



Annual Report 2018-2019

Fiscal Year: April 1, 2018 thru March 31, 2019

Metta Center has deepened my understanding of how nonviolence can touch every aspect of our lives. I have learned depth, breadth, and nuances about nonviolence have changed my life - and continue to change it to this day.

-Rivera Sun, editor of Nonviolence News, and Young Adult fiction author.



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, 2018 - March 31, 2019)

Support and Revenue \$157,993.00

Expenses

Programs:
 Study \$8,563.00
 Practice \$6,903.00
 Research \$9,751.00
 Media \$25,994.00
 General Expenses \$37,820.00

Total Expenses \$108,312.00

Assets

Total Current Assets \$157,419.00
 Other Assets \$2,025.00

Total Assets \$159,444.00

Liabilities

Total Liabilities \$70.65

Equity

Net Assets - Unrestricted \$11,575.00
 Net Income \$49,993.00
 Retained Earnings \$97,804.00

Total Equity \$159,374.00

Total Equity and Liabilities \$159,444.00

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.



Dear Metta Friends,

2018 marked the beginning of our new three-year strategic plan to strengthen the Metta Center's core programs and prepare the organization at a policy level for major transitions of key players (while not expected anytime soon, planning is required). In terms of programs, we have concentrated our

widespread efforts -- like bees coming back to the hive, St. Teresa would say, and began working more closely together as a whole team to make solid offerings like our Certificate Program in Nonviolence Studies in addition to a new platform for nonviolence courses (see: Learn.mettacenter.org), Nonviolence Radio, and our animation series on the New Story stronger. In addition, our research fellow Joseph Gardella completed (for the time being) his research on Restorative Justice in academic settings, advancing our cherished scheme to get RJ into all the nation's schools, then its prisons, then to supplanting war. (Yes, we're ambitious!). Our UN work is growing; we were well represented in New York on the International Day of Nonviolence and our team continues to work with our collaborators on a Day of Unarmed Civilian Peacekeeping at the world body and look for opportunities to present our message through it to the world.

The Queen Bee of all of our work? Our core message of love and nonviolence.

This year and next our project wing of our strategic plan comes to a Phase One fruition. Third Harmony Project has three main avenues: the documentary film by that title (probably), with the help of our superb editor, Sarah Gorsline, interns, and volunteers; an extremely fun cooperative board game for adults, and my book *The Third Harmony: Nonviolence and the New Story of Human Nature*. Phase Two of all of this is a multi-year, cross-media project to deliver this honey of a message to the mainstream. So that nonviolence really does begin to, as Gandhi said, "oversweep the world."

The main thing we have in view in all this is to strengthen and solidify Metta to go forward well into the future. Our fiscal goal is to double our modest income in the coming years. This work enlivens us and keeps us upbeat in the otherwise dreadful situation of the world; we hope it gives you some of that sweet energy, that your presence, your help has been so much a part of.

With love,
 Michael Nagler, President
 For the Metta Center Team

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.

People are Buzzing About the Metta Center:

“ Thank you so very much for this course, and for all your generosity of time and spirit. I can't express enough how much this course meant to me. I feel as if I'd be searching for just this my whole life long. You've obviously put so much into the course, the Metta Center and into movements worldwide. As a student of organization, I have a bit of an appreciation for all you've contributed. Our world is so much the better for the Metta Center!

“ Metta Center has been an excellent resource for deepening my historical knowledge and understanding of nonviolence as a path for social and political progress. I am thankful for the work being done as it helps me translate my spiritual practice into more powerful social movement.

“ The Metta Center for Nonviolence is a wellspring of positive energy. Their ever creative approach to nonviolence education -- which amazingly encompasses nearly every medium of communication -- meets people where they are at and invites them to envision, as well as take part in building, a better world. And they do this by showing how nonviolence is present in all realms of life -- from science to spirituality to current events. Those of us working in the field of nonviolence owe much to the Metta Center for expanding our base of knowledge and support. That's one reason Waging Nonviolence is proud to work closely with them as a partner on our movement media platform.

- Waging Nonviolence Editors Bryan Farrell and Eric Stoner

“ As a transcriptionist, I create transcripts for journalists, large corporations, media production companies, and research institutes across North America. I also do a little transcribing for the Metta Center, because it brings a little balance to my brain.

In comparison to the other work I do, nothing is as fulfilling or rewarding as what the Metta Center has allowed me to do. From my perspective, the approach, the message, the strategies, the language used, and the conversations the Metta Center has stimulated are profoundly valuable -- for everybody.

In this modern era of economic disparities, climate change, mass migrations and infrastructure challenges -- increasing social stresses, it's really, really important to support the Metta Center for Nonviolence. Help spread their gathering and dissemination of knowledge in any capacity possible. There's a lot of people tuned into a different set of programming that aren't aware nonviolent strategies are possible. Please give your support!

“ With all that was going on in the world, I was kind of scared and looking for answers on how to do the right thing and to get others to do the same. Then I found the Metta Center. I jumped at the chance to learn more about nonviolence, and I am so glad I did. Since taking the class on how to practice and live nonviolence, I feel that I have changed for the better. I am slower to anger or get frustrated and I find that I can think more clearly while stressed. I have shared a lot of what I learned with family and friends, and I feel some strained relationships in my life have grown better and I attribute the changes to the different things I learned from Metta. I don't know where my mind and spirit would be in 2019 without the Metta Center and all that I learned in 2018.

Board Members, Staff and Fellowships

TEAM:

Michael Nagler
Founder/President

Stephanie Van Hook
Executive Director

Kimberlyn David
Programs & Curricula

Katina Bishop
Programs & Curricula

Annie Hewitt
United Nations Representative, NYC

Dustin Hausner
United Nations Representative, NYC

Derek Douglas-Hecker
Co-lead, board game project

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