



My life is my message

THICH NHAT HANH FOUNDATION

2018

ANNUAL HIGHLIGHTS



Letter from our Board Co-Chair

Dear beloved community,

There is a youthful energy at the practice centers as visitors and monastics enjoy gardening, cooking, and helping prepare for coming guests. Increasing numbers of young practitioners are coming to Deer Park, Blue Cliff, and Magnolia Grove monasteries to learn from the resident monastics.

Looking closely, I can see profound transformation take place. Following the example of a compassionate, mindful monastic life, young visitors gradually deepen their connections to their true selves and to the community.

At the core of Thich Nhat Hanh’s Plum Village tradition is the union of monastics and lay communities, practicing and transforming together. This togetherness is also the value that our communities, our nations, and our planet need now more than anything else. Seeing that our young community members strongly resonate with Thay’s teachings of living simply, mindfully and collaboratively, I feel joy and hope.

We face many challenges in our modern world: loss of social and environmental connection, increased depression and suicide (particularly among young adults), social divisiveness and fear, and climate change threatening all species.

These problems feel daunting, and many of us have felt despair at times. Thay’s approach of focusing on healing ourselves and helping those around us may at first appear too “small scale” to be the solution. However, Thay and our monastic communities have clearly shown us that a mindful, compassionate lifestyle must be the basis of any action. Together, we can practice ways of living that support one another and the earth — going, and growing, as a river.



A common theme among so many of us practitioners is deep gratitude for having found this path, and the aspiration to help others find it also. Your loving support of the Thich Nhat Hanh Foundation allows our practice centers to grow and offer this path to the curious — teens, young adults, families and practitioners of all faiths and backgrounds. The practice centers help us to recognize our interbeing, and to learn through engaged and applied practice how to transform our daily lives. We are so fortunate to live at a time when Thay has brought this fresh view to the world!

Thank you for being part of this river that is helping so many, offering hope and happiness, and helping to change our culture and make a future possible. Thanks to you, we are making a beloved community and deep transformation a reality, in each generation, in each family, breath by breath, step by step.

With trust and gratitude,

Ron Forster
True Ocean of Courage

Working Together to Realize Our Shared Vision

Hearing from our larger community is one of the greatest joys for staff and volunteers at the Thich Nhat Hanh Foundation. We deeply value your input to help us better understand what you feel is instrumental in our work together to continue Thay’s teachings and healing practices. In 2018, almost nine hundred Foundation supporters responded to our survey questions and shared written thoughts with us. Inspired by your responses, the Foundation developed a vision plan for the next three years focusing on the following five key aspirations:

1. Aware that true community is rooted in inclusiveness, we aspire to **offer Thich Nhat Hanh’s Plum Village teachings to a wide and diverse audience** in order to nurture a “beloved community” and realize collective awakening.
2. Aware that our monastics are the foundation of the Thich Nhat Hanh Plum Village tradition and the monasteries serve as an important place of refuge and transformation, we aspire to **secure and develop the monastic practice centers to meet the needs of the growing monastic and lay community**.
3. Aware of the suffering caused by the economic, political, social and environmental realities around the world and the great need for teachers to help illuminate a path of happiness, peace, compassion, and solidity for our society, we aspire to **facilitate the support and development of monastic and lay Dharma teachers**.
4. Aware of the interbeing nature of the health of our monastics, ourselves, and our society, we aspire to **provide for the health and wellbeing of our monastics**.
5. Aware that we are cells in one Sangha body, we aspire to continue to build brotherhood and sisterhood, understanding, and harmony by **expanding communications and supporting interconnection** in our Plum Village community.

We are immensely grateful for your assistance in guiding our aspirations and envisioning our collective priorities. We look forward to continuing to seek your input and to share the fruits of our work together.

Our Foundation Family

Since 2011, the Thich Nhat Hanh Foundation has been nurtured by a devoted and diverse board of monastic and lay Order of Interbeing practitioners who volunteer their time, knowledge and skills to continuing Thay's legacy. In 2018, the Foundation family was happy to welcome a Fund Development Associate and a Communications Coordinator, who joined our Director and Fund Development Manager in practicing right livelihood. We also offer a deep bow of gratitude to the volunteers who contribute their boundless creative energy and joy to serving our community.

In the spirit and applied practice of Thich Nhat Hanh's teachings, we understand the ultimate purpose



of the Foundation's activities is to embody and create peace to help end suffering in the world. As Thay teaches us, "peace in oneself, peace in the world."

To learn more about our board and staff, please visit www.thichnhatanhfoundation.org/board-and-staff.

