

The Meah Foundation





My Story

The Meah Foundation was born out of my personal experience of child loss and the journey of healing that followed. My daughter died as a result of my labor being induced at 38 weeks with the drug Cytotec also known as Misopristal. My Uterus hyper stimulated and tore from top to bottom in two places. My daughter Meah deprived of oxygen, never made it into this life. Her death left me feeling every emotion imaginable. I felt deep aching pain, constant sadness and hurt, but I also battled emotions of anger, hatred and a sense of powerlessness. I knew that if I were going to find healing and grow in a way that was conducive to living life with purpose and true meaning, I would have to make something good out of this tragedy. I wanted to find a way to heal and empower myself and others. After hearing a story shared by genocide survivor, Immaculee Ilibagiza, I felt called and inspired to make a difference in this world. My desire to help led me to travel with her to Rwanda, a decision that would change the course of my life forever.

While traveling through Rwanda, I listened to stories from men, women and children who had experienced genocide. We laughed, we cried! Sometimes we held hands and embraced with hugs when we could not understand each other. What I found for the first time since Meah had died, was a very powerful transformation taking place within me. With every new story, I felt my heart open and the energy of anger and powerlessness shift and change to love, forgiveness and a sense of empowerment. Slowly I remembered I had voice and began learning how to use it. I now found myself standing before hundreds, sharing my story and the stories of those who touched my life changing me in profound ways. I began to see how the power of stories could impact the lives of others and move people towards positive action all over the world. I started to see newfound hope. I began to tell a new and powerful story of love, compassion and gratitude. That through pain and grief, there can be found the greatest of gifts and blessings – it is through life, loss and transformation we learn the greatest of lifes lessons thus making us feel whole and complete again.

The connections I made with people and the power of stories I experienced and shared with others showed me that my daughter came into this life with great purpose. This purpose is what I want to give to people through The Meah Foundation.





The Meah Foundation

The Meah Foundation's aim is to create a platform of expression, hope and connection through the sharing of stories.

Currently, The Meah Foundation fulfills its mission through the following goals:

- **Sharing stories that ignite positive action through healing, transformation, wisdom, and inspiration to communities around the world**
- **Connecting like-minded individuals for project collaborations and transformative partnerships**
- **Providing a platform for worthy worldwide projects, charities and foundations**
- **Raising awareness about critical global causes**
- **Forming lasting partnerships and helping to fundraise for projects and initiatives that reflect our vision**

Projects in which The Meah Foundation is involved in include:

- **Telling stories of pain, grief, healing, compassion, reconciliation and hope through The Meah Story Bracelets.**
- **Establishing sustainable fund-raising initiatives to support the work of like-minded organizations, such as the Mustard Seed Project, Touch a Life Foundation and Prison Fellowship Rwanda**
- **Facilitating the engagement of powerful and dynamic speakers to share their stories in communities around the world e.g.: Immaculee Ilibagiza, Andre Norman**
- **Funding creative writing workshops that empower young people to tell their stories**



The Meah Story Bracelets

The Meah Story Bracelets are a physical symbol of the stories we live that can change the world. The stories are about surviving, overcoming, bringing about awareness, sharing, experiencing and inspiring others. Every bracelet carries the handprint and name of the person whose story has inspired us and will inspire others in the struggle for change. It is our dream that these stories will connect us across walls, borders and oceans, opening hearts and minds in the process. Open hearts and minds can change the course of humanity.

The story bracelets will be placed into one of eight themes. The idea is that when people wear these bracelets, they are standing with you for your cause, for your dream and vision or for whatever the purpose of the shared story is for – they carry a part of you with them and they are in essence, standing up with you for what you believe in or what you have experienced.

The eight themes are:

Cause and Awareness Bracelets – stories associated with genocide, HIV and AIDS, water crisis, hunger crisis, cancer, etc.

Inspiration Bracelets – stories of inspiration, of overcoming, stories that uplift and make people feel joy

Vision/Dream Bracelets – stories of people making a difference in this world

Connection Bracelets – stories of children with the purpose of connecting children with children, money goes towards educating and building schools in countries where children have no access to education

Family and Friends Connection Bracelets – connecting people to those they love

Celebrity Bracelets – Celebrities giving their hand print for a cause

Environment and Wildlife Bracelets – stories coming from environment or animals that are in danger, money goes towards helping environment and animals in danger

Animal Rights Bracelets – stories of abused animals as well as stories that inspire and uplift, money goes to help animals



The Meah Story Bracelets



Every story bracelet will have the hand print of a person somewhere in the world, that will have shared their story. On the inside of the bracelet will be the person's name, their country and a link to The Meah Foundation where all the stories will live. People can log onto the site to read the story of the person as well as join in on a conversation helping to be a part of positive change and making a powerful impact on humanity.



The Meah Story Bracelets

Below are 3 bracelet themes in more detail

Connection Bracelets connect children with other children from other parts of the world. Through their schools and the Story Bracelet Project, children from different cultures connect with each other and share their experiences, what makes them unique and the events that have shaped their lives.

These bracelets can be incorporated into the school curriculum and feature a learning kit that includes educational and entertaining ways for children to engage with one another. The goal of the Connection Bracelets is to stimulate children to consider important questions that will open their hearts and minds to our human differences as well as commonalities. They will also be encouraged to think of creative ways to become young social entrepreneurs through the expression of stories through the arts as well as selling bracelets connected to those stories, and supporting charities of their choice. A percentage of funds raised from these bracelets will go directly to The Meah Foundation, which supports education in various forms around the world, giving children access to education by building schools and providing funding.

Cause and Awareness Bracelets tell the stories of individuals whose life experiences represent the cause or awareness campaign they wish to support. These include life experiences of those who have survived genocide, war, and human rights abuses; and overcome illness or disease such as HIV and AIDS, cancer, diabetes, epilepsy, and autism. Stories can also represent hunger or water crises, famine, poverty, disability, loss or tragedy, natural disaster, women's rights, or any other Cause or Awareness story that The Meah Foundation believes is important or necessary for the world to know. A percentage of the Cause and Awareness Bracelet proceeds goes to The Meah Foundation which supports foundations or charities associated with the person who has shared the story.

Environment and Wildlife Bracelets remind us that every rock, tree, coral head and reef has a story. The prints on these bracelets will come from our natural environment including leaves, the bark of trees, coral, and sand stones. The Meah Foundation will give a percentage of funds raised from the bracelets to support and fund environmental causes that focus on preserving our natural environment.



Our Next Steps

The Meah Foundation is in its introduction phase. The following steps are presently being taken to establish the Foundation:

- ***Complete Brand Launch***

Including re-designed website, info and sponsorship materials, finalization of stories and supporting imagery as well as film and photography library

- ***Bracelet Production***

A range of bracelets are in production and are becoming available. Their corresponding stories are presently being implemented on the website

- ***Foundation Partnerships***

Presently in discussion to partner with other foundations

- ***Integration of Bracelet concept in Schools***

3 schools in the Bahamas will be implementing the Connection Bracelet concept into the 2012-13 School Year curriculum – enabling Bahamian school children to reach out to children from different countries and cultures.



I look forward to connecting with you

By “sharing stories; changing lives”, The Meah Foundation is committed to bringing together our humanity and transcend cultures, generations and societies, leading to renewed optimism and empathetic consciousness. Through creating awareness and sensitivity, we seek to empower both young and old with a powerful understanding of life and spirituality that will ultimately lead to greater and deeper personal fulfillment and satisfaction.

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