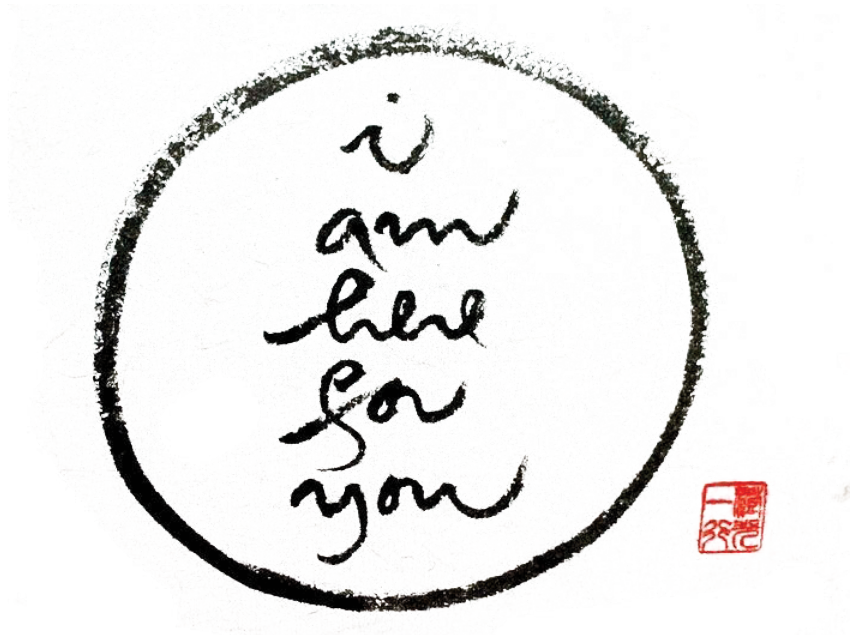


THICH NHAT HANH FOUNDATION

2019

ANNUAL HIGHLIGHTS



*The only way to support the Buddha, to support our Sangha, to support the earth, to support our children and future generations, is to really be here for them. "Darling, I am here for you" is a statement of love. You need to be here. If you are not here, how can you love? That is why the practice of meditation is the practice of being here for the ones we love.*

—THICH NHAT HANH

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## LETTER FROM OUR DIRECTOR



Dear Beloved Community,

As I write this letter, we cannot but be aware of the truth of suffering that is all around us. Our society is again reckoning with our racial karma, millions face economic hardship, and a global pandemic disrupts our lives in ways not seen in a century.\*

While we know that we must recognize and embrace the presence of suffering, Thich Nhat Hanh (Thay) teaches us that we must touch and water the positive elements in life too.

One of the most powerful positive forces we have at our disposal is the Sangha — the global community of friends who are joined by our shared aspiration to affect healing and transformation in ourselves and in the world.

Whether you practice regularly with a sitting group, or read Thich Nhat Hanh's books on your own, you are part of this Sangha.

And even though you may have never met a monk or nun in the Plum Village tradition, they are part of you as well. More than 600 monastic brothers and sisters in ten monasteries around the world work on our behalf every day. They help ensure the continuation of Thay's legacy through the deep living embodiment of his teachings. And with the monasteries closed for most of 2020, they have been finding new ways to stay connected and to share the Dharma with you.

Now more than ever we need to connect and lean upon the energy of community — of the Sangha.

As Thay has said, "Alone we are vulnerable, but with brothers and sisters to work with, we can support each other. We cannot go to the ocean as a drop of water — we would be evaporated before reaching our destination. But if we become a river, if we go as a Sangha, we are sure to arrive at the ocean. Taking refuge in a Sangha will allow the Sangha to carry us, to transport us, and we will suffer less."

Thank you for making a difference with your generous giving. This Annual Highlights is the fruit, power, and testament of your collective Sangha efforts in 2019. Thank you for being part of the river of change. Together, we will arrive at the ocean.

In trust, gratitude, and love,

A handwritten signature in cursive script that reads "Denise Nguyen".

Denise Nguyen

\*While the Annual Highlights is a report on the impact you made in 2019, it was written in the summer of 2020.

## A MINDFUL GLANCE

### FUNDRAISING

**\$2,714,570** Total donations 2019

**3,568** Donors  
**1,444** Monthly donors  
**53** Legacy donors



### WORLDWIDE PRACTICE CENTERS

**10** Monasteries worldwide  
**576** Monastics worldwide  
**840** Annual mindfulness events at monasteries  
**71,555** Annual visitors to monasteries



### SANGHA BUILDING *by self registration*

**1,188** Sanghas worldwide

<b>606</b> Sanghas in Europe	<b>414</b> Sanghas in North America	<b>47</b> Sanghas in Asia	<b>32</b> Sanghas in Oceania	<b>13</b> Sanghas in South America
<b>10</b> Sanghas in Central America	<b>9</b> Sanghas in the Middle East	<b>2</b> Sanghas in Africa	<b>55</b> Sangha startup kits provided	



