

HEALING STORY ALLIANCE, INC. ANNUAL REPORT 2023

OVERVIEW OF OUR YEAR

Considering it was the Healing Story Alliance's first full year of independent nonprofit status, there is a lot to report and even more to celebrate. In summary, HSA has increased its reach, has provided a wealth of new and meaningful programming, and is financially solvent. Below are some of the highlights of a very productive first year.

Organizational Goals and Accomplishments

- 1. To briefly recap some of the early transitional milestones:
 - Certificate of Incorporation: On Jan 4th, 2023, we filed a Certificate of Incorporation for Healing Story Alliance Inc. as a not-for-profit corporation with the New York Department of State. A Filing Receipt was recorded in NYS on Jan 10th. On Jan 17th a Federal SS-4 form was filed for an EIN (employer identification number) Our EIN is 92-1774340.
 - **Nonprofit status:** On Feb 8th: HSA received an IRS letter of recognition of 501 c 3 status granting nonprofit status dating back to HSA's NYS Corporate Filing date of Jan 10th.
 - **Board of Directors established**: With Not-for-Profit Corporate Status in New York State and Federal Recognition of 501 (c) 3 status in place, the HSA Board of Directors was established. On February 23, 2023, the first Board Meeting took place. At that meeting officers were elected, bylaws were edited and approved, a motion to establish a new independent checking account was passed and the fiscal year of January to December was established.

President of Board: Heather Forest

Vice President: Jo Radner
 Secretary: Lani Peterson
 Treasurer: Elisa Pearmain
 General Trustee: Jim Brulé

 The Advisory Committee: The HSA Executive Committee transitioned to become The Advisory Committee with a new organizational structure made up of project based subcommittees.

Chair of Advisory Committee: Heather Forest

Chair of Program Committee: Elisa Pearmain

Overseeing OARS: Galen Brandt

Overseeing Kind Stories: Sara deBeer

Overseeing Special Events: Lani Peterson

Co-Chairs of the Sustainability Committee: Lani Peterson and Heather Forest

- Administrator hired: In February, HSA hired Dot Cleveland as the new Administrator to manage bookkeeping and to pick up many of the promotional administrative tasks formerly completed by Heather Forest. Since her hiring, Dot has proved to be an essential member of the HSA team in her willingness to learn new skills, pick up quickly on requested tasks, stay on top of our financial status, and maintain a steady outreach with updates to our followers. She is indispensable!
- Collaborative Partner with NSN: With confidence in the strength of its independent status,
 HSA turned towards building a stronger and mutually beneficial relationship with NSN.
 Realizing that HSA is only one of multiple organizations with which NSN interacts and benefits,
 Heather Forest suggested a new category of relationship to NSN called Collaborative Partners.
 NSN responded by establishing a recognition of Collaborative Partners on the homepage of
 the NSN website as reflected below. HSA is part of the NSN Collaborative Network.

NSN Collaborative Network

Organizations that work with NSN to Promote Storytelling Click images below to visit websites











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As part of its commitment to supporting the mission of NSN through collaborative efforts, HSA played a significant role in planning the healing story track for the 2024 NSN National Conference.

Through conversations with the NSN Conference Committee Leadership about how to ensure the accessibility and global reach of the National Conference, Heather Forest utilized HSA's experience with virtual programming to suggest and then develop, a virtual version of the National Conference. She recommended an accomplished videographer and put in place the technology to market an affordable virtual ticket on Google Drive with links to the YouTube Mainstage Streaming events.

As part of our NSN Conference offerings, HSA will host and facilitate two virtual social gatherings during the conference. These gatherings will take place on Zoom. Heather Forest will host the first and Elisa Pearmain and Jim Brulé will co-host the second. These virtual gatherings will offer virtual attendees an opportunity to share their experience at the conference with others in an informal social context.

2. Establishing Direction and Clarity of Mission

In becoming a nonprofit organization, HSA had to clarify its purpose in its organizing documents:

The Corporation is formed for the charitable purpose of educating the general public about the applied use of storytelling in the healing arts and professions through live and virtual public cultural programs and literary resources.

Keeping our mission central to all organizational decision-making has enabled the Advisory Committee, the Programming Committee, and the Executive Board to distinguish the Healing Story Alliance from other storytelling organizations through our mission-driven programming and resource offerings.

HSA Advisory Committee

Healing Story Alliance's advisory committee met monthly on the first Wednesday and set the group's organizational policies on programming, finances, contracts, and assured that all program design was aligned with HSA's vision as a service organization and its mission to educate the general public about the applied use of storytelling in the healing arts and professions through live and virtual public cultural programs and literary resources.

