

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:
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www.gratefulness.org

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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.