### SMALL GRANTS PROGRAM

**32** Grants awarded

**\$72,533**  
Amount funded

### ONLINE REACH

**2.6 MILLION** Website visits  
**2.5 MILLION** Social media followers

**806,078** YouTube views  
**90,000** Plum Village app users

## YOUR 2019 GIFTS AT WORK

### LOOK AT WHAT WE CULTIVATED TOGETHER

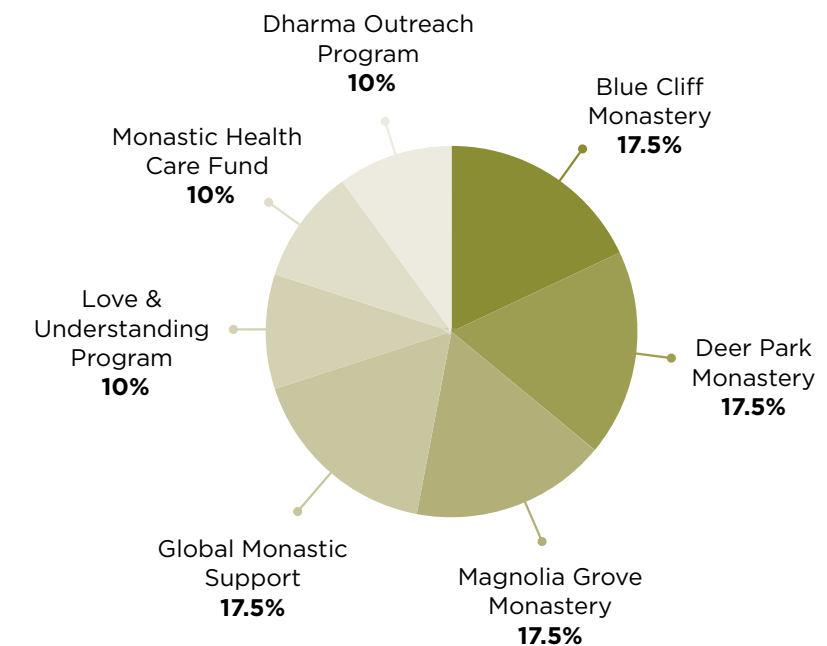
As a global community, we raised \$2.71 million in 2019 to support the mindful practices and loving communities of Thich Nhat Hanh. We are so grateful for your continued support, and for all that you made possible through your generosity.

the Foundation's Dharma Outreach Program, which brought Thay's healing practices to local communities around the world, and through our Love and Understanding Program, offering humanitarian assistance to victims of poverty in Vietnam.

You kept our mindfulness practice centers open and provided health care for our monastic brothers and sisters. You also helped bring our shared values of engaged Buddhism to life through

We thank you in particular for all the gifts given for general support, which made it possible to direct funds where they were needed most.

2019 UNRESTRICTED DONATIONS DISBURSEMENT MODEL



*Everything begins with you. You are the foundation of any change that happens in our society.*

—THICH NHAT HANH

## MINDFULNESS PRACTICE CENTERS: PLACES OF PEACE AND REFUGE

*The foundation of a good community is a daily life that is joyful and happy.*

—THICH NHAT HANH

Your donation ensures that our mindfulness practice centers remain open to people seeking refuge, peace, and training in the art of mindful living. In 2019, over 71,000 people visited our Plum Village monasteries, in the U.S., France, Germany, Thailand, Australia and China. Thank you for giving so many people the opportunity to touch real peace.

### You helped provide:

- Daily meals for monastics
- Renovations to keep buildings up to safety codes
- Preparing and maintaining sustainable vegetable gardens for the community
- Building maintenance
- Heat, electricity, and other utilities
- Well water testing to ensure continual clean water
- Road pavement to ensure safe walkways
- Plumbing
- Supplies for mats and cushions
- And more to keep the monasteries open and operational to the public



**?**  
Did you know?  
It costs \$4/day to feed one monastic.

### 2019 DONATIONS TO EACH MONASTERY

\$815,390	Plum Village Monastery
\$287,428	Deer Park Monastery
\$181,078	Blue Cliff Monastery
\$152,307	Magnolia Grove Monastery
\$16,602	Healing Spring Monastery
\$2,200	Thai Plum Village
\$1,500	European Institute of Applied Buddhism
\$720	Australia Stream Entering Meditation Center

### Featured Retreats

- Wake Up (young adult) retreats at Blue Cliff Monastery, Deer Park Monastery, Plum Village France, Plum Village Thailand, and in the UK
- Teen retreat at Deer Park Monastery
- Family retreats at Plum Village Thailand, Blue Cliff Monastery, Deer Park Monastery, and the Asian Institute of Applied Buddhism
- 12-step retreat for people in recovery at Magnolia Grove Monastery
- Business retreat at Plum Village France
- Neuroscience retreat at Plum Village France
- Health and wellness retreat at Plum Village France
- Educators' retreat at the Asian Institute of Applied Buddhism

## MONASTIC HEALTH CARE

Unfortunately, in the U.S. many monastics do not qualify for health insurance coverage. In 2019, you generously gave \$158,935 to help monastics receive the care they needed, and have the energy to open their doors for retreats and Days of Mindfulness.

### You helped provide:

- Regular medical, dental, and eye exams
- Needed medicines
- Hospital and emergency room visits
- Needed surgeries
- Blood tests and transfusions
- Glasses
- Physical therapy
- Medical imaging
- And more

Your funds have made a particularly enormous impact on the quality of life of monastics with chronic or life-threatening illnesses. Thank you for being there for them.



## GLOBAL TECHNOLOGY INFRASTRUCTURE

In 2019, you helped maintain our vibrant, accessible, and functional technology infrastructure, making it possible for our international Sangha to stay connected and offer the Dharma to millions around the world.



Our web hosting service supports 18 websites that receive between 600,000 and 1,000,000 monthly visitors. These websites include multiple languages, practice centers, and initiatives.

You also helped support an online digital archive of five terabytes of audio and video recordings of Thich Nhat Hanh's talks, dating back to the 1980s. Moving

the archive online is the first step toward creating an accessible library of Thay's teachings, and protects them against potential losses due to fires, floods, hardware failure, and human error.

Finally, you helped support the community's use of a collaborative communication and project management tool. This helped thousands of people in a variety of Thich Nhat Hanh-inspired communities, such as the Earth Holder Community, the young adult Wake Up Sangha, Wake Up Schools for educators, and the Dharma Teachers Sangha, maintain communication and coordinate their efforts on a global level.