Advisory Committee Members

Heather Forest, Chair

Lani Peterson Joe Doolittle
Elisa Pearmain Penny Post
Sara DeBeer Jim Brulé
Galen Brandt Mike Seliger
Karianna Rosenberg Jo Radner

HSA Programming Committee

Healing Story Alliance's programming committee met once monthly on the third Wednesday and designed practical ways to implement programs aligned with HSA's mission to; educate the general public about the applied use of storytelling in the healing arts and professions through live and virtual public cultural programs and literary resources.

To this end thirty-eight cultural programs were produced in 2023 including:

- 24 free OARS in the Water Programs
- 8 free Kind Stories Concerts
- 5 Special Ticketed Events
- 1 Community Service Fundraising event to raise money for the fire in Maui.

Programming Committee Members

Elisa Pearmain. Chair

Lani Peterson Heather Forest
Sara DeBeer Joe Doolittle
Galen Brandt Noa Baum
Karianna Rosenberg Penny Post

3. Expanded Outreach:

In order to provide easy access, education, and resources to the general public on the topic of healing story, HSA shifted from being a member-based organization to one that welcomes anyone into our circle who is interested in the healing power of story to bring about positive change. Instead of requesting paid membership, we now encourage people to join our **new** mailing list to keep abreast of our offerings.

Throughout 2023, HSA worked hard to expand its outreach through multiple channels including:

The Website:

- Through many dedicated hours, Heather Forest secured and made accessible all the past archives of articles and teleconferences from the past few decades.
- Additionally, with the support of Dot Cleveland, Heather continually updates the website archives with all the new Kind Stories programs as an ongoing community service to our followers.
- The HSAs homepage is updated with current program info and registration links.
- Additional pages have been added to the website to offer current resources that address ongoing world issues. Most recently, Heather Forest added a Communication and Peace-Making page with resources curated by Jo Radner and Susan Lanser to support applied healing story work addressing human conflict and war.

https://healingstoryalliance.org/communication-and-peacemaking-skills-resources/

The Mailing List

- Through repeated outreach and reminders, HSA has been growing its mailing list to now include larger numbers of affiliates than any previous level of paid members as an NSN Special Interest Group. Our intent is to continue to grow an international following of people within and beyond the storytelling community who are interested in and can benefit from HSA's innovative programming and valuable applied healing story resources.
- We currently have 575 subscribed mailing list recipients. We have been utilizing MailChimp as our mailing list technology and a simple sign up form.



Please join our mailing list to continue learning about HSA events!

Founded over 25 years ago, Healing Story Alliance is an alliance of artists and practitioners who view storytelling as a healing art. HSA currently offers dynamic programming and online resources that promote healing of the self, society, and the earth. We are no longer a member-based organization requiring dues. We welcome anyone into our circle who is interested in the healing power of story to bring about positive change. Join our mailing list to keep abreast of our offerings!

To Join our Mailing List Click Here.

https://tinyurl.com/3bw2ywah

OARS in the WATER 2023

Keeping Our Oars In The Water:

Gathering To Bear Witness To Experiences And Stories Of Vulnerability And Resilience



When a small boat meets turbulent water, the best way to maintain balance and stay upright is to keep your oar in the water. It will become your stabilizing rudder, enabling you to maintain course and steer your vulnerable craft towards safety. We are each like that small boat. HSA hopes that sharing our experiences, stories and ideas might be another stabilizing oar in the water for each of us. Please join us. Admission is free, although donations are appreciated.

ABOUT OARS 2023

The *Oars in The Water* program was conceived in March 2020, a time of global and personal isolation, anxiety, grief and uncertainty, in response to a felt and perceived need among a group of HSA storytellers for a place of comfort, connection, consolation and community. In the intervening four years, as world turbulence persists, the resulting OARS community has deepened, strengthened, and flourished. A warmly connected nationwide and international family of 30 - 50 devoted regular attendees, a steadily increasing number of new attendees and a growing roster of gifted co-hosts participate in the free, online OARS sessions year-round from 7 - 8:30 pm EST on the second and fourth Wednesday of every month. In 2023 twenty-four OARS sessions were produced.

Community members drawn from both the storytelling community and the general public, find in OARS a safe and welcoming place that offers support, hope, inspiration, resilience, and healing. Based on the metaphor of keeping one's oars in the water when in turbulent seas, co-hosts for each session devise rich themes which explore ways of finding strength and steadiness through difficult times.

