

A Network for Grateful Living

2004-2005 Annual Report



Lion and the Lamb by Helen Siegl

In its first five years, **gratefulness.org** has reached hundreds of thousands of people from 242 countries. Visitors attest to the power of the website to transform lives.

This simple but remarkable site brings people from around the world—religion, language, colour—no barrier—to light candles for the same cause; that is to show their love, care and gratefulness!

(KK, India)

Thanks for proving that people throughout the world do really care.

(Swan, England)

This awesome website blesses our world with peace and goodness. You touch so many this way. Like the ripples in a pond, you have no idea of how far-reaching your efforts are to make our world better for all.

(Linda, USA)

From the Executive Director & Board Chairperson

Dear Friends,

Psalm 23, treasured by people around the world, begins with an extraordinary proclamation—we “shall not want.” More than that, the psalm continues, our cup overflows. A friend calls this principle “living in the house of enough.”

Our webteam and board of directors at A Network for Grateful Living (ANG*L) actively embrace this principle while we constantly continue to learn more about it as individuals and as an organization. Our 2004–05 fiscal year has been full of remarkable changes that remind us how thoroughly people’s kindness rises up to meet our needs and expand our mission. One year ago, a generous donor provided a designated contribution that allowed us to review ANG*L with an eye to facilitating our well-being and growth over many years to come. We reevaluated everything from staff responsibilities to lines of communication to long-term ANGE*L strategies. One year later, we find ourselves on much more solid footing which is, of course, the basis of all steps ahead.

Even in the midst of the energy required by our organizational evolution, ANG*L flourished as never before. Our new Light Up the World feature went online in September, a visual affirmation of the tremendous power for good that is growing in hundreds of countries and millions of hearts, an antidote to the grim news with which we are so often barraged. We branched out with new resources for French, Spanish, and Portuguese speakers, plus a new homepage for people who speak German—www.Dankbarkeit.org—which offers four of our most popular features. We provided resources for offline groups springing up everywhere from the Philippines to Switzerland to New Zealand. Our newsletter base quadrupled to more than 12,000 subscribers, who call the newsletter and the features to which it points “a treasure trove of healing and inspiration.”

Most remarkably, we have been able to accomplish all this almost entirely through support of individual donors. You provided 82 percent of our 2004–05 income! We cannot begin to express our gratitude toward everyone whose generosity makes possible this source of serenity, reflection, and community on the Web and beyond the Web. It is through you that we see how “goodness and mercy follow us,” and we trust that gratefulness will continue to light up the world with compassion and joy.

Blessings,

Patricia Carlson & Michael Lippitt

Patricia Carlson, Executive Director

Michael Lippitt, Board Chairperson

A Network for Grateful Living

Who We Are

A Network for Grateful Living (ANG*L) is the inspiration of Brother David Steindl-Rast, a Benedictine monk, lecturer, and author renowned for his achievements in building bridges between religious traditions, and Daniel Uvanovic, a software engineer. At the beginning of the millennium, they set out with a two-fold question: Can we build community and create spiritual practice in cyberspace?



Both points have been answered with a resounding “Yes!” At ANG*L’s website—www.gratefulness.org—people from 242 countries gather to light candles; 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 website serves ANG*L in two ways: It facilitates networking and gives online support to offline action. Quite naturally from ANG*L’s online community, people have begun forming local study and support groups in France, the Philippines, New Zealand, Switzerland, and the United States. Members focus on gratefulness as the core inspiration for personal change, international cooperation, and sustainable activism in areas of universal concern. “Your website provides a cyberspace community of companions for an ecological age,” writes a visitor. “The information and inspiration move me to action, especially in my local community.”

ANG*L attracts people of all religious faiths, and people of no religious faith whatsoever. Because gratefulness constitutes the common ground shared by all religious faiths, though, it offers bridges of tolerance that people of faith can cross to work with people from other traditions. This aspect of ANG*L is of great importance in a time of heightened religious intolerance.

Our world needs a shared perspective that creates cultural cohesion and gives meaning to people’s lives. All creative periods in history have had such a unifying vision. Gratefulness is a universal experience that can fulfill our contemporary longing for unity. It gives people clarity, strength of purpose, and an inherent connection with the goals and ideals of others. A world of grateful living is a place of peace, mutuality, responsibility, reverence, and belonging, and it is that world that ANG*L seeks to cultivate.

Accomplishments

In 2005, donor support allowed us to:

- ◆ Post our first lecture clips online, including talks on peak experiences, the Buddha's flower sermon, a rabbi's ecstasy, meaning in crisis, and much more.
- ◆ Create a German homepage, www.dankbarkeit.org, which offers links to the four features in German: Eine Kerze Anzünden (Candles), Stundenengel (Angels of the Hours), Texte (Readings), and E-Karten (Ecards).
- ◆ Provide Swedish and Danish translations of "Light a Candle," bringing more than 4,500 new visitors to our site.
- ◆ Complete a comprehensive evaluation of how ANG*L operates and how best to develop a structure to effect a smooth transition into the future.
- ◆ Present "Light Up the World," a spinning globe that spotlights thousands of groups worldwide taking a stand for a sane and fair future of our planet.
- ◆ Offer a page of suggested readings, practices, and resources for people finding or forming gratefulness support groups. So far we know of groups in La Sauvetat, France; Manila, Philippines; Wellington, New Zealand; Jacksonville, Florida; and Jona, Switzerland.
- ◆ Make it possible for people to send ecards in French, German, Portuguese, and Spanish.
- ◆ Run two five-part series: "Being with Dying: The Four Boundless Abodes," by Joan Halifax Roshi, and "A God-Centered Ecology," by Dr. Maria Jaoudi.
- ◆ Feature pieces by special guests, such as communications expert Terry Pearce's essay on a prescription for authentic appreciation and Martha Kate Miller's heartbreakingly beautiful script about the inner work of aging.
- ◆ Quadruple our subscriber base, with more than 12,000 people now subscribing to our monthly newsletter.
- ◆ Pass the one million mark in numbers of online candles lit, bringing special solace and solidarity in moments of worldwide concern, especially for victims of devastating natural disasters in Asia, Europe, the Gulf Coast region, Japan, Central America, and Pakistan.
- ◆ Offer a continual stream of poetry, grateful news updates, gift-people essays, Question-and-Answer Box answers, and new and seasonal ecard selections.

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. Cybercandles add a new dimension to this ritual, joining together a worldwide community.

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.

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.

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.

Questions about Gratefulness

A time of questioning is a time of gestation, when new qualities come to life in us. Site visitors pause here to read

questions and answers about the practice of grateful living.

Gratefulnews

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

New in 2005!

Light Up the World



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

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.

Readings about Gratefulness

Essays, personal stories, and other select readings challenge and inspire us to live more gratefully.

Poetry

Cutting to the truth of our experience, poetry shakes us and awakens us.

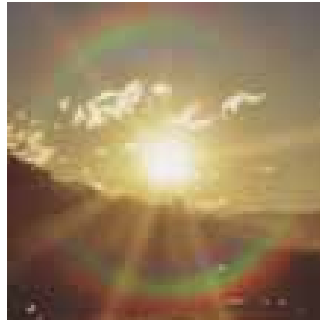
Haiku

Featuring beautiful calligraphy, these haiku capture in three-line poems what the senses perceive.

Gratefulness Books

Want to learn more? We have gathered some of the most instructive guides to grateful living in our Books section.

Board of Directors




Nancy Driscoll has served on ANG*L's board of directors since its inception.

Tom Driscoll is a fourth-generation California farmer concentrating on organic strawberries and raspberries. He is an officer and board member of Driscoll's, a worldwide farming and marketing enterprise with farming operations in 15 countries and seven states in the U.S. His family has been farming berries for more than 100 years, and Tom has been farming berries since 1959. He serves on the boards of several private and nonprofit companies.

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.