*Without being in a Sangha, without being supported by a group of friends who are motivated by the same ideal and practice, we cannot go far.*

—THICH NHAT HANH

## A DROP OF GENEROSITY TURNS INTO A WAVE OF GOODNESS

Our mindfulness practice centers provide an essential, refreshing, and grounding space for people committed to healing others and creating peace in the world. By sustaining our practice centers, you help our teachers, doctors, politicians, organizers, and mentors bring the energy of mindfulness back home to their local communities. This reach brings us all closer to our vision of a peaceful global community.

### ASIAN INSTITUTE OF APPLIED BUDDHISM

Jenny Chan is a clinical psychologist and manager of the Breathe and Smile Mindbody Wellbeing Center, a Hong Kong social service organization in the Plum Village tradition. Through the Breathe and Smile Center, Jenny integrates Plum Village-style mindfulness with psychology for individual psychotherapy treatment and group mindfulness training programs.

*"When I first heard the song 'I have arrived, I am home,' I knew I had found my spiritual home. Thay's teachings have transformed my understanding of life, love, and healing. By practicing in Sangha, I am able to ride through the ocean of suffering and find my path to true love and happiness. This inspires me to help others also reach the 'other shore.'"*



### PLUM VILLAGE MONASTERY

After one year at Plum Village Monastery, Eddie Thornton helped lead the successful nonviolent resistance efforts against fracking in North Yorkshire in the UK. Equipped with his mindfulness practice and a legacy of engaged Buddhism, Eddie helped establish a hub of peaceful resistance where local people could come and learn about the dangers of fracking and the methods of direct action that they could use to protect our planet.

*"My time in the Plum Village gave me a reserve of peace, and a grounding in the practice that helped to navigate the anger and despair of a long campaign. It was a privilege to know that when things got tough and I sensed burn-out approaching, I could always retreat to safe place full of smiling friends. If every environmental and social justice campaign began in Plum Village, the world would be a very different place."*



### DEER PARK MONASTERY

Dzung X. Vo, MD, is deeply committed to bringing Thay's mindfulness practices to adolescents and health care settings. He was raised in a Vietnamese American Buddhist family, and was ordained by Thich Nhat Hanh into the Order of Interbeing in 2013. As a pediatrician, professor, and scholar, Dzung has developed mindfulness-based resiliency programs for adolescents with chronic pain and mental health challenges, and for health care providers. He is the author of *The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time*.

*"My first retreat at Plum Village was a life-changing, heart-awaking experience. It was the most important part of my medical training, even though it was before I entered medical school, because it showed me the kind of person, and the kind of healer, that I aspire to be. Some days at the hospital, I imagine that I am a monastic in disguise, channeling my spiritual and ancestral teachers in a practice of compassionate, engaged presence with my patients, families, colleagues, and trainees."*



### MAGNOLIA GROVE MONASTERY

Eric Gottlieb is a regular practitioner at Magnolia Grove Monastery, a professor at Rhodes College, and an advocate for the parks system of Memphis, Tennessee. Inspired by the mindfulness practices he has learned at Magnolia Grove, Eric has helped bring mindfulness into his local communities, organizing mindfulness events, classes, and day-longs at Rhodes College and beyond.

*"Magnolia Grove and the monastics who live there sustain me in my practice, which in turn has helped me to befriend my emotions, especially the difficult ones, and to practice greater freedom in my day-to-day life. This allows me to be more present for my family, students, and friends."*



### EUROPEAN INSTITUTE OF APPLIED BUDDHISM

Inspired by life-changing experiences at retreats with Thich Nhat Hanh, Kai Romhardt began building the Network for Mindful Business in 2004. The Network brings the Dharma to people in the business field who want to develop a more conscious way of working, consuming, and dealing with money. Across sixteen regional groups, members of the Network deepen their practice and togetherness by organizing and participating in retreats, seminars, mindful co-working days, public walking meditations, and more.

*"At my second retreat with Thay, I decided to dedicate my life, work, and energy to planting good seeds within the business world and to start Sangha-building. Since it opened, the European Institute of Applied Buddhism has been a friendly host to over twenty business-themed retreats — such as Gates Into a Mindful Economy and Mindful Business Ethics — supporting thousands of retreatants on their inner and outer journeys."*



### BLUE CLIFF MONASTERY

Marisela Gomez is a mindfulness practitioner, public health scholar activist, and physician of Afro-Latina ancestry. Since the early 1990s, she has been studying and practicing mindfulness and other forms of meditation at Buddhist practice centers around the world. Marisela brings lifelong activism and service, and the spiritual practice to her professional work in Baltimore, focusing on equitable community rebuilding and healing, land liberation, and social determinants of health.

*"Having a place of refuge where we can stop and be still is critical in this work of inner and social change. The quiet and scheduled spaces of the monasteries help to imprint a more aware and mindful way of being, and release our whirlwind mind's grip on our 'to do list'. The regular sound of clocks chiming is our mindfulness bell to stop and breathe. We look across the table and see someone eating slowly, and we again remember to take a breath. We can breathe out, smile, and heal."*



*When Thay went to the West, he extended his wish to help all activists, not just those engaged in social service in Vietnam. Plum Village monasteries have become a place for ecological activists, for artists, for helping professionals — those who work in hospitals or drive ambulances. They need mindfulness in order to stop, to breathe, and to smile.*

—SISTER CHAN KHONG

## GRATITUDE FROM OUR HUMANITARIAN RELIEF TEAM

Dear Beloved Community,

Greetings from the Love and Understanding social work team in Vietnam. Founded by Sister Chan Khong and now supported by you, the Love and Understanding Program brings humanitarian relief to communities in poverty and crisis across Vietnam.

Working on the ground, we see how much joy and relief your contributions bring to our friends who are children, elderly, differently abled, and victims of natural disaster. From the bottoms of our hearts, thank you for bringing our shared values of engaged Buddhism to life.

