



BGR Joins Interfaith Task Force

By Ven. Bhikkhu Bodhi

In early July, Buddhist Global Relief received a special honor when the Center for Interfaith Action on Global Poverty (CIFA), based at the National Cathedral in Washington D.C., invited BGR executive director Kim Behan and me to join the task force of the newly formed Global Initiative for Faith, Health and Development. The task force's first mission was to prepare a "strategic framework" to facilitate cooperation between different faiths in their efforts to combat poverty and illness. The framework also aims to strengthen the ties between the faith community and non-faith sectors, including governments, secular donor groups, and private agencies. After a careful review, CIFA's leaders chose BGR as its Buddhist representative.



BGR executive director, Kim Behan (left) with Heidi Christensen, Interfaith Relations Manager, Center for Interfaith Action and Ven. Bhikkhu Bodhi

The first meeting of the task force was held at the White House on July 26 and opened with words of welcome from Rev. Joshua Dubois, head of the Office of Faith-Based and Neighborhood Partnerships under President Obama. The gathering brought together an impressive team of people from the world's major faith-based charities and secular relief bodies. There were delegates from World Vision, Catholic Relief Services, Islamic Relief USA, Africare, Oxfam, the American Jewish World Service, and the Ford Foundation. At first I felt intimidated in the presence of such veterans in global relief, but I was heartened to see that everyone showed a keen interest in learning about Buddhist perspectives on development issues.

Over the following weeks, the consulting agency, GivingWorks, prepared a draft of the framework on the basis of our proposals. The task force's second meeting took place on October 8 in New York City, in collaboration with the UN Inter-Agency Task Force on Faith-Based Organizations. Its purpose was to review and revise the draft. Kim and I kept silent during the early part of the discussion, but after most members had spoken, CIFA's executive director, Jean Duff, looked up at us and said: "I would like to hear what our members from Buddhist Global Relief have to say." Kim turned to me and said: "You speak, bhante."

I rose to my feet and, a bit apprehensive, began to speak: "One factor crucial to development that I could not see in the draft is mention of the role of women." At once half a dozen pairs of eyes lit up. I

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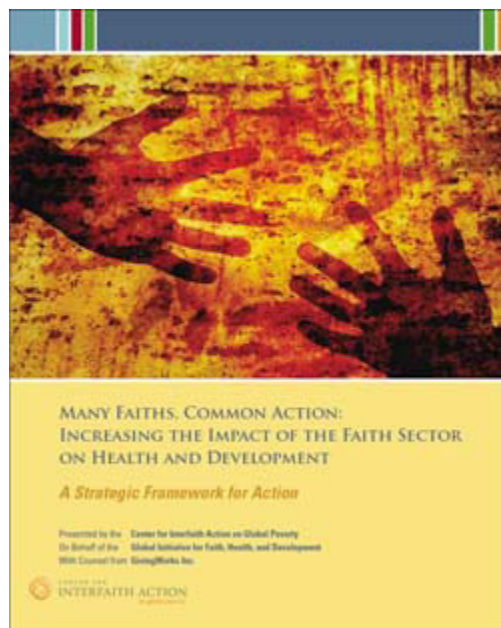
continued: “Improving the condition of women can have a major impact in the fight against poverty. It’s especially necessary to promote the education of girls; for when these girls grow up, they can contribute more effectively to their families and communities.”

I could now see heads nodding in assent. I next called attention to a difference between the Buddhist and the secular conceptions of development. I explained that while material development is certainly essential, it’s not sufficient. Development, I said, should aim at the growth of the whole person—material, social, intellectual, aesthetic, and spiritual—while also respecting the religious beliefs of the beneficiaries.

After the lunch break, representatives from UNESCO, UNICEF, UNAIDS, UNDP, WHO, and the UN Alliance of Civilizations each gave short talks. One theme that emerged from this panel was the new recognition of the positive contributions that culture and religion can make to development. In past years, the speakers said, this topic was regarded as unmentionable.

The third meeting of the Global Initiative Task Force took place over two days, on November 22 and 23, again in Washington. The purpose of this meeting was to release the Global Initiative’s strategic framework: *Many Faiths, Common Action, Increasing the Impact of the Faith Sector on Health and Development*. I was glad to see that the final document includes a substantial section on improving the condition of women and takes a broader view of development. The document, beautifully crafted by GivingWorks, can be [viewed online](#) on the CIFA website.

