



# Financial Report

To obtain a copy of our latest form 990, please visit [www.mettacenter.org](http://www.mettacenter.org) or email [info@mettacenter.org](mailto:info@mettacenter.org)

## Statement of Financial Condition

(April 1, 2021 - March 31, 2022)

Support and Revenue ..... \$120.655,00

### Expenses

Administration ..... \$21.780,86  
 Study ..... \$14.236,97  
 Practice ..... \$8.519,15  
 Research ..... \$9.644,40  
 Media (Board Game, Animation,  
 Books, Radio) ..... \$40.865,95  
 Media-Special-Film ..... \$10.164,48  
 .....  
 Total Expenses ..... \$105.211,81

### Assets

Total Current Assets ..... \$108.193,08  
 Other Assets ..... \$2.025,00  
 .....  
 Total Assets ..... \$110.218,08

### Liabilities

Total Liabilities ..... \$-

### Equity

Net Assets - Unrestricted ..... \$95.119,53  
 Net Income ..... \$15.098,55  
 Retained Earnings ..... \$-  
 .....  
 Total Equity ..... \$110.218,08

Total Equity and Liabilities ..... \$110.218,08

The Metta Center works with a small staff, all of whom share the tasks of work related to fundraising and administration, making every dollar that much more effective in terms of what it accomplishes. We are very proud to share that it is no exaggeration to say that most everything we do at the Metta Center is directly related to programs - from every letter we write to every material we create and every conversation we have. This is how the message of nonviolence spreads.

If you are interested in learning more about making a charitable donation or getting involved in our mission, please contact us at [info@mettacenter.org](mailto:info@mettacenter.org).

# Annual Report 2021-2022

Fiscal Year: April 1, 2021 thru March 31, 2022

## Dear Friends,

The basic motto of Metta is “promoting nonviolence worldwide.” (Well, this has changed somewhat since the publication of our new cooperative board game, **Cosmic Peaceforce, Mission: Harmony 3**). 2021 was a year of exploring nonviolence with our wider, global community. To start the year off, we updated our popular website, [mettacenter.org](http://mettacenter.org), to modernize it and make it easier to find content, use our bookstore, and access the vast swath of material we offer. With the website change, we also updated our learning platform, [learn.mettacenter.org](http://learn.mettacenter.org), and made all of our self-guided courses free of charge, thanks to the power of individual donors who support our work because they love what we do.

Notably, we hosted a brand new version of **our six-month certificate program**, co-led by Michael Nagler and Safoora Arbab. The certificate covered an introduction to nonviolence theory and concepts; and was supported by a deep dive into the transformative role of feminism in nonviolence theory and praxis. The course was inspiring, informative, and important to all involved, with a group bond that grew over the months and helped all of us learn more from one another, with participants coming from as far as India, Brazil, Iran, Sudan, in addition to the United States. Each participant was required to submit a project to demonstrate their learning, and out of it grew workshops, book groups, curricula, and even graduate research. The program’s preparation, execution, and follow-up became the major focus of our project work for 2021, and helped build a solid foundation for our next iterations of the our unique offering in our Certificate Program in Nonviolence Studies.

# Our Mission

To promote the transition to a nonviolent future by making the logic, history, and yet-unexplored potential of nonviolence available to activists and agents of cultural change (which ultimately includes all of us). We help practitioners use nonviolence more safely and effectively, and anyone interested to understand and articulate its power more fully.

Just before the certificate program took off, we were so pleased to be able to create a new animation, **“An urgent message for humanity,”** on why climate activism needs nonviolence. It’s from the perspective of a worker bee called Buzz, and why we need to consider saving a species that is in danger of perishing along with everything else it is connected to, namely, the Human Bee-ing. This animation gained the attention of the famous climate activist Bill McKibben, who noted it in one of his columns for the New Yorker! [You can watch it here.](#)



We were also pleased that **Ela Gandhi**, the granddaughter of Mahatma Gandhi, who has been a long-time friend of Metta, joined our board of directors all the way from Durban, South Africa where she heads up the Phoenix Settlement Trust (at the site of the first ashram of Gandhi’s in South Africa where she was born), in addition to many constructive community projects. We look forward to the new collaborations to emerge from this union!