In 2019 you helped fund children's education across five provinces in Vietnam. The program provided school supplies for students, and helped pay for 120 teachers' salaries, healthcare, and transportation.

You provided meals for 3,200 school children, most from Quang Tri and Hue provinces. These children have difficult living situations. Their parents cannot take care of them, as their energy is focused on survival. The children, many of whom are very young, are left by themselves and do not receive an education. Your gift has an enormous value of encouragement for the children. Your Sangha care also provided 200 scholarships to university students in Hue and Nha Trang. Students



who could not afford food were given access to a local kitchen, which offers a vegetarian lunch every day.

With your help, we were able to build sustainable infrastructure across several rural Vietnamese communities. In Gia Lai and Daknong, our team created wells for farmers to be able to access fresh water. Access to water allows a family to grow vegetables, cultivate a garden, and therefore grow their own food. The construction of a well can ensure the long-term survival of a whole family.

Finally, your donations provided support to 2,000 elderly and handicapped friends in Quang Tri, Hue, Nha Trang, and Dong Thap, helping them live each day with dignity.

Going as a river, a team of 34 monastics and social workers in Southern and Central Vietnam have carried out the efforts of the Love and Understanding Program. Your donation has allowed the team to provide not only financial help but also spiritual support to communities in crisis.

Thank you for being part of the Sangha river that is helping so many, and offering hope and happiness to Vietnam.

With trust and gratitude,  
The Love and Understanding Vietnam Team

## THANK YOU FOR YOUR MIND OF LOVE

*Love is a mind that brings peace, joy, and happiness to another person. The essence of love and compassion is understanding, the ability to put ourselves "inside the skin" of the other. We "go inside" their body, feelings, and mental formations, and witness for ourselves their suffering.*

*When we observe deeply in this way, the fruit of our meditation will naturally transform into some kind of action. We will not just say, "I love them very much," but instead, "I will do something so that they will suffer less."*



Top left: Retreatants gather at the annual People of Color Retreat in Baltimore, Maryland.

Above: Sister Luc Nghiem introduces the bell to children at the Aida Refugee Camp in the West Bank

Bottom Left: Blue Cliff Monastery monastics and friends walk mindfully in the September 2019 Global Climate Strike, in New York City

*One word, one action, or one thought can reduce another person's suffering and bring him joy. One word can give comfort and confidence, destroy doubt, help someone avoid a mistake, reconcile a conflict, or open the door to liberation. One thought can do the same, because thoughts always lead to words and actions. If love is in our heart, every thought, word, and deed can bring about a miracle.*

—THICH NHAT HANH

## DHARMA OUTREACH PROGRAM

Through the Dharma Outreach Program, your loving donations helped make possible dozens of community initiatives worldwide, offering Thay's mindfulness teachings and trainings to over 1,400 people. Programs included Days of Mindfulness, mindfulness workshops, retreats, scholarships, and teaching tours. Thanks to your support, these programs nourished people of all ages and backgrounds, including high school, college, and law students, prison inmates, Wake Up young adults, people of color, youth experiencing homelessness, educators, activists, and professionals. You also helped establish 55 new communities of practice by providing them with Sangha startup kits, and helped fund technology infrastructure across our global centers and initiatives.

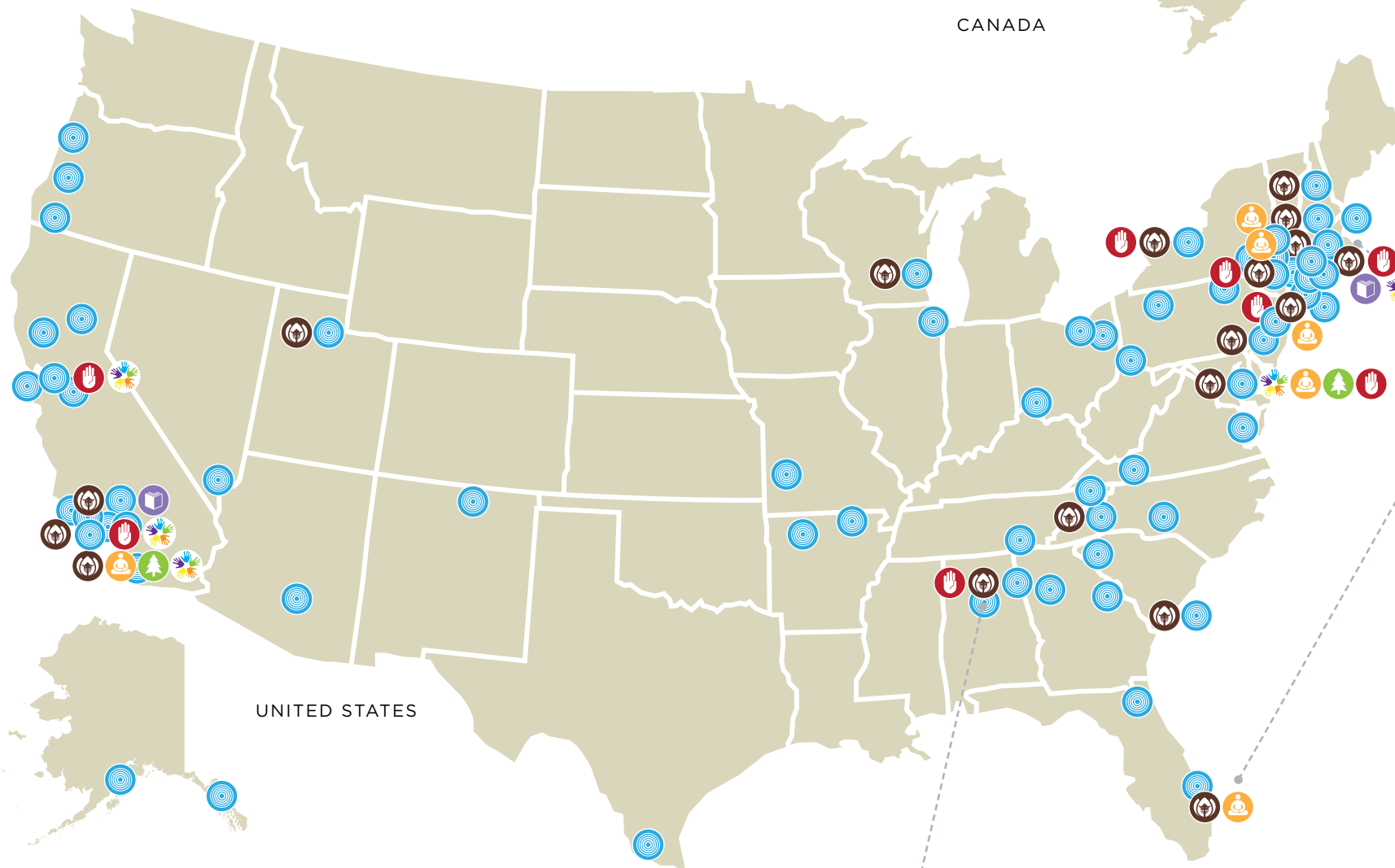
-  Mindfulness Teaching & Training
-  Sangha Building
-  Students & Educators
-  People of Color
-  Wake Up / Young Adults
-  Protecting Mother Earth
-  Social Justice



FRANCE

### PALESTINIAN YOUTH AT THE PLUM VILLAGE WAKE UP RETREAT

In August, you helped fifteen Palestinian young adults participate in the Wake Up Retreat at Plum Village Monastery in France. The retreat gave them a platform to explore how they could better respond to intolerance and lack of understanding globally and in the Middle East. By sharing insights, sitting together in meditation, listening to Dharma talks, and working on the monastery farm, these young people deeply touched supportive community, insight, and moments filled with peace and joy. Thank you.



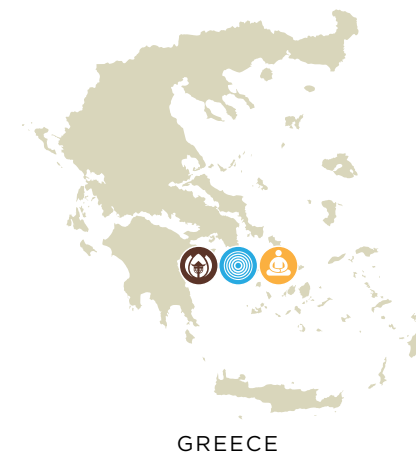
UNITED STATES

CANADA

### MINDFULNESS FOR INMATES

Your generosity helped fund a mindfulness program for inmates at a maximum security prison in Alabama. The six-week course helped bring peace, ease, and healing to the inmates, and addressed some of their greatest challenges, such as finding peace in a high-stress environment and offering forgiveness to themselves and others.

*"Until the last couple of years I had not slept well at night ever. Learning about mindfulness has brought me a sense of calm and serenity like I have never known in my life. My family, friends, and associates all say they notice the positive changes in me. The low moments are much fewer and further between, and the good times are so much sweeter."* - Jerry, program participant



GREECE



### MINDFULNESS COURSES IN HIGH SCHOOL

Your donation helped fund mindfulness courses and clubs for high school students in Providence, Rhode Island and Delray Beach, Florida. Through guided meditations, writing reflections, books, and other mindfulness exercises, students gained a deep understanding of the practice and how to apply it in everyday life.

*"This is my favorite class. I can finally de-stress."*

## PLUM BLOSSOM SOCIETY — MONTHLY DONOR PROGRAM

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. 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.



**Brigitte Chau Phan** Chan Luong Uyen, Tang Than Nu Hong Sangha, Orange County, CA

### A Transformative Moment

Before my first retreat, my relationship with my two younger children was not without challenge. Unaware of my actions, I was trying to mold them into an image that I had of a "good" daughter or "good" son. The practice of mindfulness has taught me that to truly love my children (or anyone), I need to understand them, and the first criterion to understanding is absence of judgment. Once I can observe my children's behavior or reactions with mindfulness, I am able to hear not only their spoken words, but also the underlying unspoken grief, fear, or suffering, which fills me with so much love and empathy.

**My Inspiration as a Plum Blossom** — Thay's teachings have had a profound impact on my life. My small monthly gift is a token of gratitude to help continue Thay's teachings so that others can receive and benefit from the practice of mindfulness to transform their sufferings into peace, joy, and happiness.



**Kenley Neufeld** True Recollection of Joy, Chan Niem Hy, Ojai Mindfulness, Ojai, CA

### Favorite Thich Nhat Hanh Teaching

— My first exposure to Thay was the book *Being Peace*. It touched me so deeply — to know that internal peace and calm was possible. Learning to be an activist, equipped with mindfulness and the practice of stopping and looking deeply, has been very impactful. The practice has shaped my life in every way, but especially in the work that I do. As a community college educator, I can listen more easily and more skillfully, listening where it is most needed, and demonstrating compassion.

**My Inspiration as a Plum Blossom** — The Plum Village community has given me so much to be grateful for. I have close friends both in the lay and monastic community. These are people I can trust and whom I know are there for me. Being a monthly donor wasn't a question of if, but of how much. I simply cannot adequately repay something that has been so freely given.



**Abbie Chessler** True Precious Eye, Still Water Mindfulness Practice Community, Silver Spring, MD

### Favorite Thich Nhat Hanh Teaching

— Daily life mindfulness was the first anchor of my practice. I was able to slow down, take a breath, and settle rather than react with irritation to situations at work and at home. Observing my transformation as I became more mindful strengthened my commitment to regular practice.

**My Inspiration as a Plum Blossom** — My practice has transformed every aspect of my life. I have seen my relationships with family, friends, co-workers and strangers change in positive ways as my practice has deepened. Thay inspired me to take this path. I am a monthly donor to the Thich Nhat Hanh Foundation to ensure that his teachings and our communities continue.



**Jacquelyn Schuett** True Legendary Faith, Florida Community of Mindfulness, St. Petersburg, FL

### A Transformative Moment

In the first retreat I attended with Thay, he concluded the week with a story about him and Sister Chan Khong comforting a dying friend. The monastics followed this Dharma talk with the song "No Coming, No Going." The words touched me as I felt both the sweetness of the song's words and a slight sadness about the retreat's end. The song, along with Thay's story, continue to support my practice in recognizing impermanence and non-separation.

**My Inspiration as a Plum Blossom** — On retreat last year at Blue Cliff Monastery, the generosity of a friend moved me to make a donation to the TNH Foundation. On the TNH website, I realized I could be a Plum Blossom Society member simply by giving a monthly gift. The poetic name evoked fond recollections of my visit to Plum Village Monastery — blossoms of a practice that inspired me to pursue the path of Dharma. Thanks to the beneficial work made possible by the Foundation, these blossoms continue to grow in me and in so many worldwide.

## CEDAR SOCIETY — LEGACY GIVING PROGRAM

Aware that we can never die and are a continuous manifestation, the Cedar Society is a path for practitioners to offer stable and long-term support, like strong cedar trees, through legacy gifts (gifts through a will or estate). 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. Today, our Cedar Society members continue their legacy.



**Bobbi Schnorr** True Awakening Attitude, Apple Blossom Sangha, Liverpool, NY

### A Transformative Moment

When I was diagnosed with cancer a few years ago, I was able to practice to maintain a lot of steadiness, and to recognize many conditions of happiness. I realized right away that this was an opportunity to mother my young adult daughters, using this experience as a teaching, and knowing they will experience more illness and loss. "This is not a crisis; this too, is life. We cannot choose our conditions, but we can choose our response. We will be open, honest and connected to our experience and to our family and friends. We will continue to focus on the many wonderful conditions we have." I cannot imagine that time without Thay's teachings and our practice.

**My Inspiration as a Cedar** — Thay's teachings and practices have deeply transformed my life and my relationships. I am so grateful to have encountered Thay in this lifetime, and to be part of this effort to support his continuation. I want others to have access to these teachings to transform their suffering, because this is essential to all aspects of our collective healing.



**Simpson Le Ngo** San Diego, CA

### Favorite Thich Nhat Hanh Teaching

— My family loves Thay's art, quotes, and gathas! Seeing them around the monastery during retreats always brings happiness to our hearts. Bringing these gathas and visuals into our home life as reminders has been one of the most impactful things we have done as a family.

**My Inspiration as a Cedar** — Our parents gave birth to us, but Thay and the monastic Sangha at Deer Park Monastery have given life to our family. I am deeply grateful that as a member of the Cedar Society I have the opportunity to support some of the working hands of compassion in this world.



**Trish Thompson** True Concentration on Peace, Viet Nam Mindfulness Community, Da Nang, Viet Nam, and Indigo Sangha, Charleston, SC

### A Transformative Moment

At my first Plum Village retreat, I experienced a transformative moment through eye contact with Thich Nhat Hanh. He looked at me, and, in my left ear, I heard his voice asking, "What are you waiting for? When are you coming up here?" A few days later, while watching the monastics enter the hall, the thought arose: "I have found my spiritual family." The accompanying feeling of having found something, something I had not even known was missing in my life, filled me with a sense of joy and belonging that has never left me.

**My Inspiration as a Cedar** — My gift as a Cedar Society member is made in gratitude for the wisdom, love, transformation, and aliveness I experience within our community. I believe our Plum Village practice, with its focus on community and social engagement, is particularly relevant for the challenges facing all life on the planet. Knowing that I have done my part to ensure our community will continue to serve future generations nurtures deep peace in my heart.



