

**METTA CENTER**  
*for NONVIOLENCE*

# Annual Report

## 2022-2023

**FISCAL YEAR: APRIL 1, 2022 THRU MARCH 31, 2023**

Dear Metta Friends,

It's always a pleasure to pause and review our past year, focusing on the impact of your support for Metta's mission to "promote nonviolence worldwide." Here are a few highlights:

### **Nonviolence Handbook translation into Farsi**

Our work found itself in Iran at a very important time during the most recent uprising due to a doctor, who was also an activist, who landed in prison for his activities for justice. While imprisoned, he translated Michael's *Nonviolence Handbook* into Farsi and had people distribute it throughout the movement. This translation caught fire, and was passed around, studied, and many people began contacting us to speak with the Iranian community both in Iran and in the diaspora, about nonviolence. Using a platform for conversations called Clubhouse, we were invited to give a talk to what was at first expected to be about 100 women involved in the movement. It ended up being over ten thousand people who attended the discussion where we were invited to present, and we were then invited back two other times, with the total number of participants at these sessions reaching over thirty thousand people! These were not events that we hosted personally, but were events where Iranians were discussing the future of their movement and their country, and they wanted to draw on what Metta was offering. This led to many other invitations to speak to Iranian groups, with about a request a week for several months.



While imprisoned, Iranian doctor and activist Farhad Meysami translated Michael's *Nonviolence Handbook* into Farsi and had people distribute it throughout the movement.



## Collaboration with the Humanity Rising project

Additionally in 2022, we collaborated with a project out of Ubiquity University called Humanity Rising and organized and hosted a Nonviolence Summit for two weeks, which drew upon activists, scholars, business leaders, scientists, spiritual leaders, and healers to share their wisdom about nonviolence. The program is broadcast across a variety of platforms, over 138 platforms worldwide, and the organizers claim that their broadcasts typically reach 12 million people a week.



## 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.

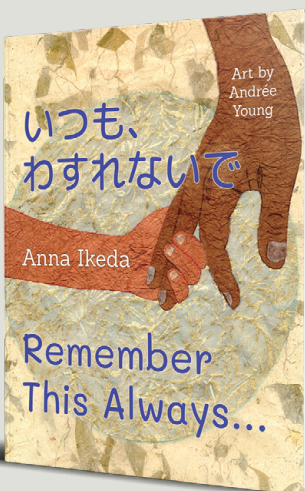
## Publication of the two new children's books

We were proud to publish two new children's books in 2022, *Excuse Me, but You're Sleeping on My House* by Michael for children between 5-10 years old, (dedicated to his great-granddaughter Benni) and another by our board member Anna Ikeda for ages 2-8 years old. The special thing about Anna's book, *Remember This Always...* is that it is a dual-language book, English and Japanese. We are pleased to share that it recently won a Next Generation Indie-Book Award for Best Children's Picture Book. The judge summarized it as an

*"exquisitely illustrated picture book where, with just a few words, conveys all the beauty in the world. The vivid colors are simultaneously inspirational and calming. The whole experience paints an ethereal image of our world and existence."*



*Excuse Me, but You're Sleeping on My House* by Michael Nagler



*Remember This Always...* by Anna Ikeda won a Next Generation Indie-Book Award

## Statement of Financial Condition

(April 1, 2022 - March 31, 2023)

**Support and Revenue:** \$128,188.00

### Expenses

Administration: \$21,510.30

Study: \$16,113.10

Practice: \$7,507.56

Research: \$12,876.85

Media (Board Game, Animation, Books, Radio): \$22,152.16

Media-Special-Film: \$4,387.35

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Total Expenses: \$84,547.32

### Assets

Total Current Assets: \$147,785.75

Other Assets: \$2,025.00

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Total Assets: \$149,810.75

### Liabilities

Total Liabilities: \$-

### Equity

Net Assets - Unrestricted: \$110,218.08

Net Income: \$39,592.67

Retained Earnings: \$-

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Total Equity: \$149,810.75

Total Equity and Liabilities: \$149,810.75

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).

## Nonviolence Radio

Another key project in 2022 that continues still is our program Nonviolence Radio. We broadcast locally out of KWMR Point Reyes Station and then syndicate via Pacifica and podcasting sites worldwide, including a collaboration with our friends at Waging Nonviolence. Many people have found Metta's work through this show. In 2022, we were honored to interview Pulitzer Prize winning author, Thomas Ricks, about his book on the American Civil Rights Movement, *Waging a Good War*, and we were delighted when he described it as the best interview he had about the book.



## Third Harmony film hosting on big screen

Our Third Harmony Project got another boost in 2022 when we were able to host a film screening on the big screen in person with real people in San Rafael, at the Christopher B. Rafael Film Center. We continue to host online film screenings and our distributor, Bullfrog Films, continues to share the film with new outlets primarily with schools. It also helps that our film has Farsi subtitles, which we were able to make available to our Iranian activist friends (as mentioned above).



Our distributor, Bullfrog Films, continues to share the film with new outlets



Third Harmony film screening at the Christopher B. Rafael Film Center



## Board Members and Staff

### TEAM:

**Michael Nagler**  
Founder/President

**Stephanie Van Hook**  
Executive Director

**Matthew Watrous**  
Executive Assistant

### BOARD OF DIRECTORS:

**Michael Nagler**  
President

**Susan Rockrise**  
Vice President

**Mitsuko (Anna) Ikeda**  
Secretary

**James Phoenix**  
Treasurer

**Safoora Arbab**

**Gilda Bettencourt**

**Ela Gandhi**

**Anna Leinberger**

**Francesca Po**

**James (Sky) Schuyler**

**Tiffany Ornelas de Tool**

**Stephanie Van Hook**

**Nandu Menon**

Design by [mika-art](#)

These are just a few highlights of a very busy year. And we so appreciate all of your support that makes Metta a shining light for people in search of that light in the world, nonviolence.

In 2023, we are working on the development and launch of our new program, School of Nonviolence, a two year immersive mentorship in nonviolence led by a team at Metta. We will also offer new animations, trainings, radio programs, fellowships, books, conferences, and making sure that our general existence is accessible to people who need to find us and nonviolence.

With Loving kindness (Metta),  
Stephanie Van Hook, Executive Director  
Michael Nagler, President

