

Who We Are

ANG*L is a pioneering, 21st-century nonprofit organization. The question that served as the group's genesis—can community and spiritual practice prosper in cyberspace?—is at the heart of what makes ANG*L unlike traditional public charities. An investment in ANG*L's worldwide work of hope and healing is uniquely cost-effective because we have no bricks-and-mortar existence. Our staff members donate the use of their home offices and equipment, saving untold thousands of dollars of overhead.

At ANG*L's website, www.gratefulness.org, people from more than 240 countries gather to practice grateful living step by step and to explore topics like Peace, Guidance, Religious Harmony, Creativity, and Caring for the Earth. Many consider the site—with its warmth, compassion, and visionary goals—the find of a lifetime. The new Community section allows people to be in touch with others near and far who are practicing grateful living. This connection can be as simple as sending an e-card or e-candle to a friend or as profound as discovering ways to meet with others for mutual, offline support. We provide resources for starting your own gratefulness group right where you live; and we create workshops, retreats, and other events that demonstrate the ties between gratefulness and personal healing, spirituality, sustainable living, and the arts.

ANG*L attracts people of all religious faiths and people of no religious faith whatsoever. Because gratefulness constitutes a common ground shared by everyone, it offers bridges of tolerance that people can cross to work with others from different backgrounds. This aspect of ANG*L is of great importance in a time of heightened intolerance. As a visitor from Brazil writes, "It's amazing how so many people around the world are searching for light, peace and love! It makes me realize that we are not that lonely as we used to feel. I'm enchanted! Thanks for this wonderful virtual place!"

Our world needs a shared perspective that creates cultural cohesion and gives meaning to people's lives. Gratefulness can fulfill our contemporary longing for unity, giving people clarity, strength of purpose, and an inherent connection with the goals and ideals of others. Investment in ANG*L helps to guarantee that gratefulness will become an ever-expanding force in building a world of peace, mutuality, responsibility, reverence, and belonging.



Photo by Veronica Valles

For more information, write:
contact@gratefulness.org

www.gratefulness.org

www.gratefulness.org

A Network for Grateful Living (ANG*L)



Since its inception, ANG*L has reached millions of people in more than 240 countries. Visitors attest to the power of gratefulness to transform lives:

It's tough witnessing so much suffering and violence, so I am really grateful to be able to share and be heard by people like your webteam who give such tremendous support. I feel empowered and protected by a global community.
(L.R., United Nations, Afghanistan)

Your work is a refreshingly beautiful contribution to a seemingly ever darkening world.
(P.R., Victoria, Australia)

This website helps everybody to congregate with good feelings and intentions...and these are the origins of any miracle.
(Manuel Rexius, Cordoba, Argentina)

Thank you so much, this is the most tranquil site I found in my two years on the internet.
(M.R., España)

In a consumerist world where men and women move mechanically, your website makes human beings beautiful and offers brightness for heart and mind.
(Star, Benin, Africa)

Your work is a comfort in times of challenge and stress. It is also a way to explore the depth of who we are – from the individual self to the consciousness that embodies the world. Gratefulness creates the space that brings new light to now.
(Val O., Texas, USA)

www.gratefulness.org

From Executive Director Patricia Carlson



Patricia Carlson

Dear Friends,

It takes a community to change the world. Think of the Underground Railroad that brought slaves to freedom in the certainty that helping people a few at a time eventually builds a groundswell. Think of Satyagraha, a movement that not only changed India's history in Gandhi's day but also influenced nonviolent campaigns in many other countries. Think of the inspiring news that Muhammad Yunus of Bangladesh and the Grameen Bank were jointly awarded the 2006 Nobel Peace Prize, reminding us of micro-credit lending schemes around the world that enable the poor to start and sustain businesses. And these examples only skim the surface of recent history!

Although communities which change the world for the better may be too numerous to count, we hope you will count yourself amongst them, through your interest in A Network for Grateful Living (ANG*L). When we look at individual lives changed by our work – people facing grief with fresh equanimity, appreciating anew the Earth's gifts, wanting to “pay it forward” and pave the way to a clear ethic of compassion – we see that these changes do not take place in isolation. Thousands of people come to Gratefulness.org each day to understand personally what it means to live in great fullness. But by supporting each other on this journey and sharing ideas, our strength goes far beyond what individuals alone can achieve.

Our staff meets this surge of interest with a steady stream of new developments, many of which you will find on this year's “accomplishments” insert. But the achievement of which we feel most proud does not lend itself to a list. It is an orientation within the human heart towards a more grateful world. When enough of us come together and face the same direction, giving our lives in response to all that has been freely given to us, we quite naturally reorient those around us. As the gospel song proclaims: “We have another world in view.” That world is already breaking into the here and now through the ANG*L community's uncommonly common efforts.

Blessings,

Patricia Carlson, Executive Director
A Network for Grateful Living

Gratefulness.org Website Features



Angels of the Hours
European cathedral bells, Gregorian chant, and Fra

Angelico's magnificent angels help recreate the ancient understanding of the word “hour” as a measure of the real rhythms of the day.

Candles

Few symbols offer more comfort than a candle blazing in the dark. Cyber-candles add a new dimension to this ritual, joining together a worldwide community.

Learn about Gratefulness

A wealth of essays, personal stories, and video/audio clips challenge and inspire us to live more gratefully.

Word for the Day

Thousands of people around the world begin their days inspired by seed-thoughts from wise voices. Harvested one by one, these quotes soon grow into an inner garden of gratefulness.

Calendar

Every celebration makes gratefulness reverberate. The calendar allows site regulars to tune in to the joyful vibrations of different cultures.

Light Up the World

Thousands of groups worldwide take a stand for a sane and fair future of our planet.

Practices

Step-by-step practices gently guide us to an awareness of how to be grateful in all circumstances.

Community Links

Start a local grateful-living support group. Come to a retreat. Join others in online forum discussions. We offer all these resources and more for getting connected.

Gratefulnews

Here is an opportunity to hear good news. Every day, people build a grateful world through acts of creativity and compassion.

Gift People

Read about lives well spent. When you enter the presence of someone who lives gratefully, you discover how you, too, can turn the world around.

Picture Gallery

Children have a knack for “taking reality by surprise” (Françoise Sagan's definition of art), as in these drawings by children from around the world.

Ecards

Whether you are rejoicing, bewildered, or sorrowful, an ecard from a loved one can triple your joy, clear the air, or remind you that you are not alone.



Poetry

Cutting to the truth of our experience, poetry shakes us and awakens us. Experience longer-form poems as well as haiku, which feature beautiful calligraphy.

Labyrinth Pilgrimage

Take a journey of heart through photos and texts from all over the world. Each unique combination insures that you emerge with fresh hope, courage and insight.

INCOME STATEMENT SUMMARY

October 1, 2008–September 30, 2009

DONATIONS AND OTHER REVENUE

Contributions and gifts	\$150,302
Program Service Revenue	\$25,509
Interest and Other Income	\$2,529
TOTAL DONATIONS & OTHER REVENUE	\$178,340

EXPENSES

Program Services	\$127,818
Development	\$28,412
General and Administration	\$23,793
TOTAL EXPENSES	\$180,023

NET REVENUE LESS EXPENSES **(\$1,683)**

BALANCE SHEET SUMMARY

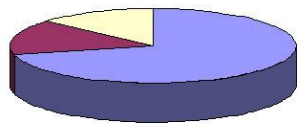
ASSETS

Cash in Bank	\$34,070
Receivable—Network for Good	\$2,788
TOTAL ASSETS	\$36,858

LIABILITIES AND EQUITY

Liabilities	
Payroll taxes payable	\$34
Net Assets	\$36,824
TOTAL LIABILITIES AND EQUITY	\$36,858

Our 2008-2009 Expenses: \$180,023



SET THE SPIRAL OF GRATEFULNESS
IN MOTION
WITH A CONTRIBUTION TO:
ANG*L
PO Box 6748
Ithaca, NY 14851-6748

To reach us online:
www.gratefulness.org/a/contact/staff.cfm

*ANG*L is a 501(c)3 not-for-profit
organization. Donations are tax-
deductible to the full extent
allowed by U.S. law*

Accomplishments 2008-2009

In 2008-2009, donor support allowed us to:

- ◆ Explore the practice of grateful living as a global ethic capable of ushering us peacefully into a new era in which we share the world's resources fairly and conserve the environment for future generations.
- ◆ Open our sixth annual Gathering in Gratefulness to the public, drawing 85 participants on the weekend of February 20-22, 2009 at the Institute for Noetic Studies in Petaluma, California.
- ◆ Offer our Art of Gratefulness retreat at Lifebridge Sanctuary north of NYC (May 30-31).
- ◆ Update our forum software to a new, more user-friendly version
- ◆ Coordinate Br. David's travels, wending through the Sahara, Central America, the United States, Australia, and Europe.
- ◆ Create an .mp4 version (iPod-and-iPhone compatible) version of "A Good Day" and fulfill scores of requests for DVD copies of the video.
- ◆ Complete major upgrades to our web-server, which improves page-loading times.
- ◆ Add to Gratefulness.org a steady stream of new ecards, including a series of 12 new Helen Siegl woodblock prints.
- ◆ Run two series of book excerpts, from Felicia Norton and Charles Smith's *An Emerald Earth* and Anne Scott's *Women, Wisdom, and Dreams*.
- ◆ Follow Gratefulnews from a Muslim feminist in West Virginia to a lost aboriginal language revived, to hardhats going green, Wynton Marsalis on the hard-court, and dozens of other thought-provoking articles
- ◆ Pass the 8,000,000 mark of candles lit; the 30,000 mark in newsletter subscribers; and the 18,000 mark in Word for the Day subscribers (which means we can now say that ANG*L touches more than 18,000 lives each day).
- ◆ Offer ten new, downloadable audio clips by Br. David on the topic of Wholeheartedness.
- ◆ Place in our Gift Shop a dynamic, 160-page gratitude journal awaiting your creative inspiration.
- ◆ Post a documentary film about Br. David's life that includes interview footage shot at Mt. Saviour monastery and rare archival photos.



Board of Directors

Dale Biron is a poet, poetry lecturer, and leadership coach. Dale came to ANG*L some years ago as a volunteer poetry editor at large, delighted to work with Brother David and Executive Director Patricia Carlson in helping to choose and secure poetry for the Gratefulness.org website. He's a volunteer poetry teacher in local high schools near his home in the San Francisco Bay Area and is also a former board member of the Marin Poetry Center.

Patricia de Jong has been Senior Minister of First Congregational Church of Berkeley, United Church of Christ, in Berkeley, California since 1994. Before coming to Berkeley she served as Minister of Education for Christian Discipleship at The Riverside Church in New York City (1984-88) and as Senior Minister of the Urbandale United Church of Christ in Des Moines, Iowa (1988-94). At First Congregational, Pat has focused on creating a welcoming community that can respond to the neighborhood, the nation and the world.

Gary Fiedel is one of Angel's founders and has served as its treasurer from the beginning. A tax and financial consultant, he has headed his own company in Corte Madera, California for the past 30 years. A long time student of Brother David's teachings, Gary's avocation is to share and expand the spirit of gratefulness in the world.

Joan Halifax Roshi – Buddhist teacher, Zen priest, anthropologist, civil-rights activist, and author – is Founder and Abbot of Upaya Zen Center in Santa Fe, New Mexico. She founded and now directs the Upaya Prison Project, which develops programs on meditation for prisoners, and also founded The Ojai Foundation, an educational center. As Director of the Project for Being with Dying, she counsels dying people and teaches health-care professionals about the dying process. Her books include *The Human Encounter with Death* (with Stanislav Grof); *Shamanic Voices*; *Shaman: The Wounded Healer*; and *The Fruitful Darkness: Reconnecting with the Body of the Earth*.

Clare Hallward lives in Montreal, was born in England, grew up in Argentina, and has spent the last 42 years in Canada with her husband, John. Until recently, she served on the board of the Lindbergh Foundation, and presently is Chair of the Board of Directors for the Thomas More Institute for Adult Education in Montreal. She is a founding member of the Board of Mentors for the Padua Center, a center for urban spirituality with a particular interest in the Earth Dialogue.

Jennifer Konecny met Br. David in the 1970's while doing Campus Ministry at Santa Clara University. They remained in touch, and she is delighted to be able to share him and his spiritual leadership with others through ANG*L. She is retired from a more than twenty-year career as a Human Resources Executive for high Tech Companies in Silicon Valley. Now she enjoys her large family, including grandchildren, and loves to travel.

Linda Larsson lives in the urban forest of Palo Alto among the magic of leafing, falling, budding trees. The faithful patterns of nature and the paradoxical mystery in poetry open her heart to Brother David and the opportunity he offers for living in great fullness. In her past work with property development and systems analysis, she enjoyed working with teams of dedicated people doing good work. To continue on this path by serving on the ANG*L board is a blessed gift.

Chuck Roppel was trained and functioned as Catholic Priest in the early years of his career. He then moved into directing health promotion and disease prevention work in Community Mental Health Centers in Kentucky and California. He also was the director of a private retreat and conference center in Sonoma County, California. Since 2000, he had been a faculty member of the Coaches Training Institute, maintaining a private life coaching practice and training Co-Active coaches throughout the world.

David Steindl-Rast, OSB, studied art, anthropology, and psychology, at the Vienna Academy of Fine Arts (MA) and the University of Vienna (PhD). In 1953, he joined Mount Saviour Benedictine Monastery, where he is now a senior member. He began studying Zen in the 1960s, and became a pioneer in interfaith dialogue. In 1975 he received the Martin Buber Award for his achievements building bridges between religious traditions. His books include *Gratefulness, the Heart of Prayer; A Listening Heart; and Belonging to the Universe* (with Fritjof Capra). Currently, Brother David serves as founding advisor of www.gratefulness.org.

David Vogel researches and teaches how people learn a spirit of generosity in their day-to-day interactions. For 30 years he was a CEO and a management consultant working with the boards and management of major health care organizations throughout the U.S. specializing in strategic & operational repositioning and social change.

