



ARIANA MAE HATAMI FOUNDATION QUARTERLY NEWSLETTER

January 2019

We are striving in our mission to change lives..

Greetings and Happy New Year to all. We at AMHF are steadily moving forward into 2019 with high hopes in meeting our goals for this year.

In the last quarter of 2018, we were excited to announce a new board member, Mr. Joe Goethals, deputy district attorney of San Mateo county and now we are equally excited to welcome Ms. Charissa McManis. She is our resident millennial and I say that with utmost affection. Charissa and Ariana met at Wells Fargo Bank and also took classes together at San Francisco State University; they became best friends. After Ariana's passing, Charissa demonstrated a loyalty to Ariana's friendship and memory that is truly remarkable. She has expressed a passion in getting involved with a cause that aims to obliterate domestic violence against women and at the same time honoring Ariana. Charissa has a background in corporate banking and currently works in information services at First Republic Bank, supporting the Chief Technology Officer. Given that our social media campaign has been a bit weak in delivering our message and mission on a consistent basis, Charissa has elected to take over this very important aspect in using the technology to it's fullest benefit.

On November 27, 2018 it was Giving Tuesday. It was also Ariana's birthday; she would have been 25 y/o. Inspiration took hold and a campaign to raise money for AMHF started on the day through Facebook. We were so grateful to all the contributor's to this fund and you know who you are. This year we are looking forward to increasing our fundraising opportunities to support our mission. Board member Lieutenant Ron Mussman, is planning a golf tournament with silent auction this coming Fall with the assistance of Shawn Moussavi of Merrill Lynch. The event will most likely be held in San Francisco. More details to come.

Ariana Mae Hatami Scholarship for Victims of Domestic Violence San Francisco State University

It is now official! Ariana's 25K endowment scholarship has been implemented & the website is live. Go to: <https://titleix.sfsu.edu/content/ariana-mae-hatami-scholarship-victims-domestic-violence> Our heartfelt gratitude goes to the hard working team from the Department of Student Affairs and Enrollment Management. The first scholarship will be awarded August, 2019.

The Ariana Mae Hatami Foundation supports The Radiant Youth Program to help foster children in our community. Are you interested in knowing more or want to get involved?

Foster Care Fair May 19th

Whether your desire is to become a foster parent, a support friend or a mentor in our upcoming program at PCC, our foster care fair will help provide practical next step opportunities and education for those wanting to get involved. Join our **Foster Care Fair May 19th on the Peninsula Covenant Church campus**. We look forward to seeing you there!

To get involved or have questions please contact Holly Stewart at hollys@wearepcc.com

On a personal note, I would like to extend my heartfelt thanks to 'The Compassionate Friends'. They are a support group from Pittsford, VT and they have never missed in sending me their newsletter regularly for the last 2 years. They support families after a child dies and the personal stories I have read are immensely warm, shattering, honest, tearful and beautiful. www.compassionatefriends.org

With that... I find that my grief rides on an endless continuum; it surges then it recedes. I'm always looking for meaning and some level of peace. Many who have lost great loves will relate. What I would like to share is not meant to impose a belief system; it's only meant to comfort those who might take it that way. This is what I learned from Compassionate Friends.

During the last holiday season I came upon a number of books that provided me unique perspectives, spiritual insight and direction while navigating through my new life of grieving, working, coping and working more to keep Ariana's memory alive. One such book is from Hannah Brencher the author of "Come Matter Here". The following excerpts from her book resonated within me. - Julie Hatami

I love the idea of breath prayers. There are plenty of times when I can't find the words or don't have the energy to get on my knees and pray. There are even times when I feel like my prayers aren't good enough, as if God won't meet me in my mess. There are days when I feel like every word that comes out of my mouth is fake or forced.

Breath prayers help me bridge the gap between praying sometimes and praying without ceasing. The prayer is not asking that I'll be propelled into something bigger for this world. The prayer is "reduce." Make me smaller. Help me get out of my own way.

My heart needs this reminder constantly: You are not the center of the universe. You are not the most important. That's God. If I want to be open to what God has for me, I also must be open to decreasing, to becoming less. I stick close to writer Flannery O'Connor's words in her prayer journal: "Dear God, I cannot love Thee the way I want to. You are the slim crescent of a moon that I see and my self is the earth's shadow that keeps me from seeing all the moon . . . Please help me to push myself aside."

Reduce me to love. It's me saying, "I can't actually do this reduction thing on my own, so come in and do the work. Have your way. I trust you."

*Turning a heart shattering tragedy into hope
for victims of violence*

All of these endeavors would not be possible without your generous contributions to AMHF. Thank you.

The enormous pain of losing Ariana has become our inspiration to make this foundation a healing site for survivors. On that note, we would like to update you and report our progress on a quarterly basis. If you choose to opt out, please notify the sender and we'll discontinue your newsletter.

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**Ariana Mae Hatami
FOUNDATION**