

Registered Charity Number: 1096680
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Community of
Interbeing UK

Touching & Helping
In Vietnam

The *Community of Interbeing* is the UK organisation which promotes the study and practice of mindful living in accordance with the teachings of Buddhist meditation master *Thich Nhat Hanh*.



The *Community* raises funds to support three charitable projects in Vietnam. All donations are sent to Plum Village (in France, where *Thich Nhat Hanh's* monasteries and retreat centre are located) to be divided between these three projects in the way Plum Village considers to best meet current needs.

For further information, visit www.interbeing.org.uk

STANDING ORDER FORM

Please complete this form to set up a standing order, and send it to Allison Fraser at the address below.

I wish to set up a standing order to help the *Community of Interbeing UK* with the projects it supports in Vietnam

Name
Address.....
.....
.....Postcode.....
Telephone
Email
Signature
Date

Standing Order Form

To Bank
Account name
Address.....
Account number.....
Sort Code _ _ - _ _ - _ _

Pay to The Co-operative Bank plc, sort code 08 92 99, for the credit of Community of Interbeing UK, account 65287994, the sum of £* NOW and £.....* thereafter on*day of every month until further notice. Please debit my account and quote my name and reference number with the payment.

- Please complete as appropriate.

Signed by applicant
Date.....

This information will be held on a database to record donations. It will not be passed to other organisations.

COMMUNITY OF INTERBEING UK GIFT AID FORM

PLEASE TREAT AS GIFT AID ALL DONATIONS I MAKE TO THE COMMUNITY OF INTERBEING UK FROM THE DATE OF THIS DECLARATION. (PLEASE READ THE NOTES BELOW AND AMEND THIS DECLARATION AS NECESSARY).

NOTES:

1. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year (currently 28p for each £1 you give).
2. You can cancel this declaration at any time by notifying us.
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration.
4. If you pay tax at the higher rate you can claim further relief in your self-assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, please ask us or ask your local tax office for leaflet IR 65.
6. Please notify us if you change your name or address.

Signature:

Date:

Name.....
Address.....
.....
.....Postcode.....

Amount donated:

When completed please return this form, together with any cheques made payable to *The Community of Interbeing UK* to: Allison Fraser, Apple Cottage, Old School Lane, Lighthorne, Warwickshire CV35 0AX.

The Touching and Helping Programme

This Programme covers a wide variety of activities; the common thread is helping rural villages break the cycle of poverty. The main activities are:

- help and encouragement for remote villages to set up their own nurseries and schools, enabling more children to get an education and find better work later on. Plum Village helps fund teachers and sponsors children whose parents could not otherwise afford to send them to school (their education is not free). This is a great help to parents – it allows both of them to work and bring more money into the household, whilst the children receive a meal and glass of soya milk at school.
- other proactive support for poor rural communities, such as the construction of bridges, roads and wells, and planting trees
- care for the more vulnerable members of the community – those who are elderly and / or disabled but whose families have no resources to attend to their needs
- aid at times of emergencies, such as the floods and droughts that occur regularly.

Support for Ha Trung, the village of Thay's mother

The village of Ha Trung has been designated by Plum Village as the UK's sponsored village, and its school – Da Trung, is our sponsored school. Whilst Plum Village decides how and where it spends donations from the UK, it is nice to have this focus for our collections, and the association with Thay's mother is a special honour for us.

Sister Chan Khong has described the Plum Village vision for this village and has invited the UK Sangha to raise funds in support of it. The main features of the vision are designed to help young villagers towards a decent livelihood, whilst enjoying wholesome activities in their spare time:

- building a special room for teenagers next to the temple of Binh Trung which Plum Village built about 10 years ago. This will cost about £4,500 and will serve as both a training centre and a social centre, helping the young people to create a spiritual dimension in their lives;
- equipping the room with ten computers, offering training facilities to 30 students in computer skills and electronics (£3,000)
- paying trainers, at a rate of about £30 per trainer per month.

Support for Plum Village monks and nuns in central Vietnam

Thay's vision is to renew Buddhism in Vietnam by training monks and nuns who are able to live in harmony together and who can then share the fruits of their practice with the lay community. This will help resolve problems in families and communities in a constructive and compassionate way for the benefit of the whole society.

Thay's return to Vietnam early last year inspired many young aspirants to offer themselves for training in the Plum Village tradition, but there are not enough funds to feed and clothe everyone adequately. Thay (via Sister Chan Khong) has asked us to help two monasteries:

- the root temple of Tu Hieu in Hue, central Vietnam,
- Bat Nha Temple in the central highlands, where the situation is particularly acute as the temple is so remote.

To give means first of all to offer joy, happiness and love - we don't keep anything for ourselves, we only want to give.

Dana paramita [the perfection of giving] is the practice of love.

The Heart of the Buddha's Teaching, Thich Nhat Hanh

How You Can Help

There are many ways in which you can help:

One-off donations: Please send a cheque payable to 'The Community of Interbeing UK' and send it to Allison Fraser (address given on following page)

Regular donations by standing order: Please complete a Standing Order Form (see following page) and send it to Allison Fraser.

If you are a UK taxpayer, please also complete a Gift Aid Form (see following page) and send it to Allison with your Standing Order Form.

Sangha donations: Several local Sanghas make collections at their Days of Mindfulness. Your Sangha might like to begin to do this. If you decide to do so, you might like to ask us for a special Vietnam Dana bowl, lovingly crafted by Lesley Collington and Russel Sydenham. Email maxine.phillips@interbeing.org.uk to request your beautiful bowl!

It would help if UK taxpayers would put a completed Gift Aid form in the collection along with their cash or cheque. Someone in the Sangha may like to take responsibility for having a supply of these available at each Day of Mindfulness.

Special fundraising activities

You may be able to think of ways to raise money – maybe by holding a special coffee morning or something similar. Do let us know! Email Allison@mailboxesuk.com or telephone her on 01926 651986