A Mindful Glance

FUNDRAISING

\$2,547,934

Total donations 2018

3,536 Donors

1,373 Monthly donors



WORLD PRACTICE CENTER SUPPORT

10

Monasteries worldwide

563

Monastics worldwide



75,839

Annual visitors to monasteries

841

Annual mindfulness events at monasteries

SANGHA BUILDING COMMUNICATIONS By self-registration

1,313 Sanghas worldwide

565 Sanghas in North America

649 Sanghas in Europe

39 Sanghas in Asia

36 Sanghas in Oceania

21 Sanghas in South America

3 Sanghas in Africa



FOUNDATION GRANTS PROGRAM

27

Grants awarded

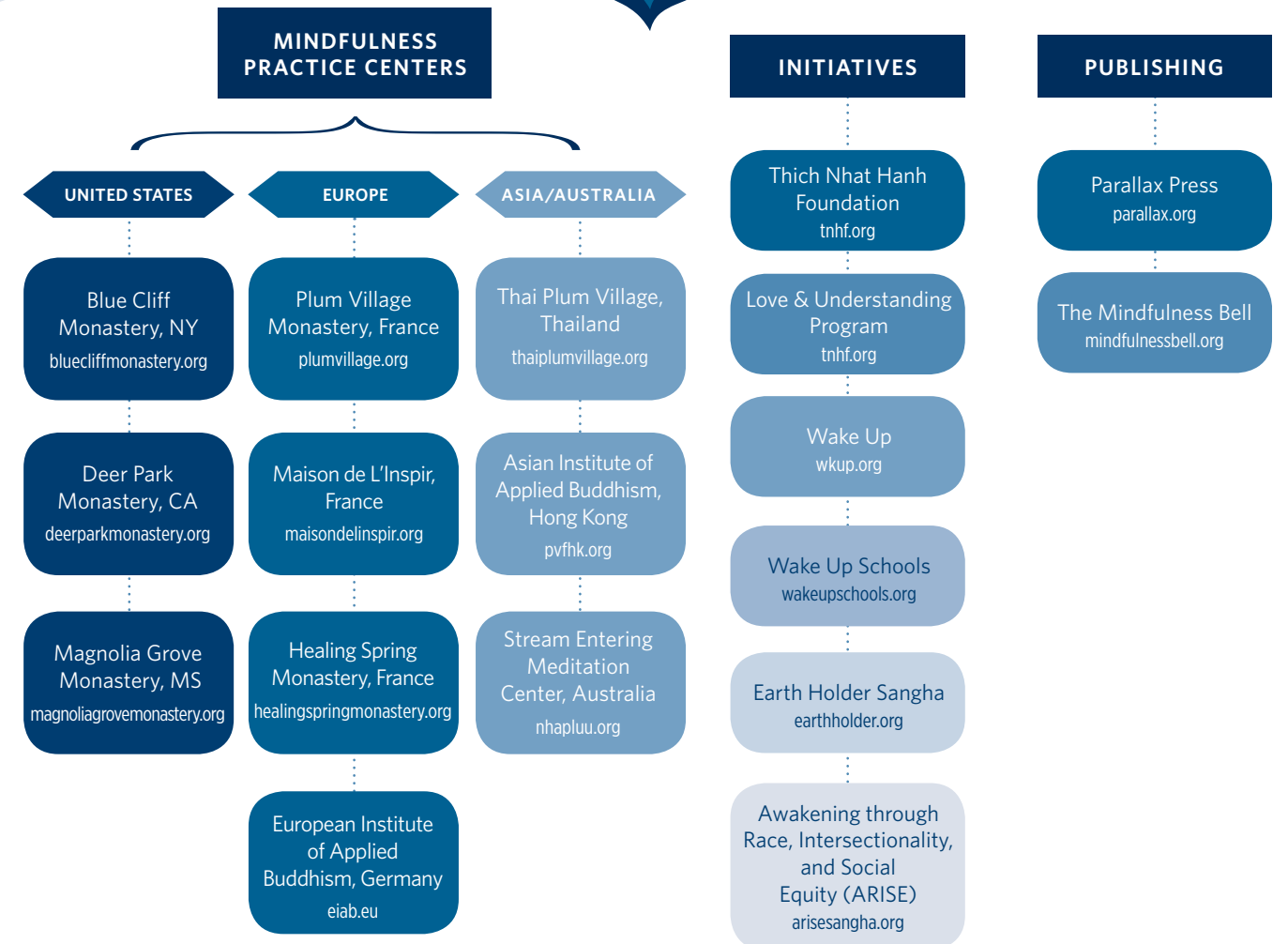
\$82,046

Amount funded

GOING AS A RIVER

The Many Facets of Our Global Community

Did you know your giving has a global reach in our Sangha? The Thich Nhat Hanh Foundation is the fundraising arm of the Plum Village Community of Engaged Buddhism, Inc. (PVCEB), which represents Thich Nhat Hanh and provides financial support to a global mindfulness community including mindfulness practice centers, initiatives, and publishers. PVCEB also inspires over one thousand separate local Sanghas throughout the world. We encourage you to visit their websites to learn more about the nourishing work our global Sangha body is doing to continue Thay's teachings.



YOUR 2018 GIFTS AT WORK

Look at What We Cultivated Together

As a Sangha, we raised \$2.55 million in 2018 to support the mindful practices and loving communities of Thich Nhat Hanh. Your support helped sustain our beloved community by keeping our practice centers open and providing health care for our monastic brothers and sisters.

Your gifts also brought our shared values of engaged Buddhism to life through our Dharma Outreach Program, which helped bring Thay's healing practices around the world, and our Love and Understanding Program, which offered humanitarian assistance to Vietnam and Liberia. We thank you in particular for all the gifts given for general support, which provided needed funding for priorities that arose in our beloved community.