Co-hosts offer thoughtful theme-related introductions via story, poetry, song, personal musings, and memories, and suggest gentle prompts designed to inspire meaningful engagement and reflection in break-out rooms. These break-out rooms foster heartfelt small-group connections, and the ensuing whole group sharing invites all community members to listen deeply to one another and to add their voices to the rich weave of conversation.

The heart and spirit of OARS are best expressed in OARS sessions by OARS community members themselves. Both regular and new attendees describe OARS as beautiful, meaningful, comforting, connecting, poignant, inspirational, affirming, enlightening, powerful, joyful, heart-opening, and renewing. OARS continues to grow, to shine as a light in the darkness, and serve as a place of open-door community welcome and a healing refuge from life's ongoing storms.

-Galen Brandt, Chair

Oars in the Water Themes & Hosts 2023

Jan. 11: Galen Brandt & Jackson Gillman (Tech:

Lani)

Synchronicity

Jan. 25: Heather Forest & Lani Peterson (Tech:

Joe)

New Directions

Feb. 8: Sara deBeer & Donna Marie Kuczynski

(Tech: Karianna) Sharing Smiles

Feb. 22: Lani Peterson & Linda Levinson (Tech:

Elisa)

Celebrating Our Wisdom

March 8: Elisa Pearmain & Faye Mogenson

(Tech: Heather)

Ritual

March 22: Penny Post & Joe Doolittle (Tech:

Karianna)

All Our Families

April 12: Mike Seliger, Michael D. McCarty & Joe

Doolittle (Tech: Elisa) At the Crossroads

April 26: Heather Forest & Galen Brandt (Tech:

Lani)

Community

May 10: Bob Kanegis & Liz Mangual (Tech:

Noa) Hospitality

May 24: Sara deBeer & Donna Marie Kuczynski

(Tech: Elisa)

Welcoming and Receiving

June 14: Elisa Pearmain & Ai-Lin Chuah (Tech:

Heather)

Stories as Touchstones

June 28: Jim Brule and Linda Schuyler Ford

(Tech: Lani)

Balancing Loss, Transformation and Joy

July 12: Noa Baum & Regi Carpenter (Tech:

Heather) Courage

July 26: Heather Forest & Sara deBeer (Tech:

Karianna)

Mentors and Muses

August 9: Karianna Rosenberg & Lani Peterson

(Tech: Heather)

Awakened by Awe

August 23: Elisa Pearmain & Diane Rooks

(Tech: Joe)
Finding Wisdom

September 13: Laura Simms & Sally Pomme

Clayton (Tech: Heather)
Image as Medicine

September 27: Sara deBeer & Donna Marie

Kuczynski (Tech: Elisa & Noa) Neighborhoods of our Lives

October 11: Heather Forest & Lani Peterson

(Tech Elisa & Galen)

Generations

October 25: Penny Post & Angela Lloyd (Tech:

Heather)

Memory: Friend or Foe

Nov 8: Linda Levinson & Karen DeMauro (Tech:

Joe)

What Can the Parrot Teach Us?

November 22: Galen Brandt & Elisa Pearmain

(Tech: Heather)
Thankfulness

December 13: Sara deBeer & Ai-Lin Chuah

(Tech: Heather)

Change

December 27: Mike Seliger & Barbara Aliprantis

(Tech:Heather)

Looking Back to Go Forward

OARS THEMES & GRAPHICS 2023

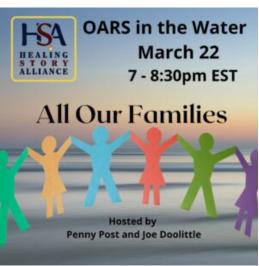


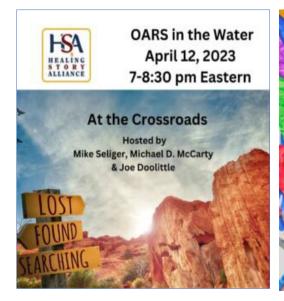












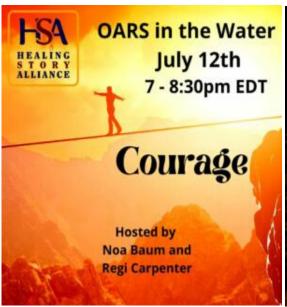


































KIND STORIES in CONCERT 2023

"Kind Stories in Concert" is a free monthly program offered by HSA, a special gathering to share and explore stories of kindness in its many faces and forms. Through folk tales and personal stories, we will dive deeply into multiple experiences of kindness. During the year of 2023, we presented 8 programs. An average of 130 folks registered for each free concert. The 138 presenters included both men and women; 46 of the presenters were People of Color. The responses of audience members captures the nature of Kind Stories in Concert.