The Monday meeting was held at the National Cathedral and the Tuesday meeting at the White House. Both Kim and I were given special honors. A couple of weeks before the gathering, the CIFA executive body invited me to give the introductory talk at the leadership consultation. I spoke extemporaneously from notes, but later reconstructed the text of my talk, which is included in this issue of *Helping Hands* on page 3. In the late afternoon, an interfaith prayer service was held in the Cathedral’s sanctuary, with selected members reading from the world’s sacred scriptures. Kim was invited to read a passage from the Garland Sutra (Avatamsaka Sutra). On Tuesday, in the White House auditorium, members of the Obama Administration spoke to us about the government’s interest in assisting faith-based relief organizations.



We at BGR feel privileged to share in this worthy effort. We believe this appointment marks a significant recognition of BGR’s attempts to address the plight of the poor around the world. It also gives us the opportunity to join hands with other faith-based organizations to help uplift the marginalized sector of humanity.

To view photos of the meetings, see these albums:

[BGR at the First GIFHD Meeting - Photo Album](#)

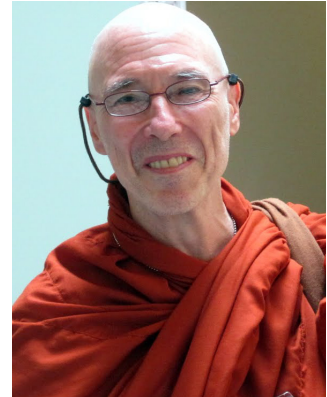
[BGR at the Second GIFHD Meeting - Photo Album](#)

[BGR at the Third GIFHD Meeting - Photo Album](#)

Let's Walk the Talk

By Ven. Bhikkhu Bodhi

Opening address at the Leadership Consultation of the Global Initiative on Faith, Health and Development, given at the Washington National Cathedral on November 22, 2010. The meeting was held to release the Global Initiative's strategic framework: "Many Faiths, Common Action: Increasing the Impact of the Faith Sector on Health and Development."



As a relative novice in the field of relief work, I feel awed to be giving the talk to open this gathering, which includes many veterans far more experienced in this area than I am. In my view, the release of this document marks a major milestone in the history of the faith-based development community. The document lays out a clear framework for merging the ideals of our respective faiths into a collective call for action. It expresses our aspiration to act in unison to ameliorate the plight of people afflicted by poverty and illness, and it also describes the down-to-earth procedures we must adopt if we are to increase our impact in pursuing this goal.

I would even suggest that our joint undertaking lays the foundation for a new moral vision to guide humanity throughout the present century and even beyond. Why do I say this? I would put forth three reasons for this claim.

1. The first is that, in coming together today to affirm our collective purpose, we demonstrate that what unites us, as people of faith, is far more significant than what divides us. We discover that beneath their different belief systems, our spiritual traditions share a common set of ethical values, which we are expressing through our work as part of the Global Initiative.

There are two such values to which I would give primacy. One is compassion, which arises from the perception that other people are essentially like ourselves: equally averse to pain, equally desirous of happiness. Thus, when we see others sick and hungry, oppressed and exploited, our hearts crack open and we feel an irresistible urge to help. The other great value that we affirm is social and economic justice, a conviction that everyone is entitled to a "fair deal" in life.

When we unite a moral commitment to justice with the imperative of compassion, there arises in us a quality that I call "conscientious compassion." This is compassion driven by a fierce and unquenchable urge to rescue others from misery and oppression, even in the face of immense obstacles. Compassion opens our hearts to the grief of men and women whose lives are upended by tyranny and war; it opens our eyes to images of bodies wasted with illness, our ears to the cries of children afflicted by hunger. In our mind's eye we envisage a different kind of world where poverty and hunger are eliminated, where the sick are treated well, where violence has ended. Our sense of conscience then compels us to translate this vision into fact. Drawing upon our highest moral values, we seek to fashion a better world where justice and peace will at last prevail.

2. A second reason this process has been so important is because it has enabled us to join hands across traditional boundaries. Not only do we recognize our own ethical values in other faiths, but

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we are actually ready to partner with one another to bring relief to those who suffer.