UNRESTRICTED DISBURSEMENT MODEL

- Blue Cliff Monastery **17.5%**
- Deer Park Monastery **17.5%**
- Magnolia Grove Monastery **17.5%**
- Global Monastic Support **17.5%**
- Love & Understanding Program **10%**
- Monastic Health Care Fund **10%**
- Dharma Sharing Program **10%**



MINDFULNESS PRACTICE CENTERS
PLACES OF PEACE AND REFUGE

Your donations to the Thich Nhat Hanh Foundation ensure the monasteries continue to be stable and open to people seeking refuge, peace, and training in the art of mindful living. In 2018 over 75,000 people visited our monasteries in the U.S., France, Germany, Thailand, Australia and China.

Highlights include:

- Road repavement and a new water well at Blue Cliff Monastery
- Funds to support the monks' dormitory construction campaign at Deer Park Monastery
- A mobile home purchased as a study space for the sisters at Magnolia Grove Monastery
- Offering of nourishing retreats such as:
 - ✦ Wake Up retreats for young adults at Blue Cliff Monastery, Deer Park Monastery, Thai Plum Village, and Plum Village Monastery

- ✦ A LGBTQI+ retreat at the European Institute for Applied Buddhism in Germany
- ✦ Teen retreats at Deer Park Monastery and Magnolia Grove Monastery
- ✦ A 12-Step Program retreat at Magnolia Grove Monastery
- ✦ Educators' retreats at Blue Cliff Monastery and the Asian Institute for Applied Buddhism in Hong Kong
- ✦ Family retreats at Magnolia Grove Monastery, Blue Cliff Monastery, Deer Park Monastery and the Asian Institute for Applied Buddhism

MONASTIC HEALTH CARE
TAKING CARE OF MONASTICS' WELLBEING GIVES US A CHANCE FOR OUR OWN WELLBEING

Unfortunately, in the U.S. many monastics do not qualify for health insurance coverage. Prior to the creation of our Monastic Health Care Fund, monastics often



pushed aside their medical needs, feeling that they did not want to take money away from the Sangha. In 2018, you generously gave \$98,940 which allowed 81 monastics to receive the care they needed, and have the energy to open their doors for retreats and Days of Mindfulness. Monastics have been able to attend regular medical, dental and eye exams, and to receive needed medicines. Your generous giving also paid for hospital and emergency room visits, blood tests and transfusions, and medical imaging. Your funds have made a particularly enormous impact on the quality of life of monastics with chronic or life-threatening illnesses. Thank you for taking care of them.

2018 DONATIONS TO EACH MONASTERY

- \$585,435** Plum Village Monastery
- \$345,792** Deer Park Monastery
- \$270,216** Blue Cliff Monastery
- \$152,634** Magnolia Grove Monastery
- \$80,590** Thai Plum Village
- \$47,530** Healing Spring Monastery
- \$450** Australia Stream Entering Meditation Center

DHARMA OUTREACH PROGRAM
OFFERING HEALING ACROSS COMMUNITIES

Thay has always taught us that our practice must be engaged. In 2018, you gave \$116,909 to support programs that helped water seeds of healing and community building around the world. Your funds helped make possible: monastic teaching tours in Israel/ Palestine and along the Appalachian trail, mindfulness retreats for underrepresented populations (young adults, PoC, and people in juvenile detention centers), scholarships for people to attend retreats at the monasteries, mindfulness in schools initiatives, online Dharma education, and locally organized Days of Mindfulness. When we practice not just as individuals but also share the practice with others, the energy of mindfulness, transformation, and peace are more powerful in benefiting ourselves and our society.



SUPPORT FOR OUR WORLDWIDE SANGHAS
MAINTAINING OUR BELOVED COMMUNITY

As part of our grant giving Dharma Outreach Program, in 2018 your donation made it possible for us support the activities of the Wake Up International Sangha for young adults, Earth Holders Sangha and the Awakening through Race, Intersectionality and Social Equity (ARISE) Sangha in North America. Thank you for playing this key part in making our practice communities widely available, inclusive and engaged.

A Drop of Generosity Turns into a Wave of Goodness

Our monastic centers are an essential space to renew and ground the work of practitioners committed to healing others and creating peace in the world. Through the energy of collective practice and the insight provided by monastic teachers, our practice centers provide a key opportunity to renew and reground the energy of service and compassion. By sustaining our practice centers, you help people bring Thay's healing practices to a range of social groups, including policy makers, people of color, members of the LGBTQ+ community, and children. This reach brings us all closer to our vision of a beloved, peaceful global community.

DEER PARK MONASTERY

Juliet Hwang is a pediatrician, Sangha leader and mother in Long Beach, California, who has regularly visited Deer Park Monastery for the last fifteen years.

By spending time immersed in the practice and surrounded by monastics, Juliet is able to avoid burning out as a caregiver and to cultivate the skills necessary to provide for her children and patients with compassion and wisdom. Juliet enjoys sharing the practice with her patients, teaching those who suffer from anxiety how to breathe mindfully. She has also taught mindfulness courses to health care providers, men and women in recovery experiencing homelessness, and ALS caregivers.



