



Centro de Compartimiento A. C.



Fund Raising



Calm and Attention



Repairs



A place with a purpose



AtentaMente



Stories



Residential Students



Leadership





Residential Students



My name is **Aided** Reyes Castillejos. I am from the community of San Miguel from the Chimalapa region of Oaxaca. I came to CDC in August of 2016. Today I am only a few weeks from graduating from high school and am making decisions about college.

My parents gave me the support I needed to complete this level of education but living far from home is not easy and I had to overcome some obstacles. Sometimes I have dropped the ball and made decisions that were not the best but thanks to the support and trust of CDC and my family I can now say that the difficulties that have occurred have been a part of my growth and learning.

Today I still have challenges: but I am facing up the the challenges that life throws at me, with the courage and strength of my past accomplishments. I know that my parents and CDC are proud of my growth. I will growq stronger every day to meet the new challenges and take steps toward my goal of college.



My name is **Heydi** Medina Jiménez, I am from the rural community of Lázaro Cárdenas in Oaxaca. I joined Compartimiento in August of 2015. I completed my high school education while at CDC and today I am studying education in a local college.

The road to college was not an easy one. During my high school years my family went through hard times. Due to problems my father told me that he could not support me to go to college after I finished high school. I was sure that I was going to have to quit school and go to work to support my family.

From living and learning at CDC I decided to ask my parents if there were willing to come to CDC to talk about their issues. My parents were having problems with my sister but at home the conversations turned to fighting. In a neutral place where we could all tell our story and listen we were able to take the first steps back to stability. With this stressor removed I was then able to look for help with my college fees.

I work hard daily to show my parents that I am taking full advantage of their efforts to send me to college. I wish that all young women could have this opportunity to live at CDC. To study and learn leadership skills that will help them meet challenges in life.



Calm and Attention

Duración
7 semanas

Dirigido a
niños de
9 a 11 años



Our children are being affected by the rapidly increasing pace of life. Daily they are experiencing increased stimulus, family tension and violence, noise, and anxiety (their own and other's). Quiet is becoming an endangered commodity. We see the effect of all this stress in school with increased aggressiveness, fatigue, and low school achievement.

So we asked "How can we help kids and young people deal with their stress?"

One teen explained what he felt with this simple analogy. "It is as if my head were divided into balls, each containing a part of my life. In one there is homework, another problems at school, one has fights and arguments that happen around me, and one just wants to have fun. These balls keep knocking into each other and I can't focus."

As we began to see these issues, especially after the earthquake, we wanted to work with the children and teens in our community to give them the opportunity to learn skills to increase their attention and ability to calm themselves. We began a group for children ages 8 to 12 to learn about practices that increase attention: listening, being silent, deep breathing, kindness, gratitude and compassion.

We have been encouraged by these comments from our kids

- 1.- I was in school and beginning to get into an argument, then another student from attention group came up to me and said, "Breathe so you can relax." I did not get into a fight.
- 2.- We asked the kids to be quiet for a minute in the group and asked how they felt. Two answered:

- * Peace and patience.
- * I felt strange, as if my body were all relaxed and I could listen better.

Imagine that being relaxed is an unfamiliar sensation.

This work requires time and practice, the kids need encouraged by staff, teachers and parents. Our goal is to unite kids, families and teachers in working on creating environments that are beneficial to emotional growth. We are grateful to this group of children and parents who have trusted in CDC to work on finding a new path.



Servant Leadership

The best test, and difficult to administer, is: Do those served grow as persons? Do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?

Robert K. Greenleaf

For almost fourteen years Centro de Compartimiento has served young women between the ages of 12 and 25 years old, giving them access to education through room, board, internet and all the other comforts of home. Their parents are involved in their education as well and we feel it is important to maintain contact with them. Aside from going to school we provide the opportunity for each young woman to grow emotionally and spiritually. Their barriers to completing their education are not just financial and we have to work with their trauma and pain.

What is the change that we are looking for in each student?
How do we know they are moving forward?

