the norm

UN Report on Indigenous, dated July 22, 2018 ... *"Addressing the structural causes of disadvantage and promoting social inclusion requires a broader set of economic and social policies, including efforts to address discrimination."* Direct link to PDF >>> <https://www.un.org/development/desa/dspd/wp-content/uploads/sites/22/2018/07/Chapter-VIIIndigenous-peoples-and-ethnic-minorities.pdf>