

# Meaningful World

## Association for Trauma Outreach and Prevention (ATOP) Bulletin, December 2023



### Humanitarian Trauma Healing Mission to Armenia

This past October MeaningfulWorld embarked on a Humanitarian Relief Mission to Armenia. We urge you to support us. Click the link to [GoFundMe](https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm_campaign=p_lico+share-sheet&utm_medium=copy_link&utm_source=customer) and donate from your heart. Your donations are tax-deductible & greatly appreciated.

[https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm\\_campaign=p\\_lico+share-sheet&utm\\_medium=copy\\_link&utm\\_source=customer](https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm_campaign=p_lico+share-sheet&utm_medium=copy_link&utm_source=customer)

Inaugural film will be posted next week

[More Information](#)

## Meaningful World

Meaningful World Launches the Twenty-Ninth Annual Krieger Contest  
on How to Prevent Genocides & Wars?

FOR HIGH SCHOOL AND COLLEGE STUDENTS  
Essay Subject: "What the Legacy of Genocide Means to Me"  
2024 Awards

- \$150.00 for High School student winner (5 awardees)
- \$250.00 for College/University student winner (5 awardees)

#### Eligibility and Submission Criteria:

1. Students must be enrolled in high school (Grades 10-12) or college/university (undergraduate level).
2. Essays must be original and unpublished.
3. Essays must include social, psychological, philosophical, or human rights perspectives, and ideally should reference to multiple genocides both current & past, multiple references, books, research, and eyewitness accounts.
4. Essay must explore the concept of denialism practices against all genocides that are mentioned in the essay
5. Essays must be in English, typewritten, double-spaced, and 1,000-2,000 words in length.
6. Must include the Ottoman Turkish Genocide of the Armenians and other Christian minorities in 1915 and current Ethnic cleansing in Artsakh.
7. All submissions become the property of Meaningfulworld and will not be returned.
8. We encourage the use of [Columbia Armenian Oral History Archive, 1968-1977 | Rare Book & Manuscript Library | Columbia University Libraries Finding Aids](#)
9. All entries must be postmarked by **24 April 2024**. The winners will receive personal notifications by May 2024. Awards will be given at the United Nations in June 2024.

#### NEW VIDEO CONTEST

We welcome you to submit a short film, same deadline as above & same awards:

1. The videos must follow the theme of the Annual Krieger Essay contest on preventing genocide on the subject of "What the Legacy of Genocide Means to Me."
2. The participants must be enrolled in high school (grades 10-12) or college/university students.
3. Videos must be original, unpublished, creative and must be in English with references at the end of the film.
4. The videos must include social, psychological, philosophical, or human rights perspectives and should reference to multiple genocides (minimum of 3, must include Ottoman Turkish Genocide, and Azeri ethnic cleansing) multiple references, research, and eyewitness accounts.
5. The videos must be less than 8 min long.
6. The videos must include information on minimum of 3 genocides. It must include Ottoman Turkish Genocide of Armenians & other Christian minorities, current events in Artsakh plus genocide of Native Americans.
7. The video must include ways to transform govt. denialism towards the committed genocide.
8. The sounds and video images must be clearly recorded and easily viewed.
9. All videos will be viewed by the committee and a selected few will be posted on social media for public voting.
10. A video collecting the highest Liking of the viewers will be the winner of the contest.
11. The winner will be granted the title *The Best Video of the Year* and viewed at our UN event in June 2024.

Our Motto: **When one helps another, BOTH become stronger!**

Please include: cover letter indicating name, address, age, year of study, e-mail & personal contact, name of school/college attending, college major field of study, and career objectives and Email: [info@meaningfulworld.com](mailto:info@meaningfulworld.com); visit our website: [www.Meaningfulworld.com](http://www.Meaningfulworld.com)

**Meaningful World Launches the Twenty-Ninth Annual Genocide Prevention Contest!  
Entries are due 24 April 2024**

**More Information**



**Dr. Ani Kalayjian was interviewed for a CNN article about the psychological impact of being held hostage.**

**Click here to find the article!**



## **Weekly Meetings**

**Free Weekly Support Groups**

**Managing stress, anxiety, fear, and uncertainty in times of global crises**

**When: Every Thursday**

**Time: 12:00 - 1:00 PM (EST)**

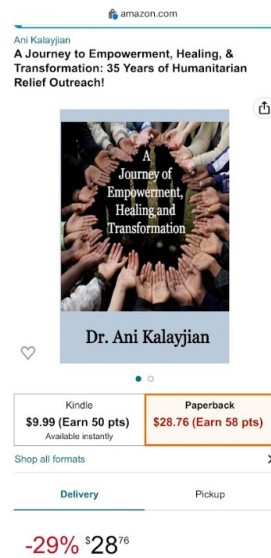
**Where: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) for zoom link**