"At work, I feel like I do mindful listening and practice all day long. My job is to listen to other people's suffering. I listen to what people are saying, and what they are not saying. I learned that from Brother Phap Ho."

MAGNOLIA GROVE MONASTERY

Inspired by a trip to Magnolia Grove Monastery in 2011, Patricia Stout, a clinical social worker, founded the non-profit Women's Center for Healing & Transformation in Abita Springs, Louisiana. The center offers regular meditation, yoga, community education, and individual and collective healing sessions for women. Equally moved by visits to Magnolia Grove, her husband Johnny, a Vietnam veteran, enjoys bringing Thay's readings and guided meditations to a clubhouse for recovering alcoholics. With the guidance of monastics at Magnolia Grove, Patricia and Johnny benefit greatly from practicing the communications technique of Beginning Anew, at home, with Sangha members, and at work.

"When walking meditation near the statues of Thay and Dr. King at Magnolia Grove, I always feel great support resonating from the ancestors to continue taking steps toward anti-oppression, both within individuals and in our society." —Patricia

"Magnolia Grove retreats are the cornerstone of my practice, giving me the ability to carry the message of happiness and calmness to others." —Johnny



BLUE CLIFF MONASTERY

Loan Nguyen, a New York City-based member of the Order of Interbeing, regularly nourishes her practice at Blue Cliff Monastery. Loan worked ten years as a school teacher, always using her mindfulness practice to listen deeply and interact wisely with her students. Today, Loan speaks at all school levels to raise awareness and educate students, teachers, and parents on LGBTQ+ topics of family acceptance. Loan also offers mindfulness tools to at-risk and homeless LGBTQI+ youth in New York City.



"I feel honored to have the practice within me which has guided me along life's suffering and joy. It is time I get to share this mindful way of life to my chosen family, my community of LGBTQ+ and deepen our connections with life."

EUROPEAN INSTITUTE OF APPLIED BUDDHISM

Christiana Figueres is an internationally recognized leader on global climate change. From 2010 to 2016, she was Executive Secretary of the United Nations Framework Convention on Climate Change. Assuming responsibility for the international climate change negotiations after the failed Copenhagen conference of 2009, she directed the successful Conferences of the Parties around the world, culminating in the historical Paris Agreement of 2015.

Figueres has continually credited Thich Nhat Hanh for his influence on her climate change thinking, now rooted in the insight of interbeing, and for providing practices that have helped her pursue her work with groundedness and optimism. Figueres is currently the convener of Mission 2020, a global initiative that seeks to ensure the world bends the curve on greenhouse gas emissions by 2020 in order to protect the most vulnerable and usher in a new era of climate stability.



"My first exposure to the practice was in EIAB in Germany in 2013. To my utter surprise I learned that the building had been a mental hospital and that during the Nazi period, patients were killed in this building or left to die. In his search for a central European monastery, Thich Nhat Hanh found this haunting place, and decided to use it to prove that it is possible to transform pain into love. That powerful story started my journey into Thay's teachings."

On a personal level, at the time I was consumed by deep pain about the lack of integrity of my husband. I was feeling victimized and profoundly helpless. With the help of loving and generous brothers and sisters in Plum Village over time I learned how mindfulness could help not only to dissolve my own blocks of pain, but to understand the pain of other people. Thay's teachings helped me to detach from the victim/perpetrator dynamic, standing rather in an observer role with the capacity to transform and heal the observed."

As I deepened my understanding I began to see that the international climate negotiations were also paralyzed in a victim/perpetrator dynamic, and that I could choose which seeds to water. I could water the seeds of contention, historic confrontation and distrust, or I could choose to water the seeds of understanding and solidarity not only for myself but for the entire system. Over time, confrontation gave way to cooperation, and eventually all 195 countries were able to unanimously agree on a path forward together."

PLUM VILLAGE MONASTERY

Maarten Hunink started Not a Factory to create work for migrants in Greece. Not a Factory supports newcomers in a meaningful, creative and mindful way to integrate in their new environment. Together, migrants produce organic T-shirts and other sustainable items that help create awareness about migration. Maarten's visits to Plum Village have helped ground and fuel his inspiration, energy and compassion to run this initiative.



"My first visit to Plum Village was a life changer. It helped me to become aware of and change old patterns, as well as to dare to dive into the unknown. With each visit I am reminded again how to live and act from a loving heart."

LOVE AND UNDERSTANDING PROGRAM

Practicing Interbeing through Humanitarian Relief

In 1960, Sister Chan Khong, then a 22-year old university student in Vietnam, wrote to Thich Nhat Hanh about her vision of engaging Buddhist practitioners in efforts of community empowerment and humanitarian relief. Since then, Sister Chan Khong has led Plum Village and other Buddhist practitioners in providing communities in need with material and educational support. Today this support network is called the Love and Understanding Program.

Thanks to your donations of \$227,705 in 2018, the Love and Understanding Program was able to fund children's education across five provinces in Vietnam. The program provided school supplies for students, helped pay for teachers' salaries and transportation, and awarded 600 university scholarships to students in Vietnam. Your funds also helped provide lunches for students who could not afford food on their own.