As people of spiritual commitment we add a perspective to the idea of development that is usually neglected by relief agencies operating from a purely secular platform. Our mission is not simply to introduce more powerful technologies to cure illness and increase agricultural productivity. While it's critically important to combat malaria and AIDS, to eliminate poverty, and to feed the hungry, we should also bear in mind that the faith sector envisages human development on a wider scale. We see human well-being as multidimensional, as comprising many levels, of which material affluence is only one.

True happiness requires fulfillment of the whole person. Material security is the foundation, but above and beyond this, we require a harmonious family, a safe and clean environment, meaningful work, congenial friendships, and a vibrant community life. We need education to enrich our minds, opportunities to explore our intellectual and esthetic interests, and at the peak, a connection with the transcendent dimension we intuitively recognize and revere. To promote such a holistic and integral model of human development is a challenge to the faith community—a challenge that must be met with humility, by respecting and honoring the religious beliefs and social customs of the people we serve.

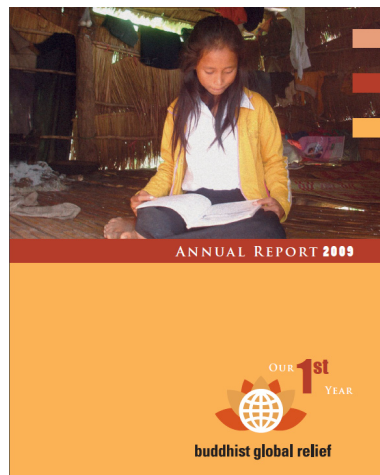
3. The third reason this process is so important is suggested by the subtitle of our document: "A Strategic Framework for Action." As these words indicate, we are not here merely to talk. This is not an exercise in interfaith dialogue, but an opportunity for interfaith action undertaken in a spirit of mutual friendship and respect.

Faith-based organizations have tremendous capacities to serve disadvantaged populations. We can inspire generosity and mobilize people to deeds of selfless service. But to make a greater impact, we need more precise methodologies and more carefully defined strategies. This document, the fruit of our collective labor, goes a long way to meet these needs. What must now be done is to put these strategies into action.

I hope that out of our discussions and presentations real partnerships will emerge. We have talked a lot since July. Let's now walk the talk. Let's begin to forge the partnerships and collaborative efforts recommended in the document. Moved by compassion and committed to social justice, let's act out of empathy for the world, for the welfare and happiness of all who might benefit from our efforts.

BGR's First Annual Report Published

October marked the publication of BGR's 2009 Annual Report, which highlights our first year in existence. The report outlines each of the projects that BGR supported in 2009, and provides details about the impact we have made during the past year. The report also includes information about our project partners, the 2009 financial statements, sections on annual support and leadership, and suggestions on how to support BGR. The 2009 Annual Report is beautifully designed, featuring color photographs that illustrate BGR's successful first year as a worldwide hunger relief charity. We look forward to another year of making a difference in the lives of our brothers and sisters throughout the world. Special thanks to Valeria Clark (graphic designer), Paul McClelland (writer), Tom Spies (BGR treasurer), and Kim Behan (BGR executive director) for their hard work on the 2009 Annual Report. Please download a PDF of the [2009 Annual Report](#) to read.



Field Report: Sri Lanka Livelihood Project

A remote village discovers the power of community

Report by Dr. Jaya Gajanayake - BGR provided a grant to Sarvodaya Women's Movement in Sri Lanka in May 2010 to implement a project entitled "Poverty Eradication through Community Livelihood Development" in the village of Kuttiyagolla and in Cobo Tea Estate in Badulla District. Here I will discuss the Kuttiyagolla project and what I found during my field visit in early July.

During an informal conversation with the project coordinators, I found that they selected Kuttiyagolla for the BGR project for several reasons: the absolute poverty of the villagers, the remoteness of the village and its distance from basic facilities, and the serious hardships faced by the children. According to the coordinators, the resilience and the positive attitudes of the villagers, who believe that sharing of their meager power within is the best way to solve their own problems, also strongly contributed to the selection of this particular village.