Joan Halifax Roshi is founder and abbot of Upaya Zen Center in Santa Fe, New Mexico. As director of the Project for Being with Dying, she counsels dying people and teaches health-care professionals about the dying process. She has been on the faculties of Columbia University, the University of Miami School of Medicine, the New School for Social Research, The Naropa Institute, and the California Institute for Integral Studies. 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*.

Mike Lippitt, who is chairperson of ANG*L's board of directors, has provided many years of service in the fields of mental health and substance abuse. He currently works in California with The Greater Bay Area Mental Health Education Workforce Collaborative. After years of exploration and practice of eastern philosophy and spirituality, Mike met Brother David and was deeply moved by his message of grateful living.




Helen Lippitt, who is affectionately known as Heidi, is the president of Kae Real Estate in Castro Valley, California. No stranger to gratefulness, she learned to practice gratitude for small blessings while growing up as part of a large working-class family. After teaching third grade for a number of years, she dedicated herself to raising her young children, then to transforming a small property management company into a thriving business. She continues to spread gratefulness through her philanthropy and her work for ANG*L.

Terry Pearce is an author and a veteran communication consultant and educator. A former executive with both IBM and Charles Schwab, he is the founder and president of Leadership Communication, a company that coaches high-profile corporate, political, and community leaders. Terry is also an adjunct professor in leadership and communication at the Haas School of Business, University of California, Berkeley, and a visiting lecturer at the London School of Business.

David Steindl-Rast, OSB, was born in Vienna, Austria, where he studied art, anthropology, and psychology, receiving a Ph.D. from the University of Vienna. In 1953, he joined Mount Saviour Monastery in Elmira, New York, of which he is now a senior member. After 12 years of training in the 1,500-year-old Benedictine monastic tradition, Brother David received permission to practice Zen with Buddhist masters. In 1958–1959, he was a post-doctoral Fellow at Cornell University, where he also became the first Roman Catholic to hold the Thorpe Lectureship. He became a leader in the monastic renewal movement, and in 1975 received the Martin Buber Award for his achievements in building bridges between religious traditions. Among his often reprinted and anthologized books are *Gratefulness, the Heart of Prayer*; *A Listening Heart*; and *Music of Silence*. At present, Brother David serves a worldwide network as co-founder of www.gratefulness.org.

Chris Wilson is a member of the California State Bar, a former investment banker, and a former software marketing executive. He received his law degree from Yale Law School and an M.B.A. from the Stanford Graduate School of Business. He is a member of the board of directors of the Buddhist Peace Fellowship and has practiced Zen Buddhism for almost 40 years.



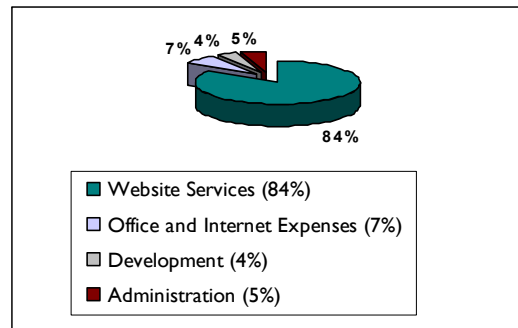
INCOME STATEMENT SUMMARY
October 1, 2004–September 30, 2005

DONATIONS AND OTHER REVENUE	
Contributions and gifts	\$139,972
Grants	25,000
Interest	328
TOTAL DONATIONS & OTHER REVENUE	\$165,300
EXPENSES	
Website services	\$89,470
Office and Internet expenses	7,697
Development	4,123
Administration	5,000
TOTAL EXPENSES	\$106,290
NET REVENUE LESS EXPENSES	\$59,010

BALANCE SHEET SUMMARY

ASSETS	
Checking	\$26,145
CD	50,326
Prepaid expenses	8,613
Equipment net with depreciation	343
TOTAL ASSETS	\$85,427
LIABILITIES AND EQUITY	
Equity	
Retained Surplus	\$26,418
Current Income (loss)	59,009
TOTAL LIABILITIES AND EQUITY	\$85,427

OUR 2004–2005 EXPENSES: \$106,290



CONTRIBUTIONS

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