

Financial Report

To obtain a copy of our latest form 990, please visit www.mettacenter.org or email info@mettacenter.org

Statement of Financial Condition

(April 1, 2015 - March 31, 2016)

Support and Revenue

Donations	\$55,069.36
Grants	\$60,000
Other (reimbursement, rent, interest, etc.)	\$3,294.09
.....	
Total Support and Revenue	\$118,363.46

Expenses

Programs:	
1. Study.....	\$24,632.67
2. Practice.....	\$16,016.73
3. Research.....	\$13,055.74
4. Media.....	\$25,756.47
Admin	\$26,664.69
.....	
Total Expenses	\$106,126.30

Assets

Total Current Assets	\$113,035.83
Total Other Assets	\$900.00
.....	
Total Assets	\$113,935.83

Liabilities

Total Liabilities	\$644.31
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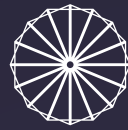
Equity

Net Assets - Unrestricted	\$11,575.89
Retained Earnings	\$89,515.11
Net Income	\$12,200.52
.....	
Total Equity	\$113,291.52

Total Equity and Liabilities **\$113,935.83**

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.



METTA CENTER
for NONVIOLENCE

Annual Report 2015-2016

Fiscal Year: April 1, 2015 thru March 31, 2016



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.

With their expertise and network, the people behind the Metta Center for Nonviolence are promoting and supporting nonviolent activism worldwide with impressive success, especially considering the small size of the organization. Volunteering for the Metta Center, to me, is finding a way to make a contribution to the prosperity of nonviolence where it really has an impact.

Eliane Gerber, a 2015 Metta Center intern from Switzerland

I first heard about the Metta Center from Kit Miller at the M.K. Gandhi Institute for Nonviolence in Rochester, NY, while an undergraduate student at the University of Rochester. I didn't know how to merge my political and social interests with my psychological-oriented background to work for change. Kit Miller directed me to the Metta Mentors program as a space where I might explore and find some answers. I had a transformational experience with the Metta Center. I learned that communities that champion love and nonviolence are possible.

I continued to ask for opportunities to work with the Metta Center following the Metta Mentors program, because I believe that the Metta Center's work stands for, exemplifies, and advances love in our world. For a few years that meant periodic emails with Michael Nagler and Stephanie Van Hook; listening to Hope Tank recordings; reading newsletters; and website readings to supplement the nonviolence education work that I was performing. About a year ago, I was invited to contribute to the Metta blog about nonviolence in education, and I am delighted to collaborate with the Metta Center in this way. Writing these blog posts helps my academic writing, as they offer a way for me to structure my thoughts. I think that my writing has improved.

Separate from academic interests, I've wanted to contribute to integrating germane social science theories and literature with nonviolence approaches to many facets of life and social organization. By way of explaining nonviolence in schools, I've already started with my life's work! I'm very appreciative of the Metta Center for this support, encouragement, and platform.

Joseph Gardella, researcher and teacher at the Community Research and Action PhD program at Vanderbilt University

When I started working as a researcher for a documentary about James Lawson, I made a point to dig deeper into nonviolence. After auditing a course with ICNC/Rutgers, I felt the need for more nonviolence studies and Metta Center's program was very appealing. I was looking for a deeper commitment to nonviolence—a nonviolence that not only strategically confronts injustice and oppression, but also emphasizes engaging conflict with the goal of transforming society, of healing and rebuilding relationships, building person power, and building a new world. The Metta Center program encourages participants to get to the heart of conflict; seriously consider the relationship of means and ends; and act in accordance with love, truth, and unity.

This program has been very important to me. I really like the Roadmap framework with its focus on person power, constructive program, and satyagraha. The Roadmap is a simple way of efficiently breaking down big concepts while also providing great examples of each stage.

The emphasis on building person power is crucial. I am specifically fond of the strong suggestions of adopting meditation and/or a spiritual practice as an anchor in the ongoing struggles to build a nonviolent future, but also in helping build capacities of personal transformation and heart unity. Meditation and the concepts of Gandhian nonviolence taught in the course have helped me reframe the way I see and interact with people and all life. This has positively affected my relationships, daily interactions, and personal growth.

