

you
are
there
i
am



THICH NHAT HANH FOUNDATION

2020

ANNUAL HIGHLIGHTS



LETTER FROM OUR THICH NHAT HANH FOUNDATION FAMILY

Dear Beloved Community,

If you have ever been on retreat at one of our monasteries, you may have participated in a lovely traditional ceremony called “formal lunch.” During one part of the ceremony, the monastics insert their spoons into their alms bowls, with the spoon facing outward, as a symbol of offering what they have to their teachers, ancestors, and the world. With this gesture, they offer compassion to all living beings and engage in the practice of generosity to sustain all life. Then, they turn their spoons inward to represent receiving — receiving the nourishment of the earth and innumerable gifts from the cosmos.

Our dear community, thank you for turning your spoon outward in compassion to help sustain the monastics and continue Thich Nhat Hanh’s legacy with your tremendous giving in 2020. And thank you also for turning your spoon inward to receive and practice the Dharma for the benefit of all beings.

Manifesting Thay’s teaching of Engaged Buddhism, practitioners like you stepped into your communities to aid your neighbors, volunteered at local organizations and hospitals, and increased your charitable giving throughout the difficulties in 2020. As International Plum Village Sangha members, you also found creative ways to gather online to be present for one another and practice together. You expressed your gratitude and love for your monastic siblings by bringing food and supplies to the monasteries, running errands so the monastics could remain in quarantine, and making donations to provide for their basic needs.

In turn, our monastics worked diligently to find new adaptive ways to offer the Dharma to us: creating powerful and inspiring online retreats, live streaming Dharma talks, daily sits, and Days of Mindfulness, joining online Sangha meetings, and expanding their written and musical offerings to nourish us.

2020 was a challenging time for the Thich Nhat Hanh Foundation family as well. Like so many, our hearts were heavy with concerns about the world and people’s lives and livelihoods — and for our own families. Some of us lost family members to Covid-19. In March, we also realized we would need to fundraise at least twice as much as we had in prior years, to make up for cancelled retreats, which play a large role in financially sustaining our monasteries. We felt a deep sense of responsibility for caring for our over 550 monastics in 11 monasteries worldwide. Initially, we couldn’t imagine how we could rise to the challenge of caring for these precious jewels — Thay’s “children.”

We couldn’t do it alone. And we didn’t. As the year progressed, our hearts overflowed with awe and gratitude as you, our donors, stepped up in unimaginable ways. You gave, and you gave again. Because of you, we were able to ensure that our monastics’ basic needs were covered — needs such as food, housing, utilities, and required government taxes and healthcare payments — while they had no in-person retreat income.

All of the accomplishments that you read about in the coming pages are because of you — our wonderful, amazing, generous donors. Please know that you have our undying gratitude.

With love and trust in the Sangha,
Your Foundation Family

DEAR FRIENDS,

“Words cannot express my gratitude for all of you — for your practice, generosity, and support of us. I know that your love and care is not only for us, but it is also for the benefit of all beings. I am so happy and grateful to walk this path together. As monastics, we cannot walk this path without you. We are here because you are there. We very much hope that we can open all our monasteries to the public very soon, so that we can have you here with us in person to practice together.”

—SISTER LE NGHIEM,
DEER PARK MONASTERY

TABLE OF CONTENTS

- 3 Letter From Our Thich Nhat Hanh Foundation Family
- 4 A Mindful Glance
- 5 Your Incredible Support in 2020
- 6 The Plum Blossom Society
- 7 The Cedar Society
- 8 Realizing Thay’s Vision: Online Retreats and Events
- 10 Life at the Monasteries in 2020
- 12 Coming Together as a Community
- 14 Checking in With Our Partners
- 16 Financial Caretaking
- 17 The Many Facets of Our Global Community
- 18 Our 2020 Board Members
- 19 How to Connect