**RSVP Here**

**Meet Up Zoom Yoga & Soul Surfing with Dr. Ani**  
**ATOP MeaningfulWorld offers yoga and meditation during these times of panic and unrest.**  
**Join us every Tuesday & Friday at 10:00 AM EST on Zoom, by appointment.**

**RSVP Here**

**More Information**



## **COFFEE TABLE BOOK RELEASE**

**A review from David Dawud said: “I love your writings in the coffee table book. I’m reading a poem everyday, and traveling to a new country with beautiful photos of your humanitarian volunteer service. You make me think, reflect, release and it helps me clear my thoughts.”**

**Click HERE for the link**





**MeaningfulWorld invites you to share your love!**



### **REUSABLE CANVAS BAGS**

Let's reduce the use of plastic and raise money for those in need! We want to continue to help launch a suicide lifeline in Armenia, educate others on emotional intelligence, and deploy our teams for humanitarian relief missions! There are 4 different colors to choose from! Buy a reusable bag and help us help others!



### **MEANINGFULWORLD TSHIRTS**

Show off your MeaningfulWorld spirit by wearing our newly designed t-shirts! You can choose from a range of colors and styles! Show off your MeaningfulWorld pride while simultaneously helping others! Proceeds will help us help others!

**Reusable Canvas Bags**

**T-Shirt Sale**



### **A Vacation Opportunity of a Lifetime! MeaningfulWorld Raffle**

By purchasing a \$25 raffle ticket, you buy a chance for a hotel (location of your choosing), 2-6 people for one week! This is your chance to make your dream vacation come true!

[Buy Tickets](#)



## Successful Past Events

### **MeaningfulWorld's Holiday Gratitude and Healing Party**

**Saturday 9 December 2023**

**4-6:30PM Personalized Healing and 6:30-10PM Party**

Close to 50 people participated in our MeaningfulWorld annual pre holiday healing and gratitude party! Special gratitude to our healing practitioners Art Jaffe, spiral technique; Tanya Eren Vartanyan, Crystal energy healing; Paul Jaffe, Reconnective Healing; Janette Milian, EFT Tapping solution; & Dr. Ani on flower remedies. We also express gratitude to Tatev and her ensemble, providing live entertainment which kept us on our feet in joy!



### **Coping with Azeri Ethnic Cleansing in Artsakh: Resilience & Healing**

**12 November 2023**

**St. Gregory the Enlightener Armenian Church, White Plains, New York**

**Guest Speaker: Dr. Ani Kalayjian**

Fr. Mesrob delivered an insightful sermon on transforming fear with faith and building resilience! Which was a wonderful foundation for Dr. Kalayjian to continue her keynote on the resilience of Artsakh survivors after Azeri ethnic cleansing! The members of the parish were extremely engaged and proposed ideas for establishing factories to employ the survivors as well as develop towns and villages that border Azerbaijan.





**Creating Inner Peace Through Meaning Making Workshop  
11 November 2023  
Collaborative event with The Center for Conscious Living**

**Hearts were wide open, hugs were intentional and warm, attention and engagement was sharp and purposeful at our workshop at the Center for Conscious Living! For more information visit Center for Conscious Living's website!**

**More Information**

Meaningful World ATOP 2023-2024  
Intern Call

**Part-Time INTERNS  
NEEDED!**

**"MEANINGFULWORLD'S GOAL IS TO PREPARE A GENERATION OF CONSCIENTIOUS INDIVIDUALS WHO ARE GUIDED BY LOVE, PEACE, PASSION, JUSTICE, AND MEANING"**

Looking for experience in research? UN? humanitarian work? Fundraising? Social Media? Only 4-5 hours a week!

Be part of an innovative team of change makers who foster a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, ecological, and spiritual health!