This is the question that Robert Greenleaf answers in his thesis, *Servant as Leader*; with his test to see if the work we are doing is lifting up people to serve. The problem is that it is sometimes a long time before we see results. Some times we cannot see the path the people we are serving will take. We wait and wait to see results from our work. This work takes a lot of time and often we must plant the seeds knowing that we may not see the fruit.

Yudi was one of our first residential students. She was with us three years as she finished college then she joined our staff for two years. We were so pleased with her growth and the changes she was making in her life. She came from a rural town with many problems for young people and wanted work to help them. Then suddenly she began to talk about new dreams, getting her Master's in Computing Sciences and moving to Mexico City. It felt like a 180 degree turn, and not at all in line with the dreams she had confided to us. We felt she was following another voice, one that promised easy financial success. She moved to Mexico City and we had less contact with her and what we did see was discouraging. Her dreams were subsumed by the dreams of someone else. Dreams of personal glory and not of service. And for us unrealistic dreams that would never give her joy in life.



Servant Leader



Four years after she left CDC we began to hear from her again. She had left the man who had encouraged her to move to Mexico City she had suffered great heartache and deception, yet she was working on finding a new community. She had worked for a while with a pyramidal sales group and had not gotten her master's, but had taken a few more courses.

A year ago we saw her in Mexico City. She had found a vibrant service oriented faith community and a new job at a transnational company whose focus on teamwork aligned with what she had learned at CDC. She told us that her learning at CDC had helped her at her job and recently she got a promotion. She stopped by CDC in April on her way home to see her family and we had a long conversation about her path and her new found healing. She told us that she had not wanted to come to CDC as she felt she had let us down. Taking the risk to visit she felt like the Prodigal Son

receiving a loving welcome back to her home.

The road is long for each student who comes to CDC. We know nothing about them or their history when they arrive. We need faith and trust in God that He will show us their path. Trauma and family problems are barriers that are hard to overcome. Yudi had to overcome family violence and living with an alcoholic father. She had to replace their dreams with her own. She started on a path, got lost once again and had to start the process all over again when she found that the person who said he loved her was emotionally abusive.

Some succeed some do not. However at CDC we keep on working with our young women, looking for answers and the right path for each of them. Over time we are seeing the fruits of our labors based on the test that Robert Greenleaf postulated many years ago.

Centro de Compartimiento



Repairs to Casa Isabel

The earthquake that hit our region on September 7, 2017 damaged our program center, Casa Isabel, in El Espinal, Oaxaca.

We were blessed to have no structural damage yet there was significant damage to the walls and other areas of the house. The house is a remodelled warehouse and the new walls we had put in separated from the original structure. We also had cracks on some of the other walls on the first floor.

We struggled for months, without success, looking for funds to repair the house. On the first anniversary of the earthquake, GlobalGiving an, online donation platform, started a campaign to support groups who were effected by the 2017 quakes. We applied for the campaign and were accpeted. GlobalGiving offered an 100% match on all donations given to the project between September 7 and December 31 of last year.

We were able to raise over \$5000 from generous donors in the US and Mexico and GlobalGiving matched that amount in January. The funds were used to repair and paint Casa Isabel and we are planning the repairs on our property wall at Casa Angeles in Juchitan, which also fell down in the quake and aftershocks.

In mid-march we completed the work at Casa Isabel and the building is ready to be in service again. We would like to thank all the donors who made the repairs possible. Without you our building in El Espinal would still be unusble.





I Change, Everything Changes!

AtentaMente

We are living with social problems that have gotten worse since the 8.2 earthquake and tens of thousands of aftershocks that followed. The business that survived the quakes are now dealing with an assault and robbery rate never before seen in the region. Many business are closing, leaving more people out of work. Problems between public transportation providers, protests, rubble and construction have paralyzed the city on a regular basis. Many people still do have their homes repaired and schools are still located at temporary and often uncomfortable sites. A year and a half after the major quake we are living with an enormous amount of stress. We have seen people, especially children, suffering from the effects and making poor decisions that cause more problems.