A MINDFUL GLANCE

FUNDRAISING

Donations through Thich Nhat Hanh Foundation **\$4,465,714**

Donations through Plum Village **\$2,531,552**

6,896

Donors

3,779

Monthly Donors

105

Legacy Donors

88

Countries Donating



WORLDWIDE PRACTICE CENTERS

11

Monasteries
Worldwide

566

Monastics
Worldwide

23

Online
Retreats

830

Livestream
Mindfulness
Events

72,102

Online
Retreat & Event
Attendees

ONLINE REACH

3,176,616

Social Media Followers

124,500

Plum Village App Users



SANGHA BUILDING *by self registration*

1,147

Sanghas Worldwide

598

Sanghas in Europe

441

Sanghas in N. America

48

Sanghas in Asia

33

Sanghas in Oceania

15

Sanghas in S. America

8

Sanghas in the
Middle East

2

Sanghas in
Central America

2

Sanghas in
Africa



THE POWER OF SANGHA

YOUR INCREDIBLE SUPPORT IN 2020



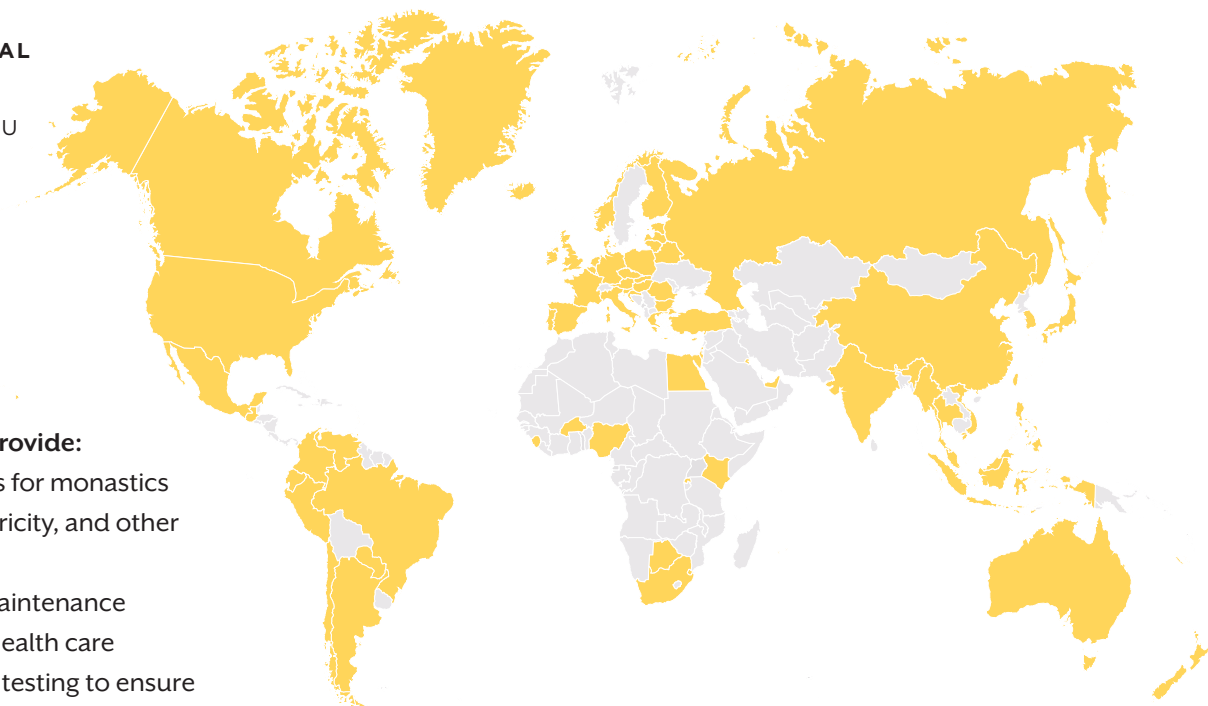
“During this time of international hardship—physical, mental, social, and economic—we monastics are especially grateful to every offering from our dear lay friends; your offerings sustain our very lives, not to mention our practice, land, buildings, and the entire Plum Village tradition. In times of crisis, we can touch our interconnection and interdependence even more acutely.”

—MONASTICS AT THAI PLUM VILLAGE

Until 2020, our International Plum Village monastics relied in large part on retreat fees to sustain their practice centers and meet their basic needs. When in March of 2020 they suddenly lost the ability to host in-person retreats, the International Plum Village monastic community became heavily dependent on your donations.

Reflecting a deep practice of interbeing and compassion, you and our worldwide community understood the monastics' situation, and responded with incredible support. Your contributions allowed our 566 monastics worldwide to continue to practice, share the Dharma, and sustain the mindfulness practice centers. Thanks to you, they were able to eat warm meals, enjoy heat in the meditation halls, use electricity to power Dharma talks, have light to read by, and even fix broken water pipes. In this moment of humility and gratitude, we feel the resounding truth of our interbeing. As Thay teaches, “You are, therefore I am.”

OUR GLOBAL SUPPORT NETWORK WHERE YOU DONATED FROM IN 2020



You helped provide:

- Daily meals for monastics
- Heat, electricity, and other utilities
- Building maintenance
- Monastic health care
- Well water testing to ensure continual clean water
- Global technology infrastructure, such as websites, to share the Dharma online
- Maintenance of sustainable vegetable gardens for the community
- Plumbing
- And more, to keep the practice centers safe, the monastics healthy, and the Dharma alive

PLUM BLOSSOM SOCIETY

Plums are a poignant symbol in our community. Thay and his early students planted plum trees throughout Plum Village Monastery in southwest France, the first mindfulness practice center in the West in our tradition. By 1984, they had planted 1,250 plum trees. Thay used to say that the 1,250 plum trees are like 1,250 disciples of the Buddha.

The Plum Blossom Society is a powerful and generous group of monthly supporters, dedicated to keeping Thay's legacy alive by making Buddhist practices relevant, accessible, and transformative in modern times. We are so grateful to our Plum Blossoms whose monthly support helps sustain our monastic community and practice centers.

- 357 new Plum Blossoms in 2020
- 3,779 total Plum Blossoms



Nam Martin Luu Quang, Amazing Abbot of the Heart
Berlin, Germany

I once heard a Dharma talk from a sister who talked about emotions. She invited us to look at the emotion itself, not to focus on the context, to be with the emotion. Years later this is still helpful to me when I face strong emotions. It releases the tension of the emotion, instead of being sucked down a whirl hole.