**Scan this code to open our page and see available positions!**

For more information, visit [meaningfulworld.com](https://meaningfulworld.com)

**INTERN CALL: PART TIME INTERNS NEEDED**

**Looking for experience in research? UN? Humanitarian Work? Fundraising? Social Media?  
Only 4-5 hours a week!  
Be the change you want to see in the world!**



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### ATOP Latest Publishing

1. Kshtriya, S., Kalayjian, A., Lowe, S. R., Diakonova-Curtis, D., Toussaint, L. (2022). Exploring the Association between Forgiveness, Meaning-Making, Post-Traumatic Stress Symptoms: The Case of Hurricane Maria in Puerto Rico. *International Journal of Educational Research*.
  2. Kalayjian, A., Huang, K., Sabbour, S., & Yasin, M. (2022). Grassroots Collaborations to Address the Trauma of Suicide: Establishing the First Suicide Prevention Lifeline in the Republic of Armenia. *International Journal of Mental Health*.  
<https://doi.org/10.1080/00207411.2022.2983392>. View [HERE](#)
  3. Toussaint, L., Kshtriya, S., Kalayjian, A., Cameron, E., & Diakonova-Curtis, D. (2022). Christian Religious Affiliation is Associated with Less Posttraumatic Stress Symptoms Through Forgiveness but Not Search for Meaning After Hurricane Irma and Maria. American Psychological Association.
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 **MeaningfulWorld**  
Association For Trauma Outreach and Prevention

Helping people heal for 35 years!

SCAN ME

1. Sponsor a Child in Haiti or Armenia.
2. Suicide Prevention in Armenia.
3. Mental Health, Supporting Psychologists in War Torn Areas of Ukraine & Armenia.



90% of your donation goes directly to the people!

[www.Meaningfulworld.com](http://www.Meaningfulworld.com)



## Gratitude To Our Visionary Speakers

Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, Dr. Deborah Barbieri, & Ali Fischer

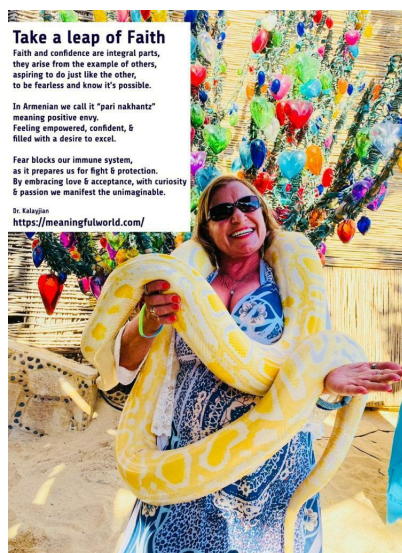
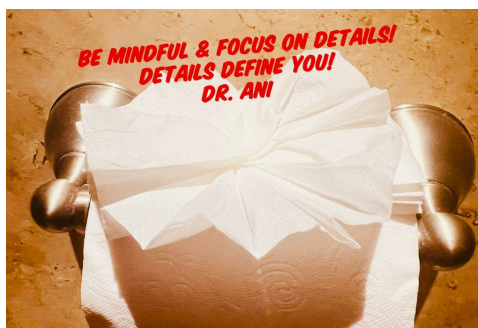
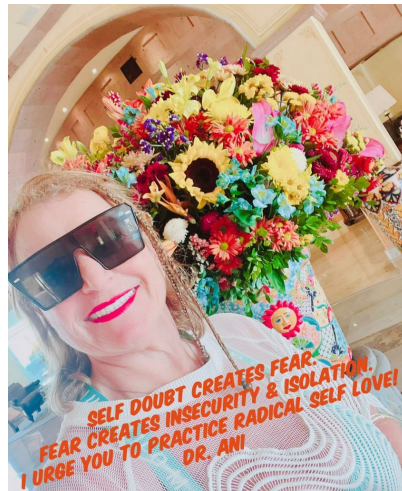
## Gratitude To 2022 Donors