We then held a meeting that included over 40 beneficiaries of the project. I addressed the group and they introduced themselves one-by-one and gave their background. Sixty-five percent of the beneficiaries had selected agriculture as their income-generating activity, and the rest had selected livelihoods such as preparing and selling foods, running the school canteen, making handicrafts, and so on. The participants were then informed of the schedule for the forthcoming training. Tools for the various trades would also be supplied.

Subsequently, an open forum took place that gave beneficiaries the opportunity to express their views about the importance of the BGR project. A vital point that came up during the discussion related to an immediate and serious problem faced by the beneficiaries—the absence of drinking water. They are severely affected by this problem and have been struggling for a long time to resolve it. As one of the beneficiaries explained, "If this water problem is solved, we can live like kings and queens."

Living like "kings and queens" — a community has drinking water, thanks to BGR support

Thanks to Jaya's incredible field trip and report (of which the above is only a fraction), BGR was able to determine that the livelihood project we were funding could not work at full capacity without access to drinking water. BGR quickly provided a supplemental grant so that the communities could finish a waterline project that had been only partially funded by the government.

To view heart-warming photos of the Sri Lanka Livelihood projects go to:

[Kuttiyagolla Livelihood Project 2010 - Photo Album](#)

[Kuttiyagolla Water Project 2010 - Photo Album](#)

Dr. Jaya Gajanayake is a native of Sri Lanka and has been involved in the development of impoverished communities in Sri Lanka for more than 25 years. Over that period, she has provided direction to many national and international organizations on community empowerment strategies. The last two projects she has directed were funded by the U.S. State Department through Northern Illinois University.



Two schoolgirls enjoy the benefits of having fresh drinking water at their fingertips for the first time.

Profile: Saem Marb

In Cambodia, rice is the factor that keeps young Marb in school

Saem Marb, 14, is a seventh-grade student living in Krang Kvav village, and, thanks to BGR's grant to Lotus Outreach International (LOI), she and her family receive a generous ration of rice from LOI each month. The rice is a critical component of LOI's Girls Access to Education (GATE) program, and, without it, Marb would not be able to stay in school. Marb's father was killed by a land mine left behind after the Khmer Rouge insurgency, and her mother is a farmer and laborer, but has been unable to work regularly due to illness. The second of three children, Marb helps to support her family by working after school at a carpentry shop, where she earns less than a dollar per day. When her family's financial hardships mounted and Marb began missing school so she could work more, LOI intervened, providing a GATE scholarship to cover her school expenses, and the monthly rice support to ensure that she wouldn't have to drop out of school to help feed her family. Marb now attends school regularly and dreams of graduating from high school.



Marb and her mother, Mao, mixing powder to make fried bananas.

New Fall Projects

PORT-AU-PRINCE, HAITI

Providing 24,000 nutritious meals to impoverished children

BGR has provided a grant to a new partner, the **What If? Foundation**, which was established in 2000 to feed and educate impoverished children in Haiti. The grant will support the foundation's food program, Lamanjay, which is entirely run by Haitians, and will cover the costs of providing 4,000 nutritious meals to impoverished children each month for the first six months of 2011—a total of 24,000 meals. The Lamanjay program serves children who live in homes and in tent cities in and around the Tiplas Kazo neighborhood of Port-au-Prince, as well as families who sometimes walk miles to participate. For most of the children, the food Lamanjay provides is their only meal of the day. There is no waste in this program. Once the children are fed, the leftovers go to adults and elderly shut-ins.



Children line up for a meal that includes 3 cups of food: a portion of rice, beans, vegetables and a small piece of meat. It is most likely their only meal that day.

Helping to educate 'untouchable' children in the slums

Supplying more emergency food parcels to families in crisis

A collection of various food items, primarily grains and flours, arranged on a concrete floor. The items include: a large white bag of White Star Super Milled Meal with a red star logo; a blue and white checkered bag of Farmhouse Flour; a white bag of Golden Cloud Flour; a large red bag of SPAC Parboiled Rice; a white bag of White Sugar; a small bag of Farmhouse Flour; a small bag of Golden Cloud Flour; and a small bag of White Sugar. The bags are of various sizes and colors, and some are partially open. The background is a plain concrete floor.

These food parcels (left) address both the beneficiaries basic food and cleanliness needs. The cost averages about \$12 per week and feeds large-sized families.