Here are some of their words.

"A soulful, healing night of story... thank you so much for the gift you've given us!"

"thank you all for such incredibly heart opening stories"

"such a balm for the heart"

" such good reminders of kindness out there, and that we can share kindness ourselves".

We look forward to continuing to offer these healing evenings in 2024."

Sara de Beer, Kind Stories Chair



'Kindness is having the ability to speak with love, listen with patience, and act with compassion."

-Random Acts of Kindness Foundation

Join the Healing Story Alliance for a special gathering to share and explore stories of kindness in its many faces and forms. Through folk tales and personal stories, we will dive deeply into multiple experiences of kindness. What is it? How does it impact us and our relationships to ourselves, to each other, to the world? Come and listen to "kind stories" shared by both professional tellers and community members and see what memories of kindness emerge for you.

Format: The story session opens with a concert of seasoned tellers and community tellers sharing stories with themes of kindness. During the second half of the gathering, audience members are invited to share a story, moment, or reflection about kindness that emerged for them as listeners.

Purpose: We all need a little more kindness in our lives. Perhaps a story can take us there.

KIND STORIES in CONCERT PROGRAMS 2023

THE HEALING STORY ALLIANCE PRESENTS

IN CONCERT



Free: Registration Required **Donations Welcome!**

LISTEN, SHARE, AND REFLECT ON STORIES OF KINDNESS GIVEN, KINDNESS RECEIVED

> SUNDAY JAN 8, 2023 7-8:30PM EST

Emcee



will share anecdotes of kindness from their lives

and work.

Also featuring two Community Tellers who





THE HEALING STORY ALLIANCE PRESENTS

IN CONCERT



Free: Registration Required **Donations Welcome!**

LISTEN, SHARE, AND REFLECT ON STORIES OF KINDNESS GIVEN, KINDNESS RECEIVED

> SUNDAY FEB. 5TH. 2023 7-8:30PM EST

Emcee



MILBRE BURCH

Also featuring two **Community Tellers who** will share anecdotes of kindness from their lives and work.



DIANE EDGECOMB





DOUG ELLIOTT

THE HEALING STORY ALLIANCE PRESENTS

IN CONCERT



Free: Registration Required **Donations Welcome!**

LISTEN, SHARE, AND REFLECT ON STORIES OF KINDNESS GIVEN, KINDNESS RECEIVED

> SUNDAY MARCH. 5TH, 2023 7-8:30PM EST

LANI PETERSON

Emcee

Also featuring two **Community Tellers who** will share anecdotes of kindness from their lives and work.



ROBIN BADY



CHARLOTTE BLAKE ALSTON

THE HEALING STORY ALLIANCE PRESENTS

IND STORIES IN CONCERT

Emcee

LYN FORD



Free: Registration Required **Donations Welcome!**

LISTEN, SHARE, AND REFLECT ON STORIES OF KINDNESS GIVEN, KINDNESS RECEIVED

> SUNDAY **APRIL 2, 2023** 7-8:30PM EST

Also featuring two **Community Tellers who** will share anecdotes of kindness from their lives and work.





CAROL MOORE



SIMON BROOKS

THE HEALING STORY ALLIANCE PRESENTS

IN CONCERT



Free: Registration Required Donations Welcome!

LISTEN, SHARE, AND REFLECT ON STORIES OF KINDNESS GIVEN, KINDNESS RECEIVED



JACKSON GILLMAN

SUNDAY MAY 7, 2023 7-8:30PM EST

Also featuring two **Community Tellers who** will share anecdotes of kindness from their lives and work.