Anonymous; Armenian Constitutional Rights Protective Center; Armenian General Benevolent Union of America; Kari Akgulian; Dr. Maggie Avedissian; Lola Aznavur; Vanessa Billups; Ara & Joyce Boghosian; Dr. Garen & Diana Boghosian; Zarmine & Missak Boghosian; Mark Chenian; Jacob Yahiayan; Suzanne Crespo; David Dawud; Dr. Dominique Eugene; FesFlowers.com; Mary Ryan Garcia; Taleen Gergerian; Randolph Giudice; Anisa Goz; Dr. Andrew Hahn; Dr. Noyemi Isnar; Art Jaffe; Dr. Marianne Jeffreys; Dr. Ani Kalayjian; Nayri Kalayjian; Dr. Mallika Kamana; Jackie Kazarian; Syla Koroglu; Betty Labine; Carol Lachman; The Life Centered Therapy Training Institute; Long Island Psychological Consulting (Dr. Roy Aranda); Eric Manigian; Talin Manukian; Janet Marcarian; Yeran Marcoosi; Linda Marsanico; Jinnie & Chuck McCormick; Siroun Terzian Meguerditchian; Alice Movsesian; Ray Paloutzian; Dr. Sreeram Parupudi; Kailash Peri; Psychology Coalition at United Nations; Supriya Reddy; Betty Anne Rougier; Margie Satian; Lisa Schiller; Dr. Geetha Seerangan; Ilene



Serlin; Lorraine Simmons; Deborah Stiles; Karri Swathi; Prof. Harold Takooshian; Irene Tananyan; Randal E Tellalian; Suresh Tipimani; Natalia Tomassini; Lynne Tracey; Carla Tufenkdjian; Kevork Ucaryan; Kiranmai Valluri; Tanya & Siroun Vartanian; Sree Venuthurupalli; P. Vinaya; Marian Weisberg; & Rita Zoroghlian.

This QR Code is for donating to our various fundraising efforts and workshops. Please, help us to help others around the world by donating [HERE](#).



## ATTENTION: Additional Media

~March 2023: Gender Equity. Transforming Gender Stereotypes. View it [HERE](#)

~March 2023: 12th Annual Mentoring Forum at Fordham University. View it [HERE](#)

~February 2023: Photography Exhibit Opening Ceremony. View it [HERE](#)

~January 2023: MLK Day poem by Dr. Ani:

*I have a dream*  
Dr. Kalayjian

*Martin Luther King, Jr., you were the youngest man to have received the Nobel Peace Prize.*



*You were the King, but you led the people humbly;  
 You were the King, using your peaceful leadership to actualize your dreams.  
 You had a dream, your dream inspired us all.  
 Unfortunately, 60 years later, we are still dreaming with the hopes that "Justice will roll down like water;" and we will live in harmony.  
 You defined peaceful resistance,  
 You were the colossal of the civil rights movement.  
 You motivated thousands to stand with you,  
 In peace & justice, with faith and love!*

~January 2023: Poem by Dr. Ani:  
*Thrust forward! Enjoying the lessons from the past. Release the negative, imagine they are clouds, let the tears clear your view, as you are now the best version of yourself!*

~January 2023: Forget Me Not by Dr. Ani Kalayjian - book review & Lachin corridor humanitarian crisis. View it [HERE](#)

~January 2023: Dr. Ani Kalayjian wrote a beautiful poem for the start of the New Year. View it [HERE](#)

~July 2022: Humanitarian Outreach Mission to Guatemala, video by Lorraine Simmons. View it [HERE](#)

~9 November 2022: Belle Unobe and Kristina Khrimian discussing the objectives and activities of MeaningfulWorld's Genocide Prevention Committee. View it [HERE](#)

~9 November 2022: Shubhrata Shukla interviewing Dr. Ani Kalayjian on her experiences with trauma and healing. View it [HERE](#)

~9 November 2022: Kristina Khrimian and Rishi Guntur bringing awareness on the topic of suicide. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian, President, MeaningfulWorld & Marietta Khurshudyan, Psychologist discuss: Anger Management: In Armenia Nurturing Emotional Intelligence. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian and Marietta Khursduhyan have an informative conversation about Horizontal Violence in Armenia. View it [HERE](#)

~2 May 2022: Dr. Ani Kalyajian, Lorraine Simmons, and Andrew Dolinar spoke about Self Care and Peace Building: Healing the Self, Mother Nature, and the World. View it [HERE](#)

~25 April 2022: Dr. Ani Kalayjian was interviewed by freelance writer Chelsea Greenwood about the effectiveness of EMDR treatment.