My Inspiration as a Plum Blossom

I received an email from Sister Chan Khong explaining that no gift is too small, and that 4€ can feed a monastic for an entire day. I liked the idea of contributing to such a concrete, tangible goal — providing food for a monastic.



Devi Yuliawati, Graceful Mountain of the Heart | Mindfulness Group Jambi
Jambi, Indonesia

I was born in a Buddhist family. We would go to temple and pray, but we didn't apply mindfulness in our daily lives. Thay's teachings on applied Buddhism were very powerful for me. It's about so much more than sitting meditation. "Every act, every breath, and every step can be practice and can help us to become more ourselves."

My Inspiration as a Plum Blossom

I knew the monastics were having a hard time because of the monasteries being closed. I hoped my small contribution could ease their burdens during the pandemic. I will continue to donate even after the pandemic because I want as many people as possible to get to know and feel the power of Plum Village.



Claire Almer, Compassionate Action of the Heart | Wake Up Stockholm
Uppsala, Sweden

In 2019 I attended a Wake Up retreat and what struck me was the combination of profound teachings, deep practice, and pure joy and fun. It was also the first place I found all of my aspirations combined into one way of living. I really had the feeling of arriving home.

My Inspiration as a Plum Blossom

I have been reflecting quite a lot about the fact that I am privileged. Having a stable income, a home, comfortable circumstances. I am aware that so many around the world are less fortunate than me and are struggling in different ways. Being able to support International Plum Village monastics who in turn are helping so many others, is one way for me to do something.



Pro Mukherjee, Mindful Stream of the Heart | Fresh Morning Sangha
Annascaul, Kerry, Ireland

At the end of my first retreat we sang a Plum Village tradition song, "No Coming, No Going." That song touched a deep suffering that had been with me for many years. And in that moment without knowing why or how, I could feel that suffering lift. I realized I didn't have to cling to it. I felt so light and this transformative moment opened up so much space for me to heal and grow.

My Inspiration as a Plum Blossom
I have rather strong habit energies from my ancestors, who faced extreme poverty. Giving away some of my resources is a concrete exercise for me to transform this ancestral energy of being afraid that there will not be enough, of being unable to share.

CEDAR SOCIETY

As a young Dharma teacher in Vietnam, Thich Nhat Hanh assembled a group of students to "become like strong cedars to help support the Buddha's teachings." He called them the "thirteen cedars," and they helped Thay renew Buddhism to respond to the challenges of the times and shape the Plum Village tradition as we know it today. Aware that we are a continuous manifestation, Cedar Society members continue that legacy.

The Cedar Society is a path for practitioners to offer stable and long-term financial support by making legacy gifts: funds that benefit the community upon their passing.

- 23 new Cedars in 2020
- 105 total Cedars



Mary Carnell & Agnès Guyon, Deep Listening of the Heart
Opening Heart Mindfulness Community • Washington, D.C.

Thay's teachings on impermanence, the absence of a separate self, and no death in the ultimate dimension have made the most impact on my life. Deep listening to transform the suffering in myself and others proves its power again and again.

My Inspiration as a Cedar

My joys and my sufferings are not separate from the joys and sufferings of others. Thay's particular style of interpreting the Buddha's teachings makes them accessible to a wide audience. The world is in such need of such teachings. The work of the Thich Nhat Hanh Foundation is one important way to expand the reach of Thay's teachings into the future.

CEDAR SOCIETY MEMBERS We would like to extend our gratitude to all of our 105 Cedar Society members. This listing includes just a few of our current members.

Lori and David Alessio	Steven Jay Horowitz	Simpson Ngo	Chloe Sundara
Marilynn Bagienski	Ron Forster & Laura	Ngoc Hoa	Bob Sundquist
Susan Barbarisi	Hunter	Susan Patterson	Katherine Taylor-Worth
Denise Bergez	Karin Kelly-Givens	Janet Pearson	Trish Thompson,
Richard Briones-Colman	Annie & Paul Mahon	Ms. Kathi A. Sabot	Dharma Teacher
A. Brody	Jeff McMahon	Scott Schang	Alana & Gerritt VanDerwerker
Mary-Jane Buschlen	Cheryl Mitchell	Alexa Singer-Telles,	Christina Walker
Bruce Campbell	Jill Moonheron	True Silent Action	Carolyn White
Mary Carnell	Julia Mullen	Susan Sluyter	Marge Wurgel & Keith
Julia Graf	Steve Nakasone	Ellie Stanley	Mesecher

For more information or to be included in future listings, please contact our office at 760-291-1003 ext 104 or cedars@tnhf.org.

REALIZING THAY'S VISION
ONLINE RETREATS AND EVENTS

As a visionary and forward-thinking Buddhist teacher, Thich Nhat Hanh has long wished for our community to build an “online monastery” where practitioners worldwide can take refuge in the energy of our mindfulness practice centers from home. Without the ability to host practitioners in-person at our monasteries, in 2020 our monastics made great strides in moving Thay’s vision forward.



