



We are a group of people dedicated to helping the poor and needy in Burma.

Our activities started in 2007, when the economic situation there deteriorated, creating unbearable hardships for many people throughout the country. After Cyclone Nargis swept over the southern part of Burma in May 2008, we stepped up our efforts by providing food, clothing, shelter, and medical care to those in need.

While we are open to offering wherever there is an obvious need, we have a number of projects where we provide ongoing support to many Burmese nuns, monks, and lay people. We are able to extend this much needed support thanks to the generous donations from people all around the world.

Support for Nunneries

In the vicinity of Chanmyay Myaing Meditation Centre (CMMC) near Yangon, there are a great number of nunneries, many of them lacking the most basic facilities. With our support the nuns can build clean toilets, fix and improve their buildings (mostly made from bamboo), get clean drinking water, buy books for study, or get electricity. Our support also extends to nunneries in the Sagaing Hills and in the towns of Sittwe and Mrauk Oo.



Support for Children

Many of the nunneries that we support have taken in young girls, often orphans. The elder nuns dedicate themselves to raising and educating these girls. So far we have also supported orphanages in Yangon and Sittwe, a home for children with HIV in Yangon, and a school for blind children in Sittwe, as well as the school in Thaleba, Upper Burma.

The Metta Clinic

This free clinic opened its doors in February 2008. It is situated on the premises of CMMC and offers medical and dental treatment to nuns, monks, and lay people living nearby. All patients are treated completely free of charge, regardless of religion or ethnicity.



Support for Villagers in Mingaladon and Upper Burma



Most of the villagers living in the two villages adjacent to CMMC are very poor. Many of them have come from other parts of Burma trying to find work in Yangon. These families struggle to survive, and the struggle is exacerbated because they lack the communal support that they would have in their home villages. We support them by offering rice (the staple food for Burmese people) and by organizing the construction or improvement of their homes. In Upper Burma, we support various projects in the village of Thaleba. These projects include: school uniforms for all the students, a water tank for the school, ongoing medical support for the elders, and a bridge over the Mu River.



Food, Shelter, and Clean Water

In the wake of cyclone Nargis, we offered food to a number of villages in the delta as well as cash for building new houses or repairing badly damaged monasteries. Recently we have offered cash to build water tanks in a number of villages in the delta area.

METTA IN ACTION

www.mettainaction.org, mettainaction@gmail.com, mettainaction.ch@gmail.com

For donations:

Metta In Action (MIA), 8400 Winterthur, Switzerland,

Postal account number: 60-263565-1, IBAN: CH53 0900 0000 6026 3565 1, BIC (Swift): POFICHBEXXX

Ven. Virañani, Ariya B. Baumann, Marjo Oosterhoff, Carol Wilson, Narayan Helen Liebenson, Gregory Scharf

May all beings live at ease and in peace!