Your donation allowed the Love and Understanding team to provide emergency response to communities in crisis. Following natural disasters, households with limited resources received support reconstructing their homes, with extra support given to the elderly and disabled. One such response followed a series of devastating storms in August, during the rainy season. A group of monastics and friends were able to travel

from Hue to Yen Bai to provide financial support and food to families whose homes had collapsed or been damaged.

The program also helped build sustainable infrastructure across several rural Vietnamese communities. In Dong Nai and Binh Thuan in Southern Vietnam, the Love and Understanding team created wells for farmers to be able to access fresh water. They also identified infrastructural needs, such as bridges, across several provinces in Vietnam, and helped realize and fund necessary construction.

As part of a community-wide, peace-building project in Liberia, the Foundation helped fund children's education and nursing training in the town of Monrovia. This collaboration was formed when one of Monrovia's key community members, Annie Nushann, visited Plum Village Monastery

for three weeks. She was so inspired by the practice that when she returned to Liberia she built a meditation hall for the community in her own backyard. She also used mindfulness in her peace and reconciliation work with young adults and created a community center for healing. With the advice and support of Sister Chan Khong, Annie and her family have continued this peace work and created social sustainability initiatives such as the education scholarships funded by the Foundation.



Top: Monastics provide relief for storm victims in Yen Bai. Bottom: Mothers in Monrovia, Liberia

BE WHAT A BULLET CAN'T BE

Violence Reduction through Arts and Mindfulness

In 2018, artists Alan Spearman, Mark Adams, and Amanda Lucidon collaborated with Sister Peace, Magnolia Grove Monastery, and other partners to conduct an intensive pilot program bringing arts and mindfulness practices to incarcerated youth at the Shelby County Juvenile Detention Center in Memphis, Tennessee. The initiative, *Be What a Bullet Can't Be*, empowered detained youth, ages 12-18, in their personal expression, emotional resilience and community-building skills.

Participating youth engaged in sessions that strengthened their artistic expression through poetry, visual art and filmmaking, and transmitted mindfulness practices such as walking meditation. Adapting Plum Village language to resonate with their own, the youth refer to walking meditation as *slow walkin'*.

The artistic expression combined with mindful walks helped the children express themselves honestly, and watered seeds of awareness, trust, and insight. During the initial three-month pilot phase, violence within the Shelby County Juvenile Detention Center decreased by an estimated 54%, according to the Sheriff's Department.

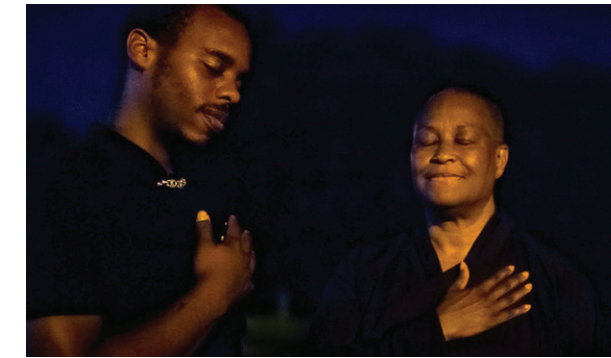
"We knew that arts and mindfulness both have an impact on childhood trauma, and it's been remarkable to see how suffering can be released in the moment, how the combination of art and mindfulness can immediately make people feel better," says Alan.

While recently visiting the JDC, Alan, Amanda, Mark and Sister Peace came across Joyce, the Detention Center program coordinator, and a group of girls in the cafeteria. Because the girls were new to the facility, they had never met the *Be What a Bullet Can't Be* team and did not know who they were.

Joyce had an idea. "Hey girls, why don't you teach these people how to do slow walkin'?" The girls' faces lit up. They began slowly and joyfully walking in a circle.

"They taught us how to do slow walkin'!" Sister Peace exclaimed, tearful and overjoyed.

Just as the kids have experienced a shift in their consciousness, the staff serving these Memphis youth have also experienced a consciousness and culture shift. Over fifty staff at the Juvenile Court and Detention Center, including judges, guards, and administrators have participated in *slow walkin'*. The *Be What a Bullet Can't Be* team also conducted



sessions with faculty, students and parents of the local Crosstown High XQ Super School, community members in South Memphis and notable Memphis artists such as musician Valerie June and world renowned movement artist Lil' Buck. "We believe over time these shifts can help reduce violence in a city, authentically, from the street level," says Sister Peace.

Mark explains "If young people in Memphis can encourage each other to pause for a moment, that stillness can be the difference between choosing to pull the trigger of a gun or not." Alan adds, "Sustained support for the initiative could create more pauses and more mindful choices. And if we can create a series of pauses and mindful choices across a whole city, there could be substantial change. When it comes to the gun violence problem we face in Memphis, there's a need for everybody, at all skill levels, to contribute to finding solutions. *Be What a Bullet Can't Be* offers a new way for our community to work together on this issue."

Be What a Bullet Can't Be leaders are currently raising funding to continue the work, identifying partners for the next phase of the program, and creating a film, music and an implementation guide to share what they are learning. This material, when completed, will help enable Memphis and other cities to continue implementing this violence reduction work and mindfulness engagement.