**The Third Harmony Project**, which includes a book, a film, a board game, and a score, continued to spread ripples of goodness throughout the world as well. **Film screenings** hosted by communities and organizations helped reach new audiences, exposing them to the underpinnings of the power of nonviolence within each one of us, and inspiring them to take creative and positive action for changes where they believe they are needed. It also continued in the circuit of **film festivals**, including the International Activism Film Festival, The Hague Film Festival, and Docs for Peace, among others. Our distributor, **Bullfrog Films**, is

working on the educational side of promotion, helping to get it into school classrooms and libraries.

It has been a joy to see **Nonviolence Radio** emerge as one of our mainstay projects. Our interviews are wide-ranging on nonviolence topics, and it has been a wonderful way for us to help share good work and new scholarship taking place around the world, with a worldwide audience very much thanks to the streaming platforms we use once the show has been aired on live FM radio out of our motherstation KWMR and then through our Pacifica Network affiliates. Matthew Watrous continues to support this show by providing excellent editing and especially clean, human-produced (not AI) transcripts for each show, allowing people the chance to either read, or listen, or both, so as not to miss the powerful content.

On that note, we were happy to share an incredible resource in 2021: a **fully transcribed, edited, searchable, even Table of Contents included, document** to accompany Michael Nagler’s famous Peace and Conflict Studies Lectures! This was a lot of work, and well-worth having for the future.

Speaking of the future, 2022 is starting out to be a wonderful year of new projects, ideas, and contacts for nonviolence. With appreciation to all those who help with this work at all levels, we remain firm with resolve: The future is, must be, nonviolent!



With peace,  
Stephanie Van Hook, Executive Director  
Michael Nagler, President, Founder

## What a few participants had to say about the 2021 Certificate Program:

- “ *This is not a common course... it is a JOURNEY, if you are interested in nonviolence I encourage you to embark in it with Metta Center. With great material, theory and awesome tutors you will discover a new world possible through readings, reflections and group interaction.*  
~Samuel
- “ *It was an amazing opportunity to be between people so talent and committed to nonviolence! I'll take this experience always with me.*  
~Thiago
- “ *This is a wonderful, deeply inspiring, and timely class. Please don't hesitate to join the next opportunity to be in on a course on nonviolence at the Metta Center*  
~Kara
- “ *The classes were intellectually stimulating and thought provoking.*  
~Karen
- “ *It is the second time that I have participated in online courses of Metta Center for Nonviolence. It is a unique opportunity for all to learn cutting-edge knowledge about nonviolence, social movements and peace activists around the world. Knowledgeable instructors and friendly atmosphere encourage students to follow the course enthusiastically. Do not miss it!*  
~Shaghayegh
- “ *We collectively sense this mandate of the human heart and spirit to live the principles of nonviolence and bring them to life through choice. Nothing less will transform the destruction we have collectively created.*  
~Anne
- “ *Nonviolence isn't a mere philosophy. It is a way of way of life. First nonviolence need to be practiced to the self and then at the macro level. I believe this entire life time isn't enough to practice nonviolence. It takes firm determination and spiritual inclination. The practice of nonviolence is tough compared to committing a violent act. It is because nonviolence need awareness and a mental strength.*  
~Ayatakshee
- “ *Metta's Nonviolence Certification Program was a welcomed opening in my life to further my understanding alongside fellow travelers from across the world. I recommend it for anyone looking to learn, from the basics to more advanced. The program is an incredible framework for what to do and more importantly, how to think. I'm grateful for the knowledge and experience.*  
~Ruth



**METTA CENTER**  
for NONVIOLENCE

### Board Members and Staff

#### TEAM:

**Michael Nagler**  
Founder/President

**Stephanie Van Hook**  
Executive Director

**Matthew Watrous**  
Executive Assistant

#### BOARD OF DIRECTORS:

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#### HONORARY BOARD MEMBERS (no voting):

**Maja Bengston**

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