

# Financial Report

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## Statement of Financial Condition

(April 1, 2014 - March 31, 2015)

### Support and Revenue

Donations .....	\$48,407.23
Grants .....	\$61,000
Other (reimbursement, rent, interest, etc.) .....	\$3,607.41
<b>Total Support and Revenue .....</b>	<b>\$117,551.9</b>

### Expenses

Programs: \$86,166.90	
Admin .....	\$16,156.29
Fundraising .....	\$5,385.43
<b>Total Expenses .....</b>	<b>\$107,708.62</b>

### Assets

Total Current Assets .....	\$101,197.25
Total Other Assets .....	\$1,085.00
<b>Total Assets .....</b>	<b>\$102,197.27</b>

### Liabilities

<b>Total Liabilities .....</b>	<b>\$921.40</b>
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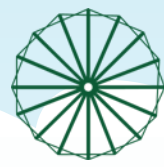
### Equity

Net Assets - Unrestricted .....	\$11,334.58
Retained Earnings .....	\$72,592.49
Net Income .....	\$17,348.80
<b>Total Equity .....</b>	<b>\$101,275.87</b>

<b>Total Equity and Liabilities .....</b>	<b>\$102,197.27</b>
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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).



**METTA CENTER**  
*for* **NONVIOLENCE**

# Annual Report 2014-2015

Fiscal Year: April 1, 2014 thru March 31, 2015

I first heard about Metta Center through my permaculture mentor, which was also the first time I had ever really thought about nonviolence as a philosophy. After a life of always "needing" to be "stronger" than others in order to feel "safe," the principles of nonviolence were hard to wrap my head around at first. After being challenged to examine my worldview, I was shocked by the amount of fear that was behind a lot of my decisions. I grew up in martial arts, started shooting as soon as I could get my hands on a weapon, worried constantly about being attacked (so as to have an excuse to use self-defense), and saw every stranger as a potential threat. I was even a member of a non-racial skinhead gang in my late teens and early 20's.

While my growth began long before the Certificate Course in Nonviolent Studies, the course has been such a blessing and source of direction for me. It has taught me to see the truth about how we are all connected, which makes cooperation instead of competition the more logical and satisfying road to take through life. The lessons on nonviolent communication were also a very valuable addition to my growth—I can hear people in a language of needs now that I had been deaf to before. Being able to communicate on a needs-based level is essential for connected, productive, and life-giving relationships.

I could talk all day about the micro-changes that are occurring in my life as a result of what I have been learning through the Metta Center. Since beginning this program, peace has taken a much more beautiful and encompassing definition in my mind.

~ Travis Mellott, participant in the 2015 Certificate in Nonviolence Students course

My internship was instrumental in my understanding of nonviolence. By getting connected with the Metta Center community and educational resources, I was able to learn about nonviolence in principle and practice. Studying the nuances and differences in applied nonviolent methods in various movements illustrated social power dynamics, that when paired with my Political Science studies, was very illuminating.

Through my internship I have also been able to research topics in regularity (i.e. my blog posts for Michael Nagler and Peace Paradigm Radio follow-ups) that intersected both structured politics and nonviolence. By learning at the cross-section of politics and nonviolence, my education was greatly enhanced in a way that would have been impossible otherwise.

~ Mercedes Mack, recent graduate of Sonoma State University and Metta Center intern

## 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.

In my work with Campaign Nonviolence, as we build a culture of active nonviolence, Metta Center is one of our greatest collaborators. We direct people to Metta Center frequently, and regularly share the tools Metta Center provides through our educational programs.

Metta Center generously uplifts my essays and novels, sharing them through the powerful platforms they have built through radio, social media, newsletters, magazines, workshops, webinars, internet conferences, and their website. Indeed, Metta Center has built a communications system that few other nonviolence organizations rival. Through these mediums, Metta Center reaches thousands of people with life-changing knowledge of the potency of nonviolent action. Many of my readers have come through Metta Center's channels, and people have also been connected to my training and speaking work through Metta Center's exciting outreach efforts.

~ Rivera Sun, social media manager for Campaign Nonviolence, activist, and author of the books *Dandelion Insurrection* and *Billionaire Buddha*

I teach AVID in Irving, TX. I have worked closely with the Metta Center since 2010, when I asked Michael Nagler to be my mentor on a project to teach nonviolence in my school. He said then that my message and request could not have been more timely, and I think his statement from the start of our relationship sums up why I continue to work with the Metta Center. Their mission and work could not be more timely.

As we see the world break down before us, the Metta Center is building the foundation for a nonviolent revolution. Along the way they have given me an opportunity to connect with like-minded people, nourish my mind and soul, and design creative lessons in nonviolence for classrooms teachers to use. In short, I believe in Michael and Stephanie and the rest of the Metta team. They are leaders in showing people all over the world that there is another way to live, in harmony with other people and with all of life, and all the changes begin with you.

~ Todd Diehl, member of Metta Center's Strategic Advisory Council, collaborator on various Metta Center projects, and sustaining donor

I alone cannot change the world  
but I can cast a stone across the waters  
to create many ripples.  
-Mother Teresa



# 2014-2015 Key Accomplishments

## Media and Publications

Website updated for "user-friendliness" including site-responsiveness features

36 new episodes of Peace Paradigm Radio

36 new reports on nonviolence in the news

Re-launch of Emergence Magazine as a bi-annual print magazine, emphasis on the New Story and the Media

New outreach to journalists through new media literacy and journalist outreach pages on our website

New daily column, Daily Metta, exploring Gandhi's words and the practical applications of nonviolence for everyday of the year.

A new beautiful bi-weekly educational review newsletter for our list-subscribers.

Created and launched audio-book of Michael Nagler's *The Nonviolence Handbook*.