With the help of your generous contributions, they were able to purchase equipment and the web resources to host retreats online. Monastics at Plum Village France, the European Institute for Applied Buddhism, Magnolia Grove Monastery, and Deer Park Monastery hosted 23 retreats in 2020, with support from some of our other practice centers. They learned how to create safe online spaces so thousands of people could continue to benefit from the support of Sangha, grow in their practices, and deepen their study of the Dharma.

Due to the accessibility of online retreats during an otherwise isolating year, many people who had never before attended a retreat in the Plum Village tradition joined one for the first time. The retreats were also easily accessible to people who otherwise would not have been able to travel to a practice center. Inspired by the popularity and effectiveness of online retreats, the monastics will continue working to make Thay’s vision of an online monastery a reality.



“I was delighted to feel that retreat feeling in my house, sitting, listening, breathing with others. It showed me that when you get a Sangha together, even online, the Plum Village peacemaking magic still happens.”

—JOE, UNITED KINGDOM



“The energy of Plum Village infused my whole home, the loneliness of quarantine dissolved, and I finished the three days feeling nourished, refreshed and inspired.”

—AOISE, IRELAND

Languages offered at online retreats:
English • French • Vietnamese • Italian
Spanish • Chinese • Japanese • Indonesian



“Opportunities to communicate with our lay friends have become more precious than ever, reinvigorating our aspirations to cultivate healing, peace, compassion, understanding, and love to help our fellow beings around the world.”

—MONASTICS AT THAI PLUM VILLAGE

To offer the Dharma and connect with practitioners on a regular basis, monastics worldwide live streamed their Days of Mindfulness, walking meditations, sitting meditations, Mindfulness Training recitations, and more. Our practice centers streamed over 830 Days of Mindfulness and practice sessions in English, French, and Vietnamese, with more than 72,102 attendees worldwide tuning in to practice with them. In addition, our community hosted webinars to foster dialogue about Engaged Buddhism.



Kaira Jewel Lingo interviews Dr. Larry Ward about his new book, *America's Racial Karma*

“Race supports oppression everywhere, as long as it can be gotten away with. I want us to break out of the illusion that this does not matter. For me, the reason we don’t get it is we have to go deeper in our spiritual practice, so that emotional bypass is not an option here. Take the next step. Be an evolutionary human being.” —Dr. Larry Ward



Plum Village monastics in conversation with writer and environmental leader Bill McKibben and Wake Up (young adult) activist practitioners

“I’m able mostly to keep going and fighting because over the years so many other people have joined in. And history indicates that it’s only when we build movements like this that we’re able to stand up to concentrations of wealth and power.” —Bill McKibben

LIFE AT THE MONASTERIES IN 2020

We are delighted to share reflections and artwork from monastics at some of our practice centers.

“In Buddha’s time, nuns and monks went to the villages with their begging bowls and asked for food and support. The monastic community is similar today. It is the generous donations from our lay friends that allow us to continue our monastic practice in this difficult time of the pandemic. We therefore strive to practice with all our hearts, and all the more so because we know that many people are suffering severely as a result of the pandemic. We hope that we will all be able to see each other again in good health very soon.”

—BROTHER PHAP TRI, EUROPEAN INSTITUTE OF APPLIED BUDDHISM, GERMANY



Sisters at Plum Village Monastery sewing masks for local homeless shelters, children, and service workers

PLUM VILLAGE MONASTERY, FRANCE

“In 2020 we shifted all of our retreats to be accessible online, as a way to continue to nourish our bodhicitta, the “mind of enlightenment, mind of love,” to connect to our worldwide community, and to serve. In the monastery we planted over one hundred new trees, tended our gardens, and sewed masks for our local community when they were in short supply. Like every year, we grew a lot of food in the Happy Farm and picked many plums. The brothers started making our own firewood logs from cardboard that would otherwise have been recycled.

We also enjoyed getting to know our practice center community members better. We created new activities such as ‘around-the-world,’ in which we took turns sharing the cultures of our countries of origin to deepen understanding in this multi-cultural community. The monastics from Maison de l’Inspir, a practice center near Paris, also came to join us for our three-month Rains Retreat. We want to express our deepest gratitude to all of our friends who have donated to the community during the pandemic.” - Brother Phap Huu



EUROPEAN INSTITUTE OF APPLIED BUDDHISM, GERMANY

“The implementation of online retreats has invited us to further develop our knowledge and skills of technology. Now we have access to several hundred people from many countries around the world via the internet – a small consolation for what we lack in direct encounters.