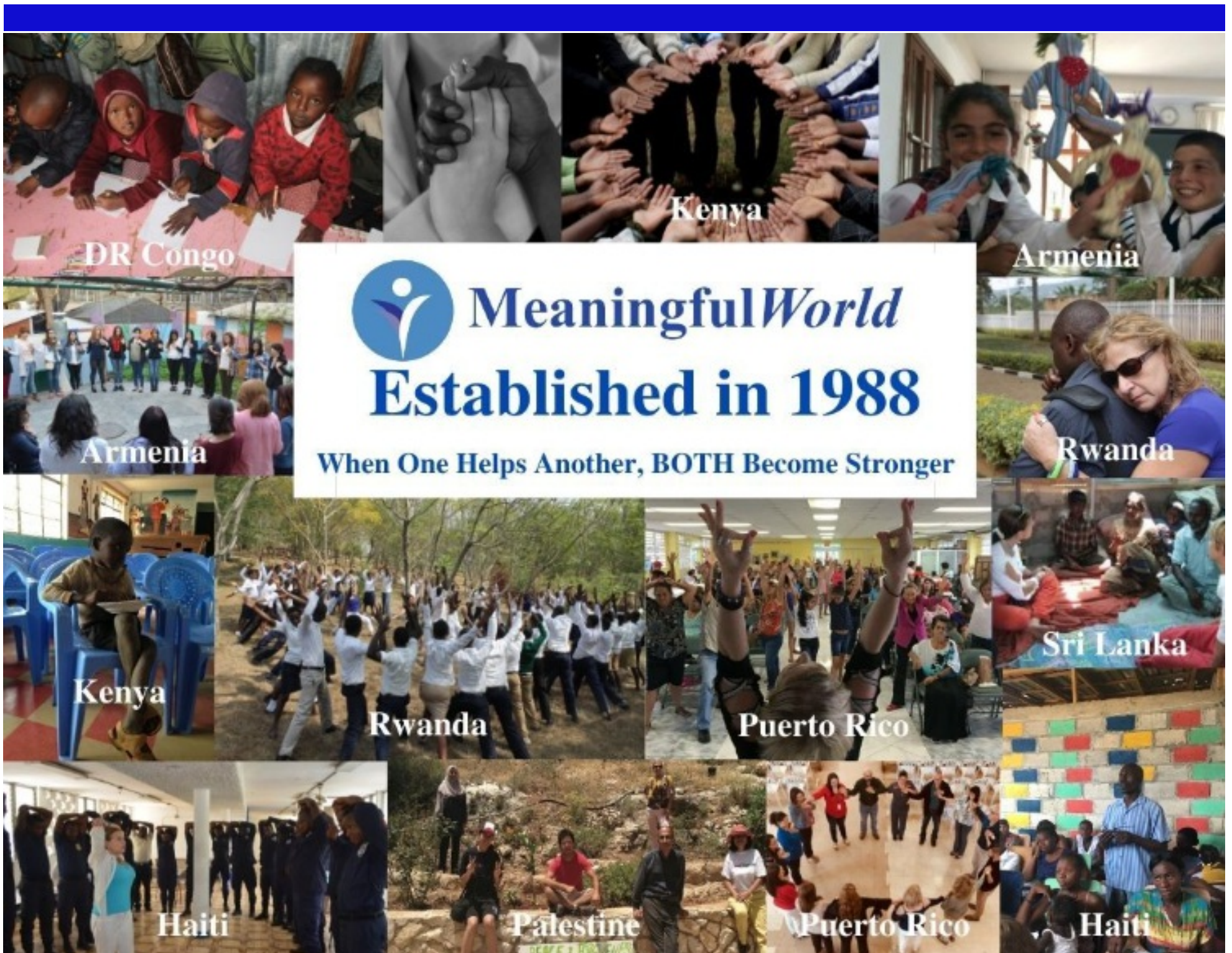
~13 April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it [HERE](#)

~30 March 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for a series of Instagram Lives to discuss Horizontal Violence. View part one [HERE](#)

~24 March 2022: Interns Nola Sheehan and Alyssa Curcio spoke together about empathy and what it means. View the video [HERE](#)

~ 15 March 2022: Dr. Ani Kalayjian sat down and spoke with intern Will Robbins about SAD. View the video [HERE](#)

~2020 Dignity Workshop 27.2: Message tot he World from Dr. Ani Kalayjian. View it [HERE](#)





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