**Lin Florinda Colavin** True Mountain of Lotus, Heart Sangha of Santa Cruz, Santa Cruz, CA

### A Transformative Moment

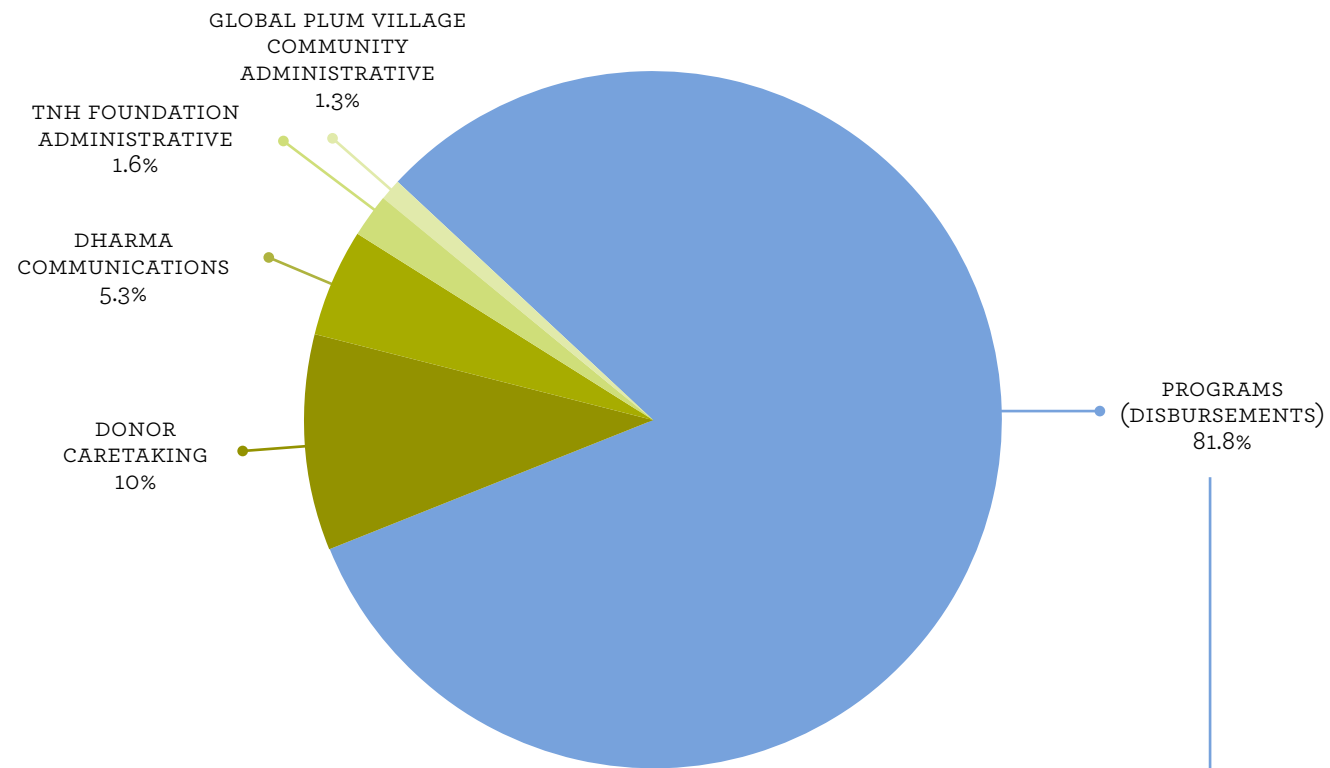
The first retreat I ever attended in 1999, Thay led us through a guided meditation in which we visualized our fathers and mothers as five year old children. I wept and wept as I realized the suffering my parents had endured in their youth. Thay also gave us a teaching on being with the dying. The day the retreat ended in Santa Barbara, I drove home to be with my father during the last hours of his life. I rubbed his feet and told him all the joyful memories I had of him until he took his last breath.

**My Inspiration as a Cedar** — I have been contributing to the Plum Village Community on a regular basis since 2012. It is a community that deeply supports my spiritual practice, and is one that I want to continue so it can be available to all who seek refuge. I am a Cedar Society member because I want our community to continue long after I am gone.



## 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.



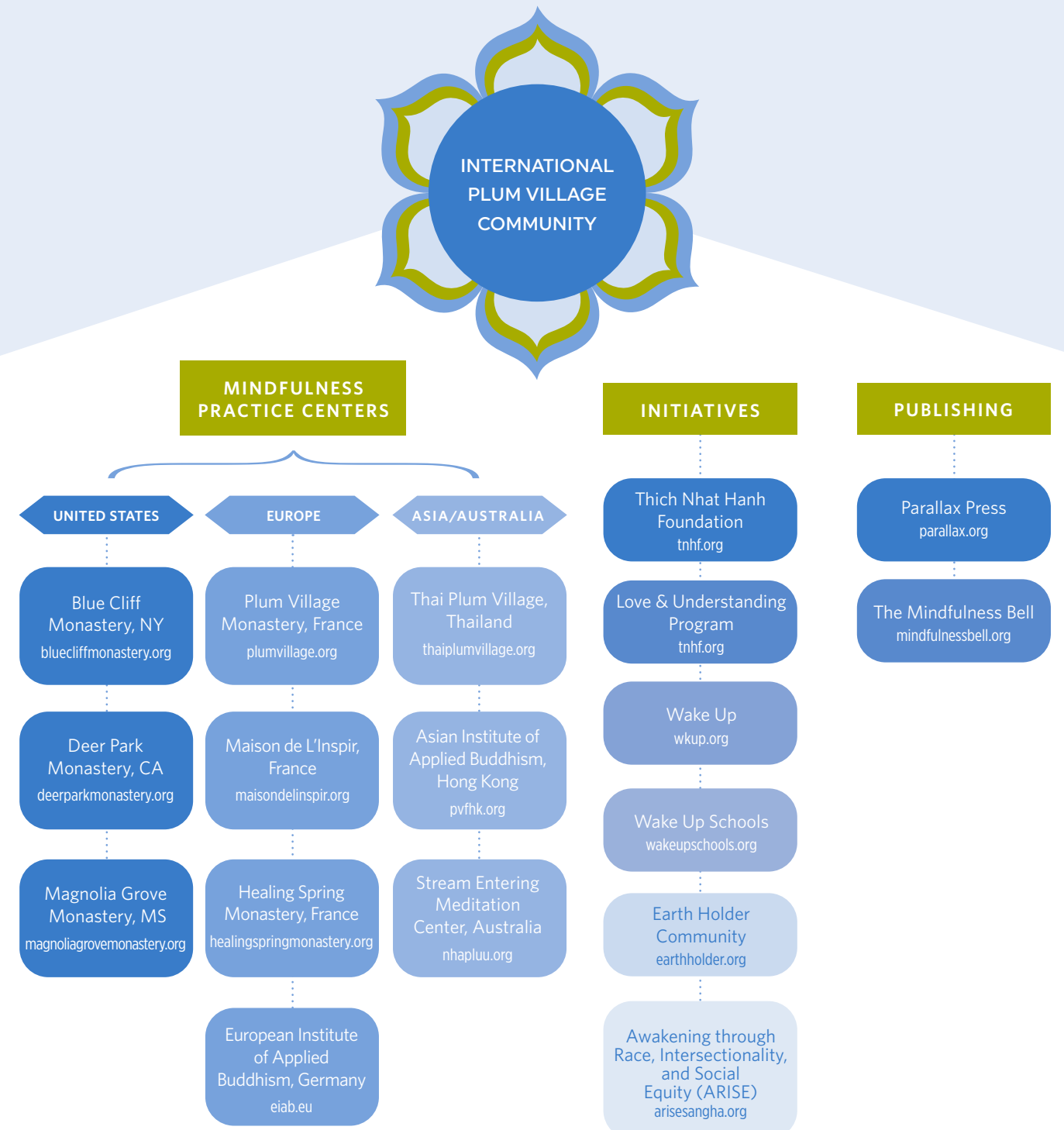
TOTAL 2019 DONATIONS  
**\$2,714,570**

PLUM VILLAGE MONASTERY (FRANCE)	36.0%
DEER PARK MONASTERY (U.S.)	12.7%
LOVE & UNDERSTANDING PROGRAM	8.3%
BLUE CLIFF MONASTERY (U.S.)	8.0%
GLOBAL MONASTIC SUPPORT	8.0%
MONASTIC HEALTHCARE	7.0%
MAGNOLIA GROVE MONASTERY (U.S.)	6.7%
ENDOWMENT FUNDS	6.6%
DHARMA OUTREACH PROGRAM	3.6%
THAY'S HEALTHCARE	1.5%
HEALING SPRING MONASTERY (FRANCE)	0.7%
MONASTIC TRUST FUND	0.3%
THAI PLUM VILLAGE (THAILAND)	0.1%
EUROPEAN INSITUTE OF APPLIED BUDDHISM (GERMANY)	0.1%

## GOING AS A RIVER

### THE MANY FACETS OF OUR GLOBAL COMMUNITY

Did you know your giving has a global reach? 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 our various websites to learn more about the nourishing work our global community is doing.

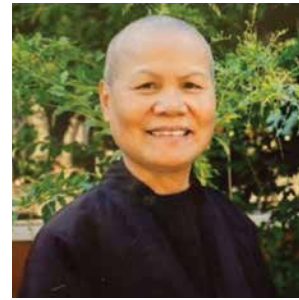


## OUR 2019 BOARD AND STAFF

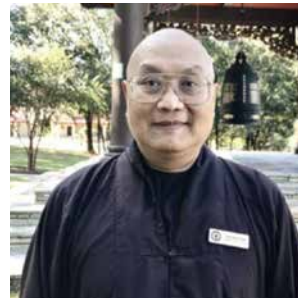
Since 2011, the Thich Nhat Hanh Foundation has been nurtured by a devoted and diverse working board of monastic and lay practitioners who volunteer their time, practice, and skills to continuing Thay's legacy. We are so grateful for their loving and diligent work, and we invite you to meet them below, along with their favorite quotes by Thich Nhat Hanh. We also offer a deep bow of gratitude to the volunteers who contribute their boundless creative energy and joy to serving our community. To learn more about our board and staff as well as our four new board members who joined in 2020, please visit [tnhf.org/board-and-staff](https://tnhf.org/board-and-staff).



Sister Hoa Nghiem  
*Patience is the seal of love.*



Sister Dac Nghiem  
*No suffering, no happiness.*



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  
*You touch one thing deeply, and everything is there.*



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.*



Monglan Ho  
*There is no way to happiness. Happiness is the way. There is no way home. Home is the way.*



Laura Hunter  
*Let us go as a river.*



Minh-Chau Le  
*Each one of us has to be our true self: fresh, solid, at ease, loving and compassionate.*



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



Elizabeth Stanley  
*Our own life has to be our message.*



Jim Tillman  
*No mud, no lotus.*

**STAFF** Denise Nguyen - Executive Director, Christina Walker - Global Giving Director, Bobbi Perez - Annual Giving Manager, Nicole Kramer - Communications Coordinator, Tram Nguyen - Fund Development Associate





## THANK YOU!

We are so grateful to all of our generous supporters, who have made so much peace, joy, and transformation happen in 2019. You have planted the seeds for greater harmony and compassionate communication in every realm of our individual and collective lives. With your support, we can continue to care for our societies and our earth, creating the conditions for a future to be possible. Thank you.

### CONTACT US

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760-291-1003 ext 104

### HOW TO CONNECT

-  facebook.com/ThichNhatHanhFoundation
-  instagram.com/ThichNhatHanh\_Foundation
-  twitter.com/TNHFound
-  youtube.com/PlumVillage

### DONATE

To make an online donation or learn more about a specific program, visit [tnhf.org](https://tnhf.org).

### LEAVE A LEGACY — JOIN THE CEDAR SOCIETY

Leaving a legacy gift is easy. To name the Thich Nhat Hanh Foundation in your estate plan or to learn more, please contact Christina Walker, our Global Giving Director, at [christina@tnhf.org](mailto:christina@tnhf.org) or (941) 218-0108.

### OFFER A GIFT OF STOCK

To leave a gift of stock, please contact Bobbi Perez, our Annual Giving Manager, at [bobbi@tnhf.org](mailto:bobbi@tnhf.org) or (415) 322-0101.

The Thich Nhat Hanh Foundation is a division of the Plum Village Community of Engaged Buddhism, a 501(c)(3) organization.

To say "peace is the way" means that we can realize peace right in the present moment with our look, our smile, our words, and our actions. Peace work is not a means. Each step we make should be peace. Each step we make should be joy. Each step we make should be happiness. If we are determined, we can do it.

—THICH NHAT HANH



THICH NHAT HANH FOUNDATION

*planting seeds of compassion*

2499 MELRU LANE, ESCONDIDO, CA 92026

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