BILL HARLEY



LEENY DEL SEAMONDS

THE HEALING STORY ALLIANCE PRESENTS

ND STORIES IN CONCERT



Emcee



CARRIE SUE AYVAR

OF KINDNESS GIVEN, KINDNESS RECEIVED SUNDAY OCT.1, 2023

7-8:30PM EST

Community Tellers



LISTEN, SHARE, AND REFLECT ON STORIES



MEGAN WELLS

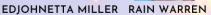


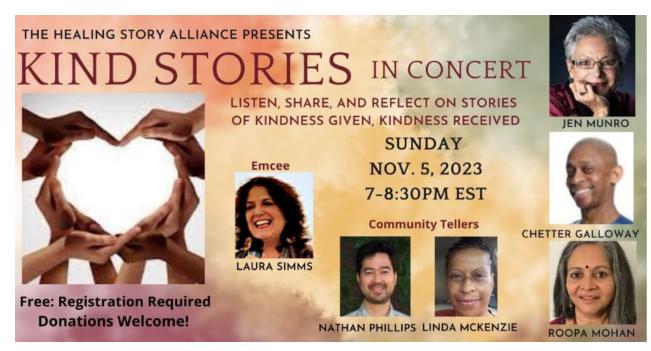
PAPA JOE



USHA VENTRAKAMAN

Free: Registration Required Donations Welcome!







As the Dalai Lama famously said,

"Be kind whenever possible. And fortunately, it is always possible!"

SPECIAL EVENTS 2023

As a nonprofit organization whose sustainability depends on the interest of its followers, HSA has remained financially solvent through the kind donations of participants attending free programming (OARS in the Water and Kind Stories in Concert) as well as through attendance fees charged for a small number of carefully curated, online, Special Events. Each fee-based special event offering is carefully priced with a sliding fee scale to ensure accessibility to people of all levels and means. Need-based scholarships are also available.

Simultaneously, presenters and facilitators are consulted prior to their engagement in a discussion of fair compensation, leading each special event to result in income for both the facilitator as well as for HSA. Lastly, each presenter in 2023 agreed to have their event recorded, resulting in a secondary viewing ticket, allowing followers to view the special event at their leisure at any point in the future. **Viewing Tickets** have provided an ongoing income source for both HSA and the facilitators/presenters.

Types of Events

By design, Special Events can include concerts, workshops, lectures, interviews, panels, or webinars in the healing story areas of applied health and healing for the mind, body, spirit, social justice, community building, environmental/nature connections, and creativity and healing.

Within the 2023 time period, five special events occurred: Three workshops and two concerts. In addition, in keeping with our vision of being a service organization, a fundraiser for the fire in Maui was produced which generated \$2358. In donations for victims of the fire which ravaged the Island.

-Lani Peterson, Chair



REJOICE! REGARDLESS! BY LAURA SIMMS Sunday, January 22, 2023 at 2:00 pm EST

Healing Story presented a free storytelling concert designed by master storyteller Laura Simms to celebrate HSA's rejuvenation in the New Year. The event will be a tapestry of personal stories and fragments of myths uncovering the heart of joy in everyday experience. These stories within stories are woven into a remarkable Kurdish Jewish fairy tale called "What a Beautiful Road."



A KINTSUGI WORKSHOP PUTTING THE PIECES TOGETHER: By Kristin Pedemonti Sunday, March 19, 2023

In this special event fundraiser for Healing Story Alliance join us to explore the art of Kintsugi with Kristin Pedemonti! Through guided reflections and hands-on learning, attendees will experience the physical art and profound metaphors of Kintsugi in a step-by-step process. Engaging in this uplifting endeavor, imagine how you will put the pieces back together! No experience necessary.



A HEROINE'S JOURNEY WORKSHOP With Lani Peterson Psy.D. Sunday, May 21st, 2023 / 1 – 5 pm EDT

HSA offered a special event fundraiser featuring Lani Peterson Psy.D. who guided participants on a remarkable Heroine's Journey. Through telling our stories and listening to the stories of others who walk a similar path, we explored within ourselves and between each other, the underlying knowledge, skills, and support we need to help us live our lives more fully.



SOCIAL ACTION STORIES By Dr. Kevin Cordi Sunday, June 4th , 2023 / 7 – 8:30 pm EDT

Healing Story Alliance presented a virtual concert, Social Action Stories curated by Dr. Kevin Cordi. Listening to and telling social action stories renders people and their stories visible. This program, which grew out of the recently released book, *Social Action Stories*, (Ed. Cordi, Milks, and Van Tessell, 2023) captures the voices of five storytellers, activists, educational reformers, therapists, and regular folks who advocate for change through deep listening and deliberate action. These stories are intended to move your work as a storyteller towards an equitable world.



BRIDGING RACIAL DIVIDES THROUGH STORYTELLING
By Sue O'Halloran
Sunday, November 12th, 2023 / 1 – 5 pm EST

In this hands-on workshop, Sue O'Halloran demonstrated and instructed how she approaches themes of race equity, diversity and inclusion into stories that respect, enlighten, and emotionally move your audience members to action. Participants left with a better understanding of your motives for telling socially relevant stories and be given practical ways to overcome the fears all of us have about taking stands. Join us whether you are a veteran activist or you are still discovering what causes call to you.