Dharma Outreach Program Map

Thanks to your loving support the Foundation was able to fund the Plum Village Community of Engaged Buddhism and other organizations that offered Thay's mindfulness teachings and trainings. Programs included days of mindfulness, workshops, retreats and teaching tours. People of all ages and backgrounds were nourished including people of color, Wake Up young adults, children in juvenile detention centers, educators, activists and professionals. The Dharma Outreach Program also provided funding to support the technology infrastructure across our global centers and initiatives.

-  Mindfulness Teaching & Training
-  Sangha Building
-  Educators
-  People of Color
-  Wake Up / Young Adults
-  Protecting Mother Earth
-  Social Justice

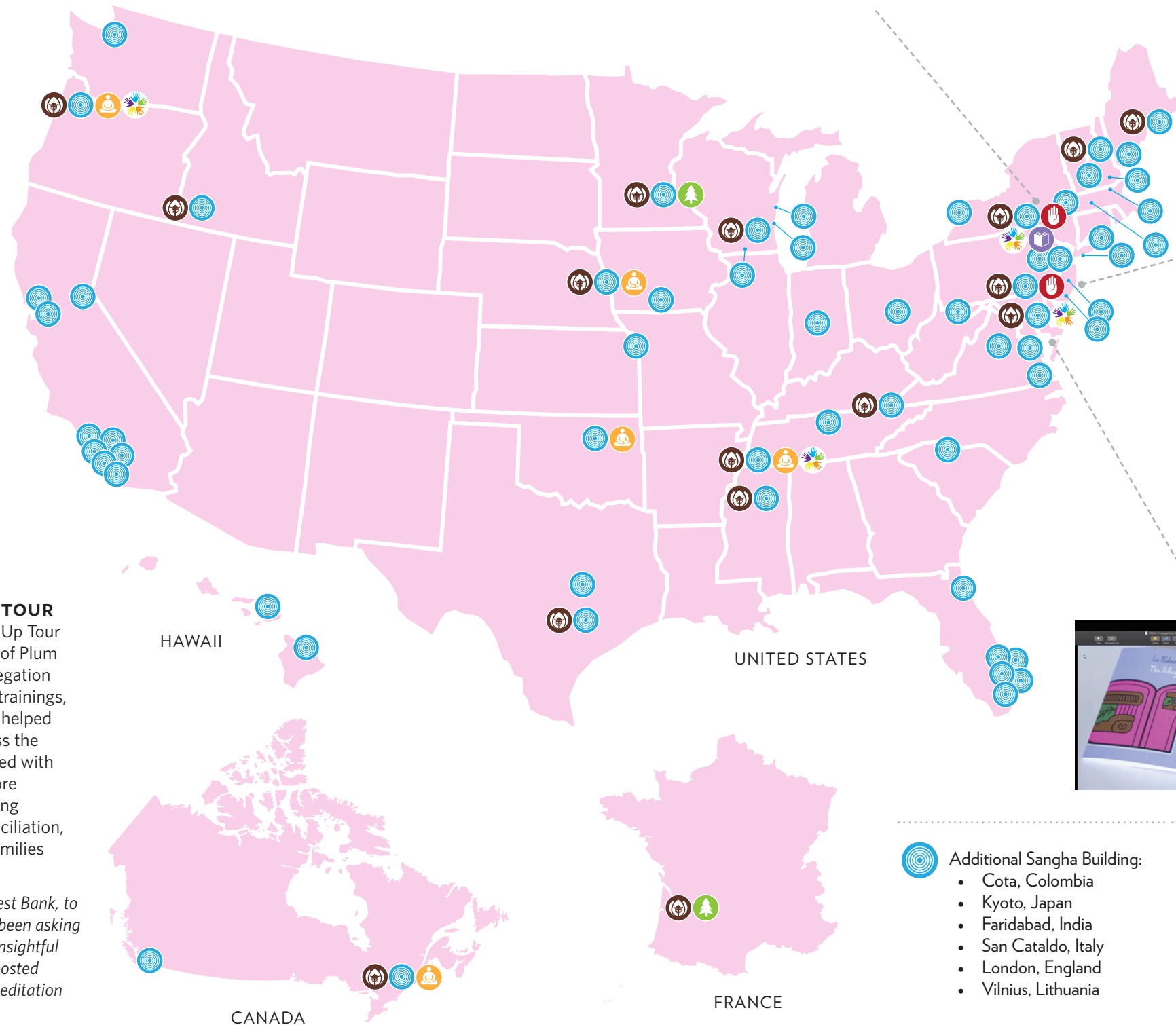


WAKE UP ISRAEL AND PALESTINE TOUR

Your generosity helped fund a 2018 Wake Up Tour in Israel and Palestine, led by a delegation of Plum Village monastics and lay friends. The delegation led Days of Mindfulness and mindfulness trainings, participated in a local radio interview, and helped strengthen the Wake Up community across the West Bank and Israel. The tour team worked with existing Sanghas, young people never before exposed to mindfulness, non-profits working toward ecological safety, peace, and reconciliation, psychotherapists and medical staff, and families living in refugee camps.