NIGER, AFRICA

Providing an emergency grant to help the malnourished

In July 2010, BGR received an appeal from partner Helen Keller Institute to provide funding to help them expand their response to the acute food crisis in Niger and to strengthen long-term solutions in the most vulnerable regions. BGR responded immediately with an off-cycle emergency grant. The food crisis now afflicting Niger is the result of very poor rainfall in 2009, and has caused food insecurity affecting nearly half of the nation's population of 15 million.* BGR's grant supports community rehabilitation programs for those who are most at risk: children and pregnant and nursing women. Interventions include vitamin A, iron, folic acid, and vaccines for the moderately malnourished, and additional medical treatments and therapeutic foods for the acutely malnourished.



National prevalence of acute malnutrition (wasting, or extremely low weight for height) is at 16.7 %. One Nigerian child in four dies before reaching 5 years of age.

*April 2010 Household Food Security survey

Project Update

Improving food security for the hungry with perennial fruit in the Washington, D.C. area

In the spring of 2010, BGR provided a grant to Garden Harvest, a not-for-profit farm in Baltimore, Md., to fund the farm's Perennial Adopt-a-Plot Program to distribute organic produce to local emergency food agencies in the Washington, D.C., metropolitan area. Fresh fruit is rarely donated to agencies that feed the hungry. However, as the following table shows, perennial fruit can have a significant impact on food security over a long period of time—and at a very low cost. The table indicates, for various donation amounts, how many plants can be purchased and how much fruit they can be expected to produce each year.

Donation level	Perennial type	Fruit yield each year	Productive years
\$10	2 blackberry plants	12 lbs. ea. = 24 lbs. total	5-7 years
\$15	7 raspberry plants	6.5 lbs. ea. = 45 lbs. total	6-8 years
\$25	2 peach trees	100 lbs. ea. = 200 lbs. total	20 years
\$50	5 cherry trees	45 lbs. ea. = 175 lbs. total	40 years
\$100	8 apple trees	360 lbs. ea. = 2,460 lbs. total	60-80 years

Source: Garden Harvest

BGR Events

First walk event a big success in many ways

Recently, we asked friends of BGR, Would you be willing to walk 10,000 steps to help feed hungry people all over the world? Not surprisingly, many of you responded with an emphatic yes. It is said that it takes about 10,000 steps to walk eight kilometers (about five miles) and that is how the concept for BGR's first-ever 10,000 Steps to Help Feed the Hungry Walk Event was born in 2010.

The event was held on October 16 in South Orange, N.J., at the scenic South Mountain Reservation. Ven. Bhikkhu Bodhi led more than 50 participants on the walk along the beautiful, wooded trails of the Reservation. The group comprised BGR members, volunteers, and fundraisers, as well as several monastics.

Out-of-town supporters who couldn't travel to South Orange for the event were encouraged to "walk where you are." Several mini-walks took place in locations across the United States and as far away as the United Kingdom. Facebook fans also showed their support by joining us for a "virtual walk" on [BGR's Facebook Fan Page](#).

Thanks to the hard work and dedication of BGR's supporters, the event exceeded our fundraising target, raising more than \$22,000 for BGR's current hunger relief projects. To show our appreciation, Ven. Bhikkhu Bodhi presented the top four fundraisers with gifts during a sharing of merits ceremony immediately following the walk. Everyone who participated did a fantastic job of turning their compassion into action while enjoying a peaceful walk with a great group of people.

A special thank you to all of the volunteers and fundraisers who participated in the event. We look forward to making the 2011 walk as successful as the first.

Please see the [BGR Walk Event Photo Album](#) for more inspiring photos from this event.



◀ All walkers received these buttons.

▼ South Orange: Walkers in stride at the reservation.

▼ Neil DiBernardo, top fundraiser, accepts gifts from Ven. Bhikkhu Bodhi and Ven. Dhammadipa, abbot of Chuang Yen Monastery.



▲ San Francisco: Aloka Vihara's, Ven. Santacitta and abbot Ven. Anandabodhi (an avid BGR Facebook supporter), walk at the beach with friends.

◀ Bath, Maine: Mark Durgin, children, and family friend. They even made special t-shirts for their walk.

BGR lecture tour in San Francisco Bay area

Report by Kim Behan, BGR executive director

In late October and early November 2010, Sylvie Sun and I accompanied Ven. Bhikkhu Bodhi on a tour of the San Francisco Bay Area to promote a wider knowledge of the work of BGR. Many of the details of the tour on the California side had been arranged by Dr. Jeff Hardin, whom we now call our “California representative.” We left New York for San Francisco on October 27. Jeff met us at the airport and took us to the places in Redwood City where we would spend our first couple of days. On our first full day in the Bay Area, bhante, Sylvie and Jeff—joined by Alan Senauke and Maia Duerr (both former directors of the Buddhist Peace Fellowship) and young Buddhist activist Katie Loncke—walked across the Golden Gate Bridge and back to Cressy Field, an invigorating exercise. This was followed by a trip to the Japanese garden in Golden Gate Park.

The first item on bhante’s teaching schedule was a full day’s program on October 30 at the Insight Meditation Center in Redwood City. IMC functions under the guidance of Gil Fronsdal, a respected meditation teacher and a member of BGR’s advisory panel. In the morning bhante gave a talk on the need for a new moral vision grounded in Buddhist ethical principles, and in the afternoon he spoke on the inner spiritual qualities that support Buddhist activism. I gave a slide show presentation on BGR’s work, after which bhante conducted a guided meditation on lovingkindness and compassion. This was followed by a panel discussion featuring Gil, Jeff, and myself, with bhante as moderator. The next day bhante gave the talk at IMC’s Sunday meditation meeting. In the evening he gave a second talk to the San Francisco Insight Meditation Community, where the primary teacher is Eugene Cash. On Tuesday evening, November 2, he spoke to the South Bay Insight Meditation Community, in Mountain View, to which he had been invited by the guiding teacher, Shaila Catherine. At these events, Sylvie and I gave presentations about BGR and spoke to the attendees about our work.

On November 3 our whole team visited the Google headquarters, also in Mountain View, where we were hosted by bhante’s friend, Chade-Meng Tan. After a tour of the Google premises and a sumptuous lunch, Bhante gave a lecture on “The Human Future and the Future of Buddhism.” The talk can be [viewed on YouTube](#). Bhante gave another talk on November 4 at the Berkeley Buddhist Monastery, and on November 5 at the Aloka Vihara in San Francisco. On Sunday, November 7, he led an all-afternoon program at Spirit Rock Meditation Center, which again consisted of a lecture, a guided meditation, a presentation on the work of BGR, and a panel discussion. This time the panel featured Ajahn Anandabodhi, Jack Kornfield, Larry Yang, and Jeff Hardin. In his talk, Jack Kornfield said that history is in the making with Ven. Bhikkhu Bodhi’s Pali translations as well as the emergence of Buddhist Global Relief as the venue for Buddhists to be more engaged in the world.

We express our sincere gratitude to all the people who hosted our meetings, organized events, provided accommodations, and gave us the opportunity to speak about the work of BGR: Rev. Heng Sure, Ajahns Anandabodhi and Santacitta, Sister Santussika, Gil Fronsdal, Jack Kornfield, Guy and Sally Armstrong, Eugene Cash and Pamela Weiss, Shaila Catherine, Paul Ries, Jeff Hardin, Chade-Meng Tan, Nipun Mehta and family, and James Baraz.



At Spirit Rock, the panel on “The Practice of Compassion.” From left: Jack Kornfield, Jeff Hardin, Ven. Bhikkhu Bodhi, Larry Yang, and Ajahn Anandabodhi.

First BGR Chinese-language event held in Flushing, New York

On the afternoon of December 4, BGR held a presentation to introduce its work to the Chinese-speaking community of the greater New York area. The presentation, titled “Helping the World with Love and Compassion,” took place at the Taiwan Center in Flushing, New York. It was organized by the fund-raising chair, Sylvie Sun, with help from other members of the Chinese community affiliated with BGR. Jason Yeh was emcee. Ven. Xi Chen, the senior Chinese monk in New York City, gave an opening greeting. The day’s program included a lecture by Professor Chun-Fang Yu on Kuan Yin Bodhisattva and a slide show on BGR by Sylvie Sun. The highlight of the day was a talk given completely in Chinese by Ven. Bhikkhu Bodhi, who also conducted a loving-kindness meditation for the group.



Chun-Fang Yu, professor of Chinese Buddhist Studies at Columbia University, speaks on Kuan Yin Bodhisattva.

Spiritual Activism

Adviser David Loy speaks about BGR to an audience of 800

Professor David Loy, an adviser to BGR, spoke about BGR and presented a slide show to about 800 people at the World Buddhist Conference held on September 25 and 26 in Kuala Lumpur, Malaysia. The theme for the program was “Living in Harmony: When Things Fall Apart.” This conference is organized by three leading Buddhist organizations in Malaysia: Buddhist Gem Fellowship, Buddhist Missionary Society Malaysia, and Young Buddhist Association of Malaysia. The selection of speakers from around the world represented all three Buddhist traditions.

Sangha Support: Sitting as compassionate action

New York Insight Meditation Center (NYI) On Saturday, September 18, a Yom Kippur retreat led by Jon Aaron, Sandra Weinberg, and Elaine Retholtz was held at the center in New York City. The center generously donated 50 percent of the dana to support BGR’s projects. We truly appreciate the continued support of Gina Sharpe, NYI’s guiding teacher, and Joseph Schmidt, its executive director.

Rocky Mountain Insight Meditation Center (RMI) In support of ending world hunger, RMI on June 13 held a daylong “meditation-a-thon” coordinated by Dr. Lucinda Green. RMI also donated 50 percent of the proceeds of its event to BGR. RMI is located in Colorado Springs, Colo.

Buddhist Chaplaincy Program UWest In February, Rev. Danny Fisher’s chaplaincy students at University of the West, Rosemead, Calif., held a memorial service for the victims of the earthquake in Haiti, and also raised funds for BGR’s efforts there. Danny Fisher has been a conscientious and tireless supporter of BGR from the beginning, making frequent posts about BGR news on his blog (<http://dannyfisher.org/>), as well as posting on BGR’s Facebook page.



New York Insight Meditation Center

Simple Ways to Get Involved

Double your donation through company matching gifts

Your employer may have a matching gift program that will double or even triple your individual contribution. Simply obtain a matching gift form from your personnel office so that it can either be processed by your employer or sent with your tax-deductible contribution to Buddhist Global Relief at the address below.

Leave a legacy to BGR

BGR welcomes bequests that will help us continue to address hunger among the world's poorest children and families. You can name BGR as the beneficiary of a fixed dollar amount or % of your estate or a charitable trust; or name us as a beneficiary on your retirement plan, passbook savings account or insurance policy. For more information contact, BGR executive director, Kim Behan at kbehan@buddhistglobalrelief.org.

Simply donate or make online or offline subscription contributions

A large number of small gifts can combine to create a mass of funds to aid those in need. One way of doing this is by making small regular donations either [online through PayPal](#) or by check or money order.

Become active through our social media platforms



Facebook Cause: Join the BGR Cause on Facebook and invite your friends — you can make a huge impact in gaining support and funding for BGR's projects! Also join the [BGR Facebook Fan Page](#) to access regular posts on BGR news, Dharma, engaged Buddhism, and world humanitarian efforts.



YouTube: Become a member of the BGR Channel and view and share our latest videos about BGR and engaged Buddhism.



Twitter: You can support BGR by following us on Twitter.



Picasa Web Albums: View our photo albums of BGR projects and events and share them with others.

Fundraise with your local group to support BGR projects

There are many ways that you and your groups can fundraise for BGR. To discuss ideas, please contact our fundraising chair, Sylvie Sun at info@buddhistglobalrelief.org.

Lend a "helping hand" to BGR

We welcome you to apply to volunteer your time and services. Please contact our volunteer coordinator, Deena Scherer at info@buddhistglobalrelief.org.

Inform others and stay informed about BGR

Share BGR information: Posted in the [Tools for Activists section](#) of the BGR website are PDFs of BGR's brochures and posters (in English and Chinese). You can use these to spread the word about BGR at your temple, Dharma center, or among your friends.

Subscribe: Readers who did not receive this newsletter emailed directly from BGR will need to [subscribe](#) to receive future issues.

helping hands newsletter

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