I learned a great deal about Construction Program as a means of positively changing our relationships, institutions, and world in a way that challenges isolation, alienation, injustices, and exploitation.

I highly recommend Metta Center's Certificate program, as it is comprehensive and life-changing. It was powerful to meet, share, interact with, and learn from other participants. Participation in the program expanded networking and learning opportunities, and it broadened my experiences with people of other cultures and work being done in different communities worldwide.

Adam Nolan, a graduate of the 2015 Certificate for Nonviolence Studies

2015-2016

Key Accomplishments

We offer **five key take-aways** for anyone seeking to go more deeply into the great transformation of ourselves to build the nonviolent future. Learn more about our work in the 2015-2016 year as you explore each point of our path for Person Power:



Beloved Community,

At the Metta Center for Nonviolence, we take an up-stream approach to social transformation. We are not satisfied with “a change of forms,” as Gandhi once said, “we are working on a change of heart.” In other words, we are asking questions that seek to get to the root of violence in our world, with a particular emphasis on each and every individual person, the development of their innate human goodness, and helping people who turn to nonviolence go deep. It’s not a question of morality—it’s a question of human psychology. We are more than bodies: we are mind, body and spirit, and our nonviolence reflects this story about who we—and others—are. This is called “Person Power,” which maintains that it’s not enough to put another person in power; we have to arouse and awaken a different power in people—the power of nonviolence.

The Metta Center works hard in fulfillment of this great mission, and we are so honored to have you as a part of our community. Thank you for your on-going support.

In heart unity,
Stephanie Van Hook, Executive Director

Board Members, Staff and Fellowships

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Stephanie Knox-Cubbon
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Lorin Peters

1. Avoid the Mass Media:

- Produced 29 new broadcasts of Peace Paradigm Radio for FM radio. Syndicated on radio and online, including a new local station, KOWS.
- News analysis with Nonviolence in the News segment on radio show
- New op-eds on timely issues, reaching thousands
- Re-launch of **Emergence Magazine** as a bi-annual print review of nonviolence
- Audio book of **Nonviolence Handbook**
- Special visit to speak at the United Nations High Level Forum on the Culture of Peace on media and its challenges
- Created brand for our new book publishing wing of Metta, **Person Power Press**

2. Learn Everything You Can About Nonviolence:

- Created and established a new e-learning platform through the Metta Center
- Launched two new online courses: **Nonviolence for Beginners** and **Introduction to the Nonviolence Roadmap**
- Certified our third cohort in our half-year Certificate Program in Nonviolence Studies
- Hosted summer nonviolence leadership internship for high school students in Texas
- Wrote, spoke and taught about nonviolence at forums ranging from a local preschool, to community colleges, to academic conferences and at the United Nations
- New podcast for parents and educators: **Parent Power Podcast**

3. Find a spiritual practice (if you don't have one already):

- Supported people in their practice of daily nonviolence, including a year long column on the spiritual and strategic insights from Mahatma Gandhi
- Launched our **Person Power Yoga** project, combining hatha yoga, nonviolence and meditation
- Emphasized in all of our writing, talks and teachings that reached thousands, that a human being is more than a material object: we are mind, body and spirit.

4. Personalize and Prioritize Your Relationships:

- Hosted monthly Hope Tank gatherings
- Served as a go-to organization for nonviolence material for activists and organizations around the globe, with in-person and online strategy sessions, mentorship relationships, and friendship building in general
- Offer the tools of nonviolence in easy to digest ways to help any individual deepen their relationships with others as part of our mission

5. Find Your Passion and Get Involved:

- As part of our mission, we support anyone who wishes to practice nonviolence more safely and more effectively and throughout our materials, including our beautiful up-to-date and rich website, we empower people to transform their vision of the world and open up the vast array of possibilities for the long-term work that a nonviolent world demands of us all. Many people who come through the Metta Center's work, end up choosing to volunteer, intern and even work with us.