

Dear Brothers and Sisters, Dear Friends,

RE: SPRING 2018 JOYFULLY TOGETHER IN VIỆT NAM RETREATS

The Managing Team of the Loving Work Foundation (LWF) is happy to announce the dates for our Việt Nam Spring 2018 Retreats, and offer you a preview of the retreat itineraries. We've added some new features to both the **Loving Work Retreat, *Giving Service***, and to the **Mobile Mindfulness Retreat, *Discovering the Homeland of our Teacher***.

Since beginning our *Mobile Retreats* in 2013 and adding our *Loving Work Retreats* in 2015, we have annually attracted friends, new and old, to join us, as we practice together in the homeland of one of the greatest spiritual teachers of our time, Zen Master Thich Nhat Hanh, known to many of us as 'Thây,' our dear honored teacher.

As you might have heard, our retreats are not of the conventional variety. Yes, we support each other to practice mindfulness...throughout each day. Each day begins with early morning formal sitting, followed by Mindful Movements. We practice mindful eating, enjoying deliciously fresh and wholesome vegan meals. We sing and sometimes dance, and we share from the heart in Dharma sharing circles.

A highlight of both retreats is the opportunity to enjoy Days of Mindfulness with monastics, including the monks and nuns at Dieu Tram Nunnery and Tu Hieu Pagoda, our 'root' temple.

We move around quite a bit, especially on the Mobile Retreat, modeled after Thây's triumphant Joyfully Together tour of his homeland in 2005. Our founder, Dharma Teacher Trish Thompson, accompanied the Sangha on that 'mobile retreat.' She fell in love with the country and stayed, making Việt Nam her home.

Our *Joyfully Together* experiences are enriched by the local friendships developed and nurtured during the past 12 years of Sangha-building, first by Trish and now for the last five years, by our friends who join us on retreat. Our friends who've been with us in the past tell us that these opportunities for personal contact within the local culture are what make our retreats so very special.

“LWF Retreats are designed to support our practice of mindfulness. Traveling as a Sangha is not the ordinary tour experience. With the breath as our anchor, we can be present for each deep and joyful moment.”

~ Dharmacharya Trish Thompson

Please provide information to your Sangha and other friends regarding these retreat opportunities by forwarding this letter and posting/distributing the attached flyer.

For more details, visit our website at www.LovingWorkFoundation.org

~ **2018 VIỆT NAM RETREAT ITINERARIES** ~

LOVING WORK RETREAT

GIVING SERVICE IN VIỆT NAM

March 10 to March 25, 2018 [15 nights; 16 days]

We are planning a very special experience for you in 2018, as we remember that 2018 is the 50th anniversary of several powerful and horrific events ... the assassinations of both Dr. Martin Luther King and Robert F. Kennedy, and, specific to the American War in Việt Nam, the TET Offensive, the siege of Khe Sanh, and the Mỹ Lai Massacre, all of which greatly impacted Central Việt Nam.

Our Loving Work 2018 will highlight the enduring legacies of war. In this time of unprecedented global violence, our practice of Engaged Buddhism invites us to shine light on those legacies, as we contribute to the healing and transformation of suffering that has continued in Việt Nam long after the last bomb was dropped.

Highlights of the Loving Work Retreat:

