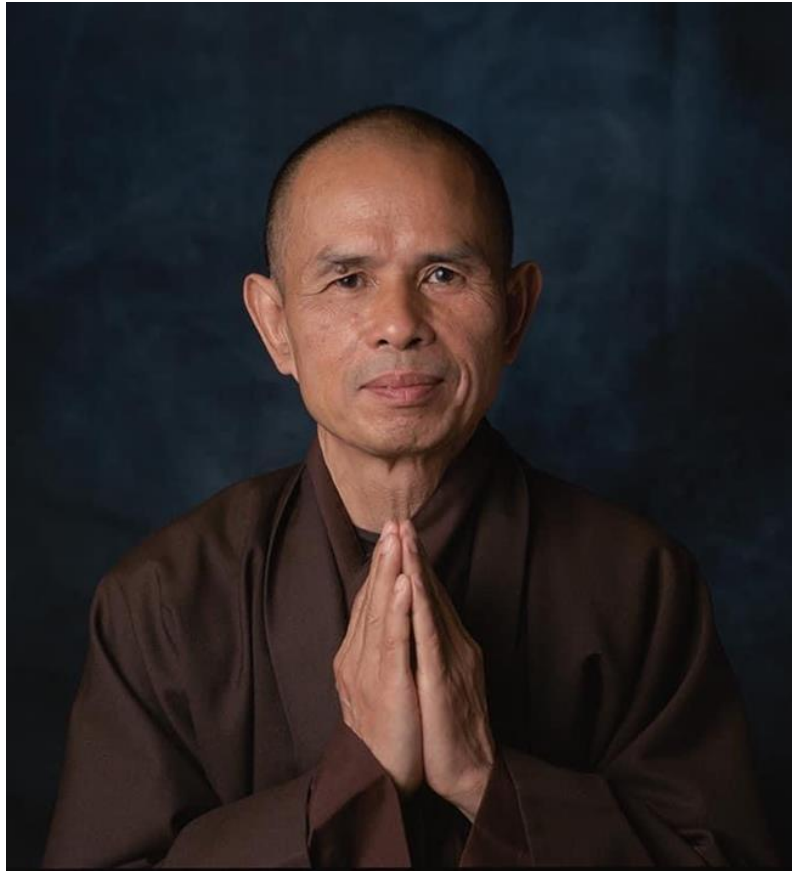


Being Peace Practice Centre



*Establishing a UK Practice Centre for mindful living
and healing in challenging times*

Brochure
2023



Vision

"To create an environment where wholesome qualities in each of us can be nourished is one of the most valuable things we can offer to the world today. Through the practice of mindfulness, this will be a place for refuge and inner peace, where the community can live in harmony, where young generations can reconnect with their roots, and where seasoned practitioners can deepen their spiritual practice. Please bring your love and support to this project, for yourself and for future generations."

THICH NHAT HANH



A Practice Centre for the UK

Introduction

In 1997, Zen Master Thich Nhat Hanh led a retreat in England he asked our community to establish a national practice centre in the UK. He also offered the UK community the name 'Being Peace' and presented it afterwards in a beautiful calligraphy of this phrase.

We began with small steps; the Being Peace Cottage, gathering support from what was a small community in those days. The small flame that was lit by the cottage is now nourishing the larger flame that is our vision for a national practice centre. The cottage has been sold to provide around 20% of the funding we need to take further steps towards Thay's vision becoming a reality.

In 2023, we launch a fundraising appeal for donations and friendly loans. Of the £2m target required to build the centre, we have already raised £800,000 with deep gratitude to our community.

"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 evaporate before reaching our destination. But if we become a river, if we go as a Sangha, we are sure to arrive at the ocean..."

– Thich Nhat Hanh

Establishing a UK Practice Centre for mindful living and healing in challenging times



Many will be aware of the practice at Plum Village France and other monastic centres around the world. They prove to be sacred and inspiring places for discovering and deepening Thich Nhat Hanh's particular practice of 'engaged' Buddhism.

They provide opportunities for people to deepen awareness of their own suffering, the means to transform that suffering and to develop find their truths and find peace within themselves and in how they engage with their communities. Centres provide the opportunity to connect to the natural world and to be encouraged and engaged in making a positive contribution to all society.

Creating a centre in the Plum Village Tradition

The Being Peace Practice Centre will complement and strengthen our practice by providing a home for mindful living accessible to all, where the concentration of mindful energy will provide conditions



for people to discover and deepen their practice in togetherness with experienced lay dharma teachers, visiting Monks, and long- and short- term volunteers.

A home for all Sanghas

It will be a central point to connect all Sanghas and build a sense of brotherhood and sisterhood for practitioners to support each other, where permanent sangha energy will be created through its experienced staff, volunteers, skilled Dharma teachers and visiting Plum Village monastics.

Programme of retreats and courses

The centre will offer a year-round programme of retreats, courses and quiet space for individuals, couples, families and groups (including the 100+ practice Sanghas in the UK) to experience mindfulness together, fostering a deep sense of connection with one another through living and working as a community, and enjoying the physical and mental health benefits of spending time in a natural environment.

The first centre of its kind

The Being Peace Practice centre will be the first Plum Village centre in the world to be managed by a lay community, with a residential team living on site and practising together.

A springboard for outreach

The centre will serve as a central place for developing outreach engagement for examples with schools, work places, health settings, and businesses.

Who will run the new centre?

We anticipate initially that there will be both a mixture of permanent and long- and short-term volunteer residents who will ensure the smooth running of the centre. We will be able to host monastic visits and in the future we may be able to have a more permanent monastic presence.

Accessibility and Inclusivity for all

The Centre will be located in an area that is accessible from all parts of the UK, where properties with land can be bought at a reasonable price. It will be close enough to an urban centre for outreach work and accessible by public transport, but also located with easy access to a natural, peaceful environment. It is important to us that everyone is welcome at the Being Peace Centre regardless of gender identity, sexual orientation, race or religious beliefs. The needs of the less able-bodied will also be a primary factor.



*Calligraphy: "peace is every step",
Credit: Thich Nhat Han*



Lasting Impact

1. Plant seeds in the younger generation. Being Peace Practice Centre will offer the gift of mindfulness to future generations through Family, Wake Up and Educators' retreats.

2. Build a Mindful Society Being Peace Practice Centre will offer benefits of mindful living to support UK society by offering a range of open and specific retreats, with regular invited monastic presence to support individuals, families, communities, businesses, organisations and changemakers.

3. Create a stronger Sangha A spiritual home and focal point for practice in the UK will greatly strengthen the UK national Sangha.

4. Regular monastic visits and one day permanent monastic presence in the UK. Many people have benefitted from the wisdom, lightness and joy that Plum Village monastics have cultivated.

5. Fall in love with Mother Earth Through a wild, natural setting and opportunities to put our hands in the earth on a 'Happy Farm', Being Peace Practice Centre will foster the love and connection we need to respond to the grave challenges of climate change.





What is it going to cost?

We are budgeting £2m to secure a suitable centre. Is this ambitious target achievable? We think it is yes. As of early 2023 and in advance of launching *the Year of Fundraising* we have already taken great strides with nearly 40% of it now pledged or secured as a result of generous donations from individuals, sympathetic organisations and through the sale of a small property which was formally the Being Peace Cottage.

What do we need to make it happen?

The 'Year of Fundraising' commencing March 2023 promises to be a period of celebration and togetherness as a community with many ways to get involved, from giving a donation, friendly loan or gift in will, through to joining in or even creating and leading a fundraising event.

Please consider the Fundraising guides to this document or downloadable separately. It contain lots of information and ideas. Please visit www.plumvillage.uk/beingpeace to make a donation or find out more.

Dana

Generosity (dana) is an essential part of the Buddhist tradition, dating back over 2,500 years. The practice of giving voluntarily, to show appreciation and gratitude for the teachings of the Buddha, enables us to embrace others with our compassion and love. Thich Nhat Hanh spent his life serving all living beings, working tirelessly

to transform suffering, heal wounds, build communities and foster peace throughout the world. Today, we are fortunate in being able to benefit and learn from his countless generous actions; his writings and teachings, his deep scholarship and spiritual support from the worldwide Plum Village community.

By donating to the Being Peace Practice Centre, you can help to continue this deeply needed work and enable current and future generations to benefit from Thich Nhat Hanh's teaching. There is no correct sum to give - the amount depends upon your ability to give and how your heart is moved.





Five Ways to make a donation

1. Donate now (any gift you can afford)

www.plumvillage.uk/support-us to make a one off or monthly gift, remember that we are able to claim an extra 25p for every pound donated via gift aid if you tick the box.

2. Pledge a major gift

(£10,000 to £100,000 or more)

We are looking for some incredibly committed and able individuals who are in the position to help at this level. For those wanting to explore such a gift. Our fundraising target from Major Gifts is £320,000. Could you be the one of the few to make this achievable?

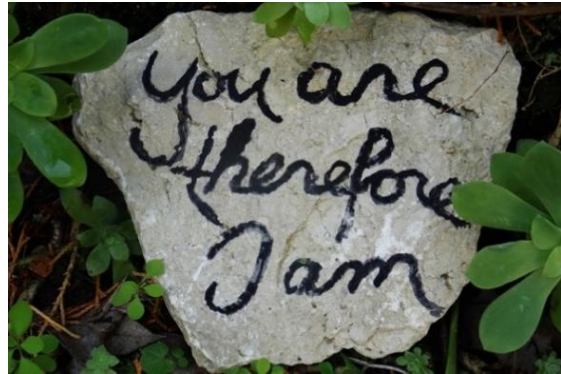
3. Pledge a friendly loan

(£25,000 to £100,000 or more)

A friendly loan is an option for supporters who can make a medium to long term contribution of their money to enable to the purchase of the Being Peace Centre but in contrast to a donation they require their money back in time. Friendly loans would be paid back over an agreed period of time utilising the income generated from centre activity such as courses and retreats.

4. Pledge a gift in your will (Legacy)

We appreciate that not everyone is able to part with a gift during their lifetime but that it might become possible through making a will. A gift like this would contribute to purchase cost and longer term activity such as paying for original purchase costs in the form loan repayments through to paying for improvements or developments at the centre, or even towards bursaries to support access to all.



"You are therefore I am" Interbeing stone, Lower Hamlet, Plum Village, Photo Credit: Monica Max West

5. Pledge something unique

We welcome the gift of people's time through volunteering, providing expertise or offerings such as auction prizes or other materials or gifts to the centre will be warmly received.

To offer or discuss a possible major gift, friendly loan, a gift in your Will or to pledge something else please contact beingpeace@plumvillage.uk.

Thank you

Plum Village UK wish to convey a deep bow of appreciation and gratitude for each and every gift or contribution.



Thich Nhat Hanh and the Plum Village Tradition

Plum Village Monastery in France is the first monastic practice centre founded by Thich Nhat Hanh in the West. It is where **Thich Nhat Hanh** developed his iconic light and gentle style of mindfulness practice that is now familiar around the world. Numerous high-profile mindfulness programs—including Google’s Search Inside Yourself course—are based on the Plum Village approach.

Plum Village Mindfulness has four key features:

Mindfulness as a way of life

While mindfulness is widely considered to be a method of stress relief, Thich Nhat Hanh has long taught that mindfulness is not a tool but a way of life. The Plum Village tradition uses **the Five Mindfulness Trainings**, a concrete expression of Buddhist teachings, to bring an ethical and spiritual dimension to decision making. Mindfulness is also applied to all aspects of life, including sitting, walking, eating, speaking, listening, emailing, and working.

Community Building

At the heart of our tradition is our approach to community. We see that applying mindfulness to our daily life is not always easy. With the support of a spiritual community (or “Sangha”), the challenge can be lightened, and it becomes possible both to transform our suffering and to cultivate

joy and happiness. We can build community in workplaces, schools, and health care environments, and together bring positive change to society.

Engaged Buddhism

Amidst the devastation of the Vietnam War, Thich Nhat Hanh and his colleagues found a way, with mindfulness, to actively help those most in need without losing their own spiritual practice. “Engaged Buddhism” was born—a practice that is engaged with the challenges of our time, and in which personal spiritual growth and service to society go hand in hand. Today, many thousands of people worldwide follow in Thich Nhat Hanh’s footsteps by practicing Engaged Buddhism.

About Plum Village UK Charity

Plum Village UK is the informal name for the The Community of Interbeing UK registered charity 1096680. We are a small yet active group of trustees and volunteers, providing that provides opportunities in the UK and further afield to develop anyone with an interest to discover and deepen their experience and knowledge of the Plum Village Practice. We run retreats with both UK teachers and Plum Village monastics, support a growing network of practice groups throughout the country,



Contact us

Email: beingpeace@plumvillage.uk
Website: <https://plumvillage.uk/beingpeace>

Follow us on social media

Instagram: @plumvillageuk
Facebook: Plum Village UK
Twitter: @plumvillageuk

Charity Information

The Being Peace Practice Centre is a project of The Community of Interbeing (Registered Charity 1096680).
The charity is commonly known as Plum Village UK.



Thich Nhat Han teaching, Plum Village, Photo Credit: Monica Max West