"This program opened the kids in Hebron, West Bank, to a whole new world of meditation. They have been asking and demanding more sessions, and are very insightful about meditation. One of the students even posted photos on his Facebook account and said "Meditation — Love it!" —Walaa, a local psychologist

ISRAEL / PALESTINE



HAWAII

UNITED STATES

CANADA

FRANCE

Additional Sangha Building:

- Cota, Colombia
- Kyoto, Japan
- Faridabad, India
- San Cataldo, Italy
- London, England
- Vilnius, Lithuania



NORTH AMERICAN WAKE UP AMBASSADORS' RETREAT: A RETREAT FOR WAKE UP FACILITATORS

In June, seventeen Wake Up (young adult) facilitators from the U.S., Canada and Mexico assembled at Blue Cliff Monastery to share their experiences, learn from one another, and create a vision for Wake Up North America.

"Thanks to Thich Nhat Hanh Foundation support, transformation occurred. As days went by, tears of sadness became tears of joy; impotence became empowerment; the feeling of a harmonious community just kept growing and growing. I am sure that these feelings were present not just in me, but in each Ambassador present at the retreat. My heart smiles by knowing how much each Ambassador will bring back to their respective local Sanghas."
—Ivan, Wake Up Northeast LA



BALTIMORE AND BEYOND: POC AND SOCIAL ACTIVIST RETREATS

Through your donation, you helped create a healing, safe space for PoC and social activist practitioners in the North East. Retreat teachings covered themes of embodiment, avoiding spiritual bypass, and examining our everyday conditions in order to develop spiritual growth. Retreat participants reported feeling inspired to take home the practices of sitting and embracing difficult emotions, breathing through anger, and remembering that our ancestors are always with us.

"I learned there's a way to deal with intergenerational pain." —Retreat participant



MAKING VISIBLE

Making Visible is a nation-wide webinar series that aims to shed light on issues of social injustice and our own biases in the context of mindfulness. Making Visible continues Thay's legacy of social engagement and deep listening by fostering open and mindful

discussions about issues such as immigration, anti-black racism, indigenous communities and women's issues. Your donation has made this platform free and open to all.

"Having these conversations that dissect the issues present in our communities allows us to have more compassion and awareness, and inspires us to take a stand." —Irene

SUSTAINING MEMBER CIRCLE: *Thank You for Being There*

Everything relies on everything else in the cosmos in order to manifest — whether a star, a cloud, a flower, a tree, or you and me. —THICH NHAT HANH

We rely on you to manifest. Without your sustained generosity, our practice centers could not manifest, and Thay’s teachings could not continue to reach, nourish, and transform thousands of people every year.

When the Thich Nhat Hanh Foundation was first started in 2011, 100 of our amazing practitioners decided to join us as monthly supporters. This little group has continued to grow every year. By the Foundation’s 5th anniversary in 2016, we had grown to 1100 members. And at the end of last year, we had become 1600 members strong. As monthly supporters, you provide the consistent, year-round support we need

to keep Thay’s practice centers open, and to sustain and expand mindfulness-based initiatives around the world. With your support, hungry children and families in Vietnam — and now countries in Africa — go to bed feeling nourished both physically and emotionally because they know that you are there for them. Thank you for being there for them through your sustained support of the Thich Nhat Hanh Foundation. Your generosity literally transforms the world.

Thank you for your deep commitment to transforming suffering, awakening compassion, and nurturing peace. You are continuing Thay’s lifelong work.

Please accept our heartfelt thanks for making the world a better place for all of us — one person, one family, one community at a time.

CEDAR SOCIETY: *A Generous Continuation*

Thay teaches us that we can never die; we are a continuous manifestation. What we produce as thoughts, speech, and action continues to influence the world. It is our continuation body.

The Cedar Society was created by the Thich Nhat Hanh Foundation in honor of Thay’s first thirteen

students in Vietnam whom he trained to become like strong cedars to help support the Buddha’s teachings and whose actions continue to influence our community. It is a path for practitioners to offer stable and long-term support through legacy gifts. Legacy gifts (planned through your estate or will) are

a beautiful and important way to support our spiritual family far into the future. These are gifts that anyone, of any means, can offer.

Loretta Solsbery is a Cedar Society member, and the co-founder of the Open Heart Sangha in San Diego, which meets twice every week. Plum Village teachings and mindfulness practice centers have helped shaped her life, providing deep peace, joy and healing. Describ-



ing the 21-day retreat at Plum Village, she says, “I have never gotten so peaceful in my entire life. I tried to find peace for my whole life, and nothing did it like 21 days in Plum Village.” Inspired to help spread this peace and committed to an Engaged Buddhist approach, Loretta has named the Foundation in her will.