While bumping along in a moto-taxi, when I couldn't bring my car into the city due to protesters blocking the roads, I tried to calm my anger. I had purchased a nice cold soda to quench my thirst and agitation. But when I got out of the moto-taxi I realized I could not drink my soda because it was all shaken up from the bumpy ride. In my disappointment I realized that was what many people were doing. Making important decisions while agitated. If we could not drink soda when it was agitated we should not make decisions when our minds and hearts were agitated.

"I Change, Everything Changes" is the motto of Mexican nonprofit AtentaMente, based in Mexico City. They train people in the practices of mindfulness. The goal is to cultivate calm and be more prepared to meet the challenges in life. If we can practice mindfulness we can lower out stress and agitation to live more fully and make better decisions.

They teach that our mental state is a product of habits which we can change. The popular saying "You can't teach an old dog new tricks" or its mexican equivalent of "old monkeys can't learn new flips", is not true. How many of us were born in age of smart phones and touch screens? But even though we may be in our fourth or fifth decade, even more, we now use this new technology with ease. If you can learn to use whatsapp you can change your habits to reduce your stress, and most importantly get rid of the bad things we do to manage stress

We had the opportunity to attend a three module course in mindfulness. We are now using some of these practices in our daily lives and with our community here at CDC.

The first practice is to take time each day to calm our mind and spirit. With this practice to search for calm we can use these new habits to make better decisions.

If we don't drink our soda when it is shaken, why should we make decisions when we are shaken, the results will be the same.



Fund Raising



CDC is a non-profit organization and we're always knocking on doors and hearts to find people who want to join us in our work for education and development of women in our region.

In January and March we had two Loteria events, a mexican game similar to bingo. One was held in Juchitan and the other in El Espinal.

In honor of International Women's Day we joined with another nonprofit in Juchitan, La Libeula, to offer a two woman play called "Dancing Alone Every Night"

Thank you to everyone who joined us to support our mission.





Café del Centro



On March 23, 2019 our young women inaugurated Café Del Centro, a space located at Av. Alvaro Obregón 40, between 2 de Noviembre St. and Ferrocarril Av. in the second section of Juchitan. It is open to the public from 17:00 to 21:00, Monday through Saturday.

This space was born from the need for a quiet alternative space with a healthy welcoming atmosphere. Patrons can come and chat, read, draw, color or play games all with material provided at no cost to the patron.

The products our young women are selling are mostly made from local products. The coffee is purchased directly from local producers in Jaltepec de Candayoc Mixe.

Traditional bread is purchased from small producers in the region. The women also produce an artisanal Masala Chai, a drink unique to the Café.

We hope to see you soon.

Manager:
Nereida Sánchez





Stories

Living in the middle of trash!

A few days ago I had the opportunity to go with my niece and some of her classmates to a tour of the different garbage dumps in our city. Officially we have one municipal garbage dump, the others are all just places people started throwing their trash. I'm not an expert on the subject, I'm just a person trying to raise awareness. That's why I want to share the experience I had on the tour with the children.

These garbage dumps are located in different neighborhoods: near homes, schools, health centers, eateries, the river and irrigation canals. It could be said that we are living in the middle of the garbage, a condition that worries some, others not so much.

In every dump we came across people were removing the trash they could sell without any protective measures or care to avoid manipulating infected objects or breathe the air already polluted by the spillage.

The visits and the conversations we had with different people: the garbage pickers, collectors, neighbors, professionals, etc., I got the big picture and I saw that we are living in an over polluted environment and that there are very few people who are doing something to change this. There are even people in the population who are fighting against more controls on garbage dumping. Because there is little awareness and cleanliness habits in the population there is very little advancement. However, I believe that, still, they can achieve significant changes. Maybe it's already a well-worn speech, when we say we should start at home, but it really is what needs to be done, we may not change attitudes and habits of others, but we can change, clean our house, the street where we live and we might change attitudes and habits of others. With these small actions we start, then we can learn better handling of different types of garbage that are generated. Little by little we will have greater awareness of pollution and we will be creating a more healthy environment. Above all, it is urgent that our children grow up with a love for our planet.

If I do not start, who will?

Coral Castillejos Martinez
Women's Group and Servant Leadership





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