## Board Members, Staff and Fellowships

### 2014 Board Members:

MICHAEL NAGLER  
President  
JAMES PHOENIX  
Vice President  
Treasurer  
GILDA BETTENCOURT  
Secretary  
TAL PALTER

LORIN PETERS  
RICHARD MEYER  
SUSAN ROCKRISE  
PRASHANT NEMA  
JAMES SCHUYLER  
TIFFANY ORNELAS DE TOOL  
MAJA BENGTON  
ANNA LEINBERGER

### New Board Members, end of 2014:

MITSUKO ANNA IKEDA  
ANDRÉE YOUNG

### 2014 Staff:

STEPHANIE VAN HOOK  
Executive Director  
STEPHANIE KNOX CUBBON  
Education Director

KIMBERLYN DAVID  
Communications Director  
SONEILE HYMN  
Flow Director  
MERCEDES MACK  
Intern  
PALLAVI VISHWANATH  
Intern  
MICA STUMPF and  
PEIJMAN KOURECHIAN,  
Workshop Leaders

## Experiences, Trainings and Workshops

Executive director gained valuable experience with nonviolence in early childhood working directly with three-six year olds on a daily basis at a local Montessori school.

Offered four workshops training people in nonviolent conflict intervention in the Bay Area for the Shanti Sena Network program out of the Metta Center;

Keynoted at the annual Gandhi-King Conference in Memphis, TN

Led workshops in nonviolent action, principles and meditation at the Bethlehem Live Festival with the Holy Land Trust;

Collaborated with author and nonviolence activist Linda Sartor with telephone and in-person workshops on the theme of "Turning Fear into Power."

Celebrated Gandhi's birthday in local area with a variety of workshops on the teachings of nonviolence, including a workshop on Nonviolent Communication and a local screening of the film Gandhi.

Hosted 12 Hope Tank meetings at our Petaluma office

Hosted and filmed a community talk on violence and nonviolence in Homer's *Odyssey*

Hosted an eight week course, PACS 164C, updating Michael Nagler's popular PACS 164A and B courses at the Metta Center, and recorded them for educational purposes on our website.

Welcomed activists from Jeju Island's nonviolent struggle to Petaluma with an evening event to raise awareness about their work;

Collaborated with interns and volunteers from around the world, including the Netherlands, Germany and local college, Sonoma State University.

## Foundations

The Craigslist Charitable Trust  
The Fenwick Foundation  
Microsoft Employee Matching  
The Richard J. Meyer Fund at Orange County Community Foundation  
Peaceworkers

## Education:

**Certificate program:** We had 16 graduates in the launch (post-pilot) of the certificate program, and started a new cohort with 18 participants on track to complete by the end of 2015.

We created a *study guide for The Nonviolence Handbook* with support from students in the Certificate Program

**New courses in development:** Nonviolence for Beginners in development, to be launched in fall 2015; others in the works

**Internship Program:** We worked with four high school students in Texas to develop their understanding of nonviolence through weekly online meetings and study of *Gandhi the Man*

**Nonviolence Mentorship** - we began piloting a nonviolence mentorship program with individualized guidance on nonviolence study and practice

**Conferences:** The Director of Education spoke at the following conferences: Peace and Justice Studies Association, Arnhold Symposium on Peace Education, UNESCO Global Citizenship Education Forum, Association for Applied Therapeutic Humor (peace, nonviolence and humor)

## Dear Metta Community,

I will start my overview this year's developments with one that caused me some anxiety when I first heard about it but has turned out very well: Stephanie (Van Hook) began teaching at Red Barn Montessori, 'up the road' from our office. It has not detracted but added a dimension to Stephanie's life and Metta's work. Several other things and people were added to our life and work that were a joy from the outset: Kimberlyn David, who came to us through the Certificate Course, signed on as Director of Communications. Though Kim resides in Panama she is so much part of 'the family' we hardly notice the distance.

Daily Mettas began in January! This has been a much-appreciated offering, with a healthy starter list of subscribers. Stephanie writes these and I do some light editing (and general kibbutzing).

Paloma, whom we originally met at a conference and who was recommended to us by Pietro Ameglio, has begun translating *The Nonviolence Handbook* into Spanish. I read the book for Audible.com.

Annika Roes visited from Germany, and we took advantage of that to interview her for the Great Film Project (now tentatively titled "The Journey Home." Mercedes Mack, a student of Cyndi's at Sonoma State, was recommended to us and quickly became a regular volunteer. Mercedes is a good writer and we hope this will be a long-term relationship.

We sponsored a day-long training in Santa Rosa with our dear friend Rivera Sun and in-house trainers Mica Stumpf and Peijman Kourechian.

And in the 'ongoing' category: Peace Paradigm Radio and courses: we held the second iteration of the Certificate Course, with a good turnout. Historically, alums of this course have often joined us or become supporters in one way or another, so we are pleased not only with the value of the offering but the results. And finally...

Several of us went on an ambitious trip through Rome, where we met with members of Operazione Columba doing peace interventions in N. Albania and the West Bank region called the South Hebron Hills. From there we proceeded to Israel-Palestine, staying with Tal Palter and her family while we spoke in Jerusalem, then went to Bethlehem where I gave a half-day seminar at the "Bethlehem Live" festival that was very much appreciated and finally to the Palestinian village of At-Tuwani where we met and saw at first hand what Operazione Col. is doing and the suffering of the villagers under de facto occupation. It was very moving, and we made many contacts.

Things happen so fast at Metta that we don't really appreciate how much is going on until we do this annual review. No doubt we've even overlooked a few! But it was a very gratifying year. I'm so glad you're part of us.

Best wishes,  
Michael Nagler, President