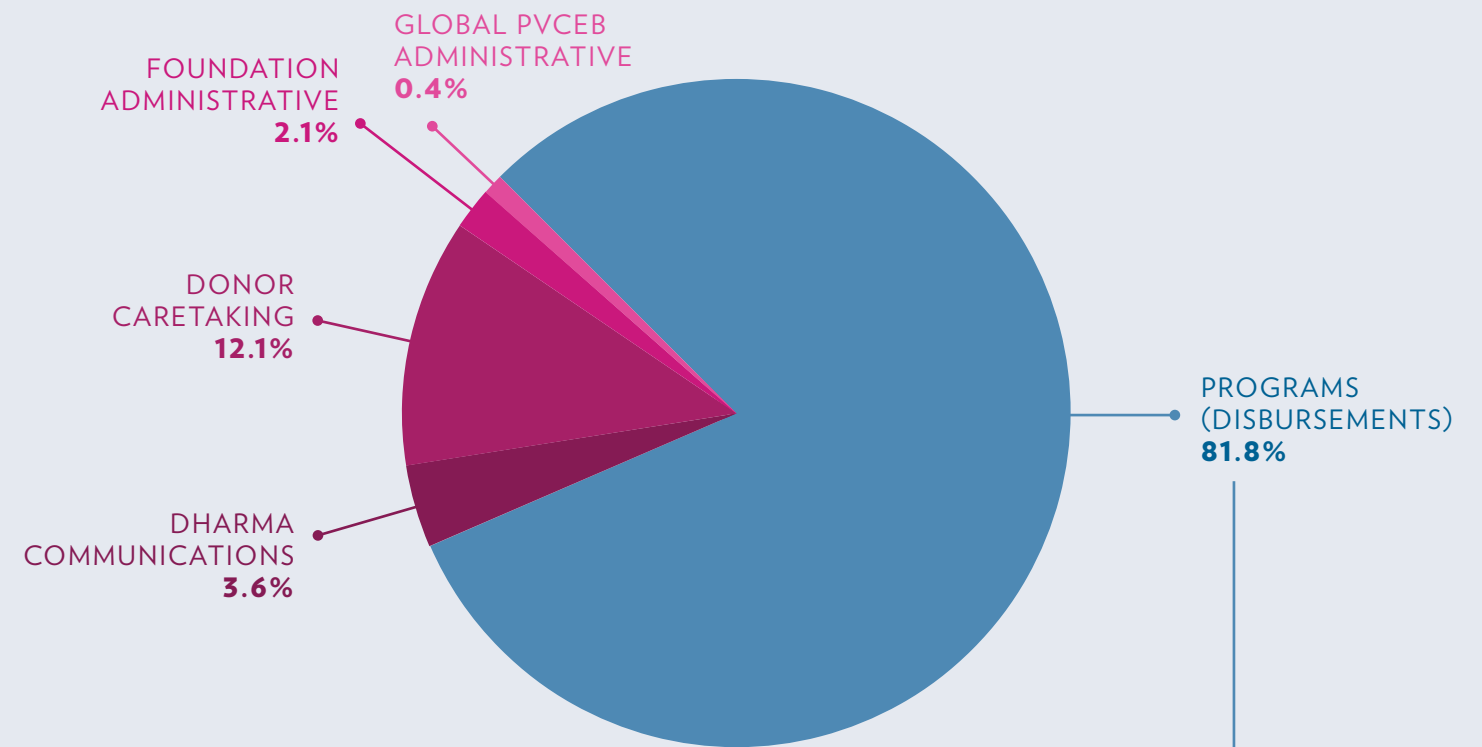
Loretta explains, “I am a care provider at a job, and it’s not a high paying job, so I’m not able to give as much as I’d like to the Foundation and to my Sangha at home. But I want to see these teachings be spread to as many people as possible, and that takes money and resources to do. Giving the Foundation a legacy gift is one way that I can help support it with the limited means that I have to live in.”

Thank you so much to our 51 Cedars who have included the Thich Nhat Hanh Foundation in their wills and estate planning. Your generosity means the continuation of our community.

To learn more or inquire about the Cedar Society, please visit tnhf.org/bequest-giving.

Financial Caretaking

At the Thich Nhat Hanh Foundation, we value the trust and commitment you have given us to be the financial caretakers of your donations. Please know we are mindful of every expense to ensure your funds go toward the greatest benefit and continue Thay’s teachings through the monasteries, Dharma outreach programs, mindfulness initiatives and humanitarian aid.



TOTAL 2018 DONATIONS
\$2,547,934

PLUM VILLAGE MONASTERY (FRANCE)	22.4%
DEER PARK MONASTERY (U.S.)	13.3%
BLUE CLIFF MONASTERY (U.S.)	10.4%
LOVE & UNDERSTANDING PROGRAM	8.8%
GLOBAL MONASTIC SUPPORT	5.9%
MAGNOLIA GROVE MONASTERY (U.S.)	5.9%
DHARMA OUTREACH PROGRAM	4.5%
MONASTIC HEALTHCARE	3.8%
THAI PLUM VILLAGE (THAILAND)	3.0%
HEALING SPRING MONASTERY (FRANCE)	1.9%
THAY’S HEALTHCARE	1.3%
MONASTIC TRUST FUND	0.4%
WAKE UP	0.3%



THICH NHAT HANH FOUNDATION

planting seeds of Compassion

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Teaching is not done by talking alone. It is done by how you live your life. My life is my teaching. My life is my message.

—THICH NHAT HANH

*i
am
here
for
you*

Thank you to Kenneth Bok, Jonas Czech, Paul Davis, Julien Paquin, Dzung Vo, Rob Walsh, Elli Weisbaum and many other dear friends for contributing your photos to the 2018 Annual Highlights.