Burnt into Memory: How Brownfield Faced the Fire
An Oral History Concert to Benefit the Maui Strong Fund
by Jo Radner
Oct.13th 2023
7:00 pm-8:30 pm
Free

In the space of a few hours on Oct. 23, 1947, a furious wildfire destroyed almost all of the small western Maine town of Brownfield. Neighbors fought and fled the fire, then returned, determined to rebuild their community. Drawing on interviews with townspeople, letters, photographs, and newspaper reports, storyteller and folklorist Jo Radner tells an epic story of terror, courage, generosity, and hope.

OUR 2023 FISCAL STORY

In February of 2023, Healing Story Alliance Inc. acquired recognition by the IRS as a 501 c 3 not-for- profit organization backdated to its recorded filing of Jan 10, 2023. With its own federal identification number, HSA established its own banking account. The remainder of funds in the Story Arts dba Healing Story Alliance checking account were transferred to HSA as a startup grant of \$13,100. By the end of our first official year as a not-for-profit with income from Donations and Box Office we covered all expenses and ended with \$16,540.82 in the new checking account. Dot Cleveland, our newly contracted administrator, provided bookkeeping services as an independent contractor. Our first annual IRS 990 was filed in January of 2024 as a 990N postcard. We are starting 2024 with \$16,540.82 in the HSA checking account

We are meeting our administrative needs with the help of assorted volunteer services by dedicated committee and board members. Volunteer services include, graphic design, website maintenance, video editing, promotion, zoom tech, and program management.

Healing Story Alliance, Inc. Financial Statement (January 1, 2023-December 31,2023)

UNEARNED INCOME

Donations			6077.19
HSA Donations		3,719.19	
Kind Stories in Concert			
OARS in the Water	726.00		
Special Events	95.00		
General	1,404.19		
Community Service Projects		2,358.00	
Maui Fire Fundraiser			
Grants			13,100.00
Story Arts	13,100.00		
TOTAL UNEARNED INCOME			19,177.19
EARNED INCOME			
Box Office			6,164.00
Special Events		5,764.00	
Kintsugi			
Heroines Journey	1,890.00		
Social Action Stories	715.00		
Racial Divide	1,075.00		
Women's Voices	1,160.00		
Recording Sales		400.00	
Social Action	150.00		
Heroine's Journey	250.00		
TOTAL EARNED INCOME			
TOTAL EARNED & UNEARNED INCOME			25,341.00
EXPENSES			
Bank Fees & Service Charges		200.41	
Maui Distribution			
		•	
Office Marketing		110.00	

Administrative	3,626.00	
Presenters	1,484.50	
Presenter Viewing Ticket Royalties	75.00	
Technology		847.21
Subscriptions	474.04	
MailChimp	174.14	
Zoom		
Website	373.17	
GoDaddy	23.17	
Kinsta Hosting	350.00	
TOTAL EXPENSES		8,800.37
OVERALL NET		16,540.82

2023 INCOME and EXPENSE TOTALS Cash Income				
HSA Donations Box Office				
Total Cash income 2023	9,883.19			
Total Cash Expenses	8,800.37			
Net	1,082.82			
2022-2023 Cash Flow				
Cash as of March 1, 2023 Ended Dec. 31,2023				
Cash flow Balance	·			

OUR FUTURE STORY

With a robust group of volunteers and a small paid administrative staff (Dot Cleveland), Healing Story Alliance is well positioned to continue its service work in 2024.

Plans are underway to continue producing our successful free programs such as *OARS* in the Water and Kind Stories in Concert. New Special Ticketed Events are also on the horizon. As well as being mission aligned, these ticketed events contribute to our sustainability and produce additional income beyond our ongoing flow of small donations.

New aspirations for 2024 include:

- A Summer Fundraiser: Authors and their books- "Looking at Healing Story through the Author's Lens"
- Intention to expand the base of co-hosts for OARS by drawing from the regularly attending community members.
- Intention to expand outreach to find more community tellers for Kind Stories in Concert.
- Looking ahead to expand our diversity and inclusion, we aspire to include more POC in our leadership and/or to explore creative ideas to collaborate with other organizations with a POC focus such as NABS and RIBS.
- Looking ahead to secure our sustainability, we aspire to explore funding opportunities such as grants.



2023 Annual Report Submitted by
Heather Forest, President & Lani Peterson, Secretary