Since living alone in the EIAB, we have been concentrating more on our collective and personal monastic practice. It was much easier for us to participate in the ceremonies, and we now also have much more time and energy for Dharma studies. Many of us have experienced the in-depth and intense practice that allows us to delve deeper into the great treasure of Buddhist teaching.” —Brother Phap Tri



DEER PARK MONASTERY, UNITED STATES

“It was difficult for us at the beginning to figure out how to continue to offer the teaching and share the practice with our friends, as well as to sustain our life. Thanks to the unconditional love and support from our friends, we were very well cared for throughout the year in terms of food, medicine, and all other necessities. And thanks to your support, we were able to acquire the necessary technology to find ways to share the teaching and practice to support our friends.” —Sister Le Nghiem



THAI PLUM VILLAGE, THAILAND

“With the necessary closure to guests during the pandemic, we monastics have had a unique opportunity to focus on our practice and to study continually year-round. Without retreats to organize and host, we have had continual sutra and language classes three to four days per week, and many activities designed to foster our brotherhood and sisterhood, such as occasionally moving our evening meditation outside to sit or walk under the full moon and going hiking and camping together in the mountains. These conditions have helped us to deepen our self-understanding and cultivate our inner peace, strength, and stability.” —Monastics at Thai Plum Village



Paintings by nuns at Thai Plum Village

The Song of the Rustling Leaves

by Sister Trang Phuc Chau
Thai Plum Village

Oh my dear beautiful red roses
may I ask you a question
what is your purpose in life?
now you are blooming courageously
but soon your petals will start to fall
one by one to the Earth
if nobody has seen you by then,
wouldn't it be a pity?
wouldn't it be a waste?
no one will remember you
no eye will capture your remarkable shape
have you ever felt lonely?

in the blink of an eye I look up to the sky
the rustling leaves on the tree
are filling up my whole being
the roses begin to move gently
as if they were dancing
the wind has come to tell me
with the song of the rustling leaves
that the sky is always there
witnessing every moment of the roses' life
and after the petals fall down
Mother Earth will embrace them fully
in her loving arms
until the time they reunite with the sky
to celebrate life
and dance together with the wind

COMING TOGETHER AS A COMMUNITY

Since he was a young monk, Thay has been a firm believer in the power of Sangha. He dedicated his life to community building. When the world went into lockdown, we felt the tremendous spiritual support of the global beloved community Thay created.

Around the world, International Plum Village practitioners took deep refuge in the Three Jewels, the Buddha (our innate awakened nature), the Dharma, and the Sangha. You encouraged each other to focus on our most fundamental practices, such as sitting, walking, cultivating joy, compassionate communication, and coming home to ourselves. With Sanghas and retreats now gathering online, practitioners were also able to connect across continents, engage with monastics of different regions, and experience the power of a dedicated global community.

PRACTITIONER POEMS

In June, we asked people to share their mindfulness-inspired poems. Over 150 practitioners from around the world submitted poems, each a powerful expression of the joys and insights of mindfulness and deep looking.

A strong wind
The last leaf fell
Seeds waiting to sprout

Một cơn gió thổi qua
Chiếc lá cuối cùng rụng
Hạt giống đợi nảy mầm

—MK

This morning
I suddenly realized
I am good enough
This is good enough
I don't have to be
more or different
It is just fine
to be who I am
And drink a cup of tea
in silence

—Edith

CHILDREN'S DRAWINGS

Through *The Raft* newsletter, children shared their mindfulness-inspired drawings. Thank you to our talented young artists for sharing your work!



"This drawing is mindfulness because it shows nature and a mindful walking path. I feel happy when looking at it because it is colorful and is nature. I walked with the monks at Magnolia Grove. This picture reminds me of that." —Jet, age 7



On walking with Thich Nhat Hanh as a small child: "After a few minutes of walking by his side, I ended up holding his hand. And that's when a feeling of serenity came over me. I didn't have any more desire to run around in every direction, but rather to hold the hand of this teacher until the end of the walking. This was a first for me as a little boy."

—Etienne, age 15 (translated from French)



"Being Buddhist has taught me so much about being a kind and compassionate human being. By showing me to be the best person I can be, to always appreciate my surroundings more and to be a good example for my little sister to lean on. I'm so grateful for what being Buddhist has taught me."

—Kaelyn, age 9

WALKING IN FREEDOM FOR THAY'S CONTINUATION DAY

For Thich Nhat Hanh's 94th continuation day (birthday) on October 11, we invited our global community to practice walking meditation. Knowing how challenging and restricting the year had been, we called this event *Walking in Freedom* and invited practitioners to notice all the conditions for happiness in and around them. It was a beautiful gift for Thay, to see hundreds of practitioners continue his legacy of peacemaking and mindfulness by refreshing themselves, cultivating joy, and touching freedom.



Hong Kong, China



Aberdeen, Scotland



Oakland, United States

The Raft

To help inspire, nourish, and inform our global community, in 2020 we launched *The Raft*, an email publication assembled in partnership with our International Plum Village monasteries, Parallax Press, and the Plum Village App. Sent to over 114,000 people, *The Raft* shares our community's latest Dharma talks, Sangha news, mindfulness practices, poems and art, retreat listings, and more.

ONLINE SUMMIT: IN THE FOOTSTEPS OF THICH NHAT HANH



In March 2020, we hosted a five-day online summit, *In the Footsteps of Thich Nhat Hanh*, in partnership with Lion's Roar. The summit featured nine monastic and senior Plum Village Dharma teachers from Europe, the United States, India, and Australia. Each Dharma teacher offered talks and guided practices on key Plum Village teachings, including combining mindfulness with insight, developing an engaged practice, caring for our beloved planet, and Sangha building.

Several notable guest speakers, such as Jack Kornfield and Roshi Joan Halifax, also spoke on how Thich Nhat Hanh and the Plum Village tradition have shaped their spiritual practices and teachings.

- Over 90,000 people registered
- More than 108,000 hours of teachings and meditations

"I wanted to thank you all for your kindness and compassion. I have recently enjoyed participating in the online Lion's Roar Summit. Coping with the social shutdown in the United States is very difficult, but with the help of Plum Village resources and Thay's teachings, I am managing to be more mindful and more peaceful right now." —SUMMIT PARTICIPANT

CHECKING IN WITH OUR PARTNERS



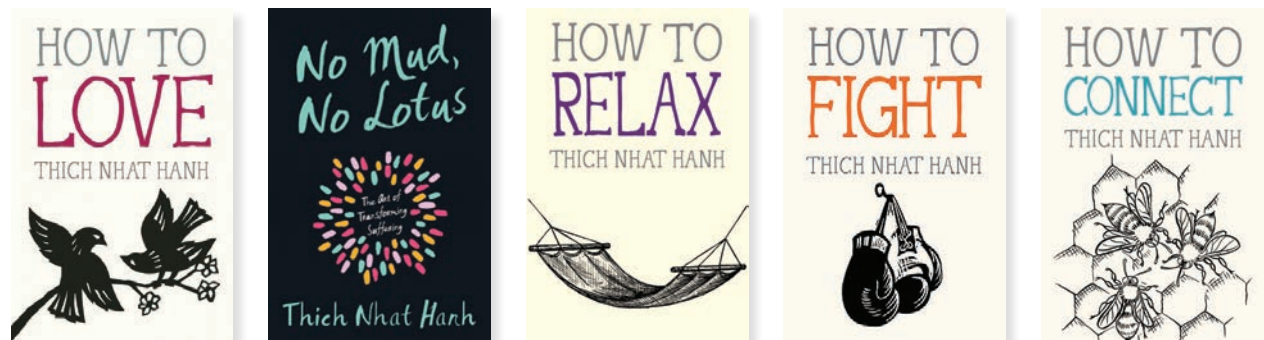
SUPPORTING 35 YEARS OF INDEPENDENT PUBLISHING ON THE ART OF MINDFUL LIVING AND ENGAGED BUDDHISM

Since Thich Nhat Hanh cofounded Parallax Press in 1986, the press has become a force in Buddhist publishing worldwide. Parallax Press books carry the teachings of the Plum Village tradition to readers in over 240 countries, from local neighborhood bookstores, to online retailers, to prisons in almost every state in the United States.

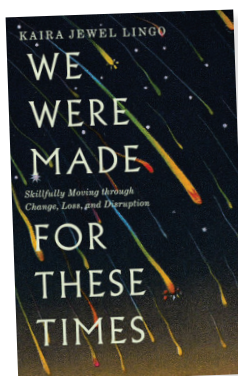
In 2020, we were happy to welcome Parallax Press and *The Mindfulness Bell* under the governance of the Thich Nhat Hanh Foundation board.

- More than **250,000 books** sold worldwide in 2020
- Reaching readers in over **240 countries**
- **175 titles** published to date

2020 BEST SELLERS



Units sold: **25,227** **20,931** **14,542** **12,087** **10,917**



LOOK OUT FOR THESE UPCOMING TITLES

- Enjoying the Ultimate* Thich Nhat Hanh
- How to Live When a Loved One Dies* Thich Nhat Hanh
- The Eight Realizations of Great Beings* Brother Phap Hai
- We Were Made for These Times* Kaira Jewel
- Where Is the Buddha?* Thich Nhat Hanh
- Zen and the Art of Saving the Planet* Thich Nhat Hanh (published separately by HarperOne)

Visit parallax.org to learn more and browse their selection.



The Mindfulness Bell is the official journal on the art of mindful living in the Plum Village tradition.

Each issue includes:

- Teachings from Thich Nhat Hanh
- Offerings from International Plum Village monastics and lay Dharma teachers
- Practices for children and families
- Methods to build mindfulness and foster peace in daily life

In 2020, *The Mindfulness Bell* united with Parallax Press to form a cohesive publishing team for the International Plum Village Community.

- Almost **3,000 subscribers**
- **25 years** of magazine issues

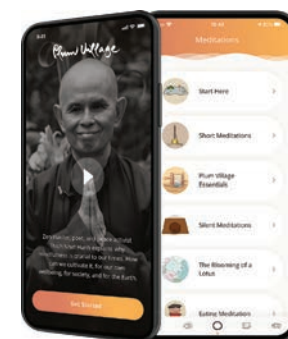


PLUM VILLAGE APP

Launched in 2018, the Plum Village App is a free mindfulness tool developed by our community so that friends can practice with Thich Nhat Hanh and International Plum Village monastics. It is another meaningful step in realizing Thay's vision of an online monastery.

"We can make good use of technology in order to help people go home to themselves and take care of themselves and their families."

—THICH NHAT HANH



The app features:

- An ever-growing selection of meditations and Dharma talks
- A bell of mindfulness people can set for intervals throughout the day
- Key texts, sutras, and discourses
- Chants and songs
- And more

- **318,000 downloads** to date
- **500 people** using the app each hour
- **124,500 active users** in the last year

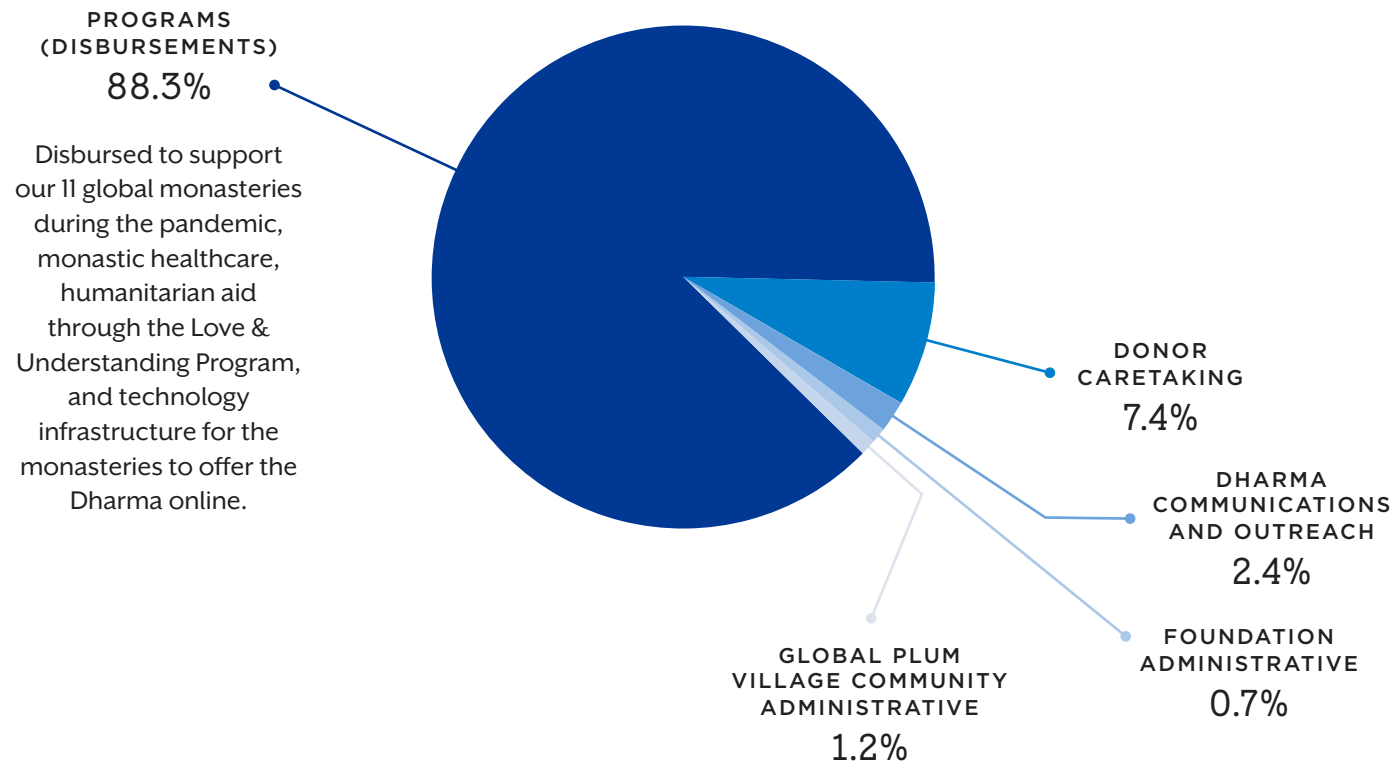
Look out for more content in Vietnamese, French, and Spanish coming soon. To download the free app, check your mobile app store or visit plumvillage.app.

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.

2020 DONATIONS THROUGH
THE THICH NHAT HANH FOUNDATION

\$4,465,714



"There is a kind of vegetable in Vietnam called hẹ (pronounced "hey"). It belongs to the onion family and looks like a scallion, and it is very good in soup. The more you cut the hẹ plants at the base, the more they grow. If you don't cut them they won't grow very much. But if you cut them often, right at the base of the stalk, they grow bigger and bigger. This is also true of the practice of dana. If you give and continue to give, you become richer and richer all the time, richer in terms of happiness and well-being. This may seem strange but it is always true."

—THICH NHAT HANH

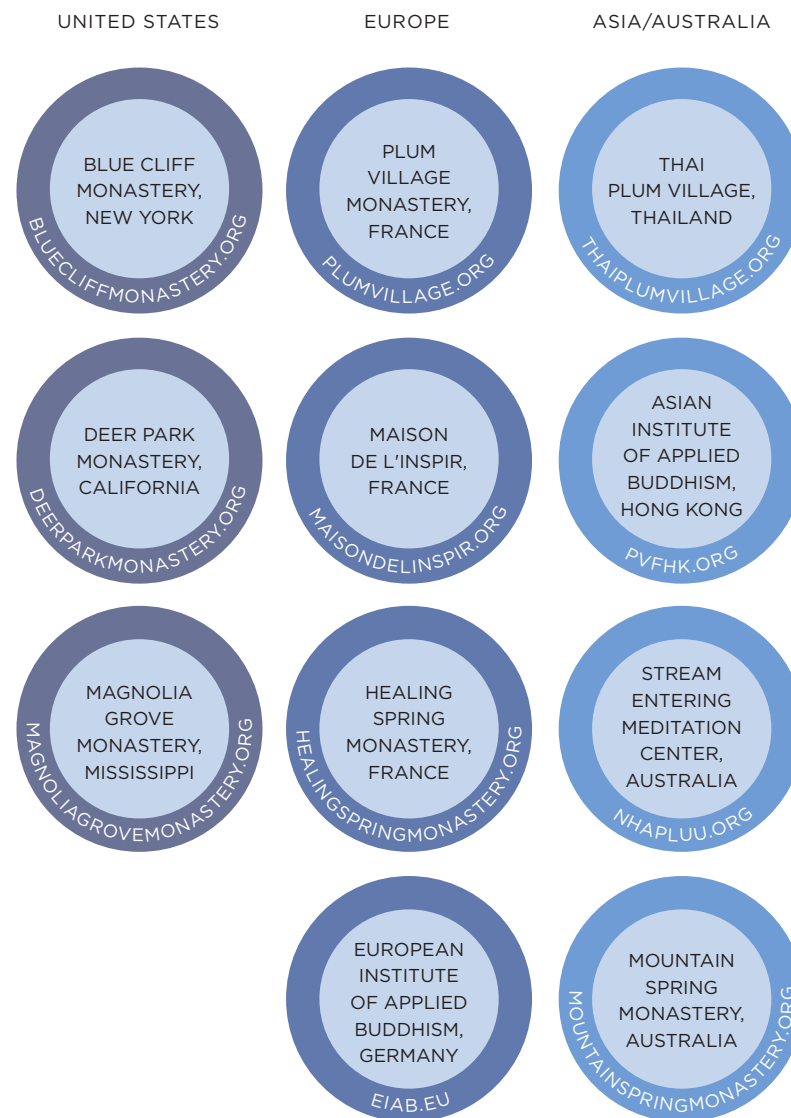
GOING AS A RIVER

THE MANY FACETS OF OUR GLOBAL COMMUNITY

The Thich Nhat Hanh Foundation is the fundraising arm and a communications hub for our International Plum Village Community. The Plum Village tradition also inspires over one thousand separate local Sanghas throughout the world. We encourage you to visit the various websites of the International Plum Village Community to learn more about the nourishing work our community is doing.

INTERNATIONAL PLUM VILLAGE COMMUNITY

MINDFULNESS PRACTICE CENTERS



INITIATIVES



PUBLISHING



OUR 2020 BOARD MEMBERS

Since its inception in 2011, the Thich Nhat Hanh Foundation has been nurtured by a devoted board of monastic and lay practitioners who volunteer their time, practice, and expertise to continuing Thay's legacy. In 2020, the Thich Nhat Hanh Foundation board also began overseeing the governance of Parallax Press, the nonprofit publisher co-founded by Thich Nhat Hanh, and *The Mindfulness Bell*, our community's journal on the art of mindful living. We are so grateful for their loving and diligent work, and we invite you to meet them below, along with their favorite quotes by Thich Nhat Hanh.

We also offer a deep bow of gratitude to our beloved volunteers, who joyfully contribute their creative energy to support our International Plum Village teachings, practices, and community. To learn more about our board, please visit tnhf.org/board-and-staff.



Sister Hoa Nghiem
"I am in you, you are in me.
We inter-are."



Sister Dac Nghiem
"Be still and heal."



Brother Phap Khong
"Each step is the Pure Land."



Sister Hoc Nghiem
"I wear brown because I like it. I practice because I like it."



Brother Ngo Khong
"Be a home for yourself."



Brother Troi Sang To
"A lotus for you, a Buddha to be."



Bruce Campbell
"There is no way to enlightenment.
Enlightenment is the way."



Brian Clancy
"My actions are my only true belongings."



Jo Confino
"You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment."



Ron Forster
"If we can ground ourselves, become one with the Earth and treat her with care, she will nourish us and heal our bodies and mind."



Leslie Gordon
"You are, therefore I am."



Monglan Ho
"We are already what we want to become."



Judith Kendra
"There is a revolution that needs to happen, and it starts from inside each one of us."



Minh-Chau Le
"Love and understanding are not only concepts and words. They must be real things, realized in oneself and society."



Loan Nguyen
"Darling, I am here for you."



Jim Tillman
"No mud, no lotus."

We would also like to bow in deep gratitude to the Plum Village Monastery monastic and lay fundraising team for their oversight, time, and care in 2020.

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“A good community is needed to help us resist the unwholesome ways of our time. Mindful living protects us and helps us go in the direction of peace. With the support of friends in the practice, peace has a chance.”

—THICH NHAT HANH



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