



This year, ANG*L reached more than 1.4 million 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)

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**

From Executive Director 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



Patricia Carlson

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.

E-cards

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.

Board of Directors

Dale Biron is a poet, poetry lecturer, and leadership coach. Dale came to ANG*L in 2001 as a volunteer poetry-editor-at-large, to choose and secure poetry for our website. He is a volunteer poetry teacher in high schools near his home in the San Francisco Bay Area and is also a former board member of the Marin Poetry Center.

Anthony Chavez is the son of Paul Chavez who was the middle son of the late civil rights leader Cesar Chavez and co-founder of the United Farm Workers Union. Chavez speaks to community groups on behalf of the Cesar Chavez Foundation, continuing Cesar Chavez's legacy. In addition, Chavez works with young people, conveying the importance of service learning and giving of one's self to others.

Gary Fiedel is one of ANG*L'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.

Roshi Joan Halifax is a Buddhist teacher, social activist, author, and anthropologist. She is found of Upaya Prison Project, which develops programs on mediation for prisoner. She also founded the Ojai Foundation, an educational center. Her many books include *Shaman: The Wounded Healer* and *The Fruitful Darkness*.

Clare Hallward lives in Montreal and is one of the founders of Project Chance. She served as vice-president of the Lindbergh Foundation and chaired its Grant Selection Committee. Clare chairs the Board of Directors of the Thomas More Institute for Adult Education in Montreal and is a founding member of the Board of Mentors for the Padua Center in Montreal, a center for urban spirituality. She edited *David Steindl-Rast: Essential Writings* (Orbis, 2010).

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 his spiritual leadership with others through ANG*L. Jennifer is retired from a more than 20-year career as a Human Resources Executive for high tech companies in Silicon Valley. She now enjoys her large family and loves to travel.

Linda Larsson lives in the urban forest of Palo Alto. 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.

Chuck Roppel was trained and functioned as a 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 was the director of a private retreat and conference center in California. Since 2000, he has 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 in New York State. He began studying Zen in the 1960s, and in 1975 he received the Martin Buber Award for building bridges between religious traditions. His books include *Gratefulness, the Heart of Prayer; A Listening Heart; Belonging to the Universe* (with Fritjof Capra), and *Deeper Than Words*. Currently, Brother David serves as founding advisor of Gratefulness.org.

Jeremy Stover works with young executives, developers, and managers in the high-tech and software industry. As a leadership trainer and an executive and team coach, Jeremy brings a solution-focused systems approach to his clients. He understands the challenges of leading or being a member of a virtual team that spans the globe and is able to help his clients communicate more effectively and achieve tangible results.

Lynn Trojahn is Vice President of Advancement for ACCION New Mexico · Arizona · Colorado, where she has supported raising over \$19 million for operational, endowment, lending, and building capital. She is chair of the advisory board for the Center for Nonprofit Excellence, a board member of United Way of Central New Mexico, and a volunteer with the Albuquerque Community Foundation, the NM Association of Fundraising Professionals, the NM Association of Commerce and Industry and the National Jewish Respiratory Hospital in Denver.

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.

Brenda Wade is an award-winning holistic psychologist, television host, author, keynote speaker, retreat and seminar leader, and media producer. Whether on TV or radio, or at live events, she always lights up the room with her dynamic, love-centered approach. She has authored three books: *Power Choices: 7 Signposts on Your Journey to Wholeness, Joy, Love and Peace; Love Lessons; and What Mama Couldn't Tell Us About Love*.

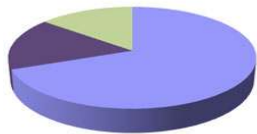
INCOME STATEMENT SUMMARY

October 1, 2010–September 30, 2011

DONATIONS AND OTHER REVENUE	
Contributions and gifts	\$156,694
Program Service Revenue	\$18,054
Interest and Other Income	\$1,819
TOTAL DONATIONS & OTHER REVENUE	\$176,567
EXPENSES	
Program Services	\$114,576
Development	\$27,644
General and Administration	\$23,480
TOTAL EXPENSES	\$165,700
NET REVENUE LESS EXPENSES	\$10,867

BALANCE SHEET SUMMARY

ASSETS	
Cash in Bank	\$32,528
Receivable—Network for Good	\$4,388
Endowment Fund	\$13,335
TOTAL ASSETS	\$50,251
LIABILITIES AND NET ASSETS	
Liabilities	
Payroll taxes payable	\$77
Net Assets	\$50,174
TOTAL LIABILITIES AND NET ASSETS	



■	Program Services
■	Development
■	General and Administration



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 2010-2011

In 2010-2011, donor support allowed us to:

- ◆ Offer our first international “Art of Gratefulness” workshop in Montreal, Quebec and a new retreat “Restoring Gratitude in a Fast-Paced World,” in Harpers Ferry, West Virginia.
- ◆ Coordinate Br. David’s teaching engagements in Austria, the Bahamas, Canada, China, Germany, Hong Kong, Hungary, Italy, Switzerland, Thailand, Tunisia, and the U.S..
- ◆ Host a series of talks by Brother David during a cruise to Alaska for a group of 85 people from 13 countries.
- ◆ Create a new website navigation tool that provides major improvements in loading speed and mobile browser support.
- ◆ Carry out a major expansion of our archives of Br. David’s books, documents, audio and video tapes.
- ◆ Launch a German Word for the Day, “Wort für den Tag,” populating it with more than a year’s worth of quotes, and expand our German audio/video offerings to more than two dozen.
- ◆ Design a Chinese website, starting with a homepage and three features: Light a Candle, e-cards, and “A Good Day” with Chinese subtitles.
- ◆ Expand our “Youth and Elders” section on Gratefulness.org to include resources for kids ages 4-12; teens; parents, teachers, and youth workers; and elders.
- ◆ Pass the 30,000 mark in newsletter subscribers and the 12,000,000 mark in online candles lit.
- ◆ Record and make available a download of John Bucchino’s “Grateful” song, sung by our staff’s Margaret Wakeley, an internationally acclaimed vocalist.
- ◆ Post a steady stream of fresh links in our topics, articles, poems, e-cards, and gratitude-related news.
- ◆ Build social-network connections in Facebook (3,760 people “like” us), YouTube (1,535 subscribers), and Twitter (3,138 followers) (statistics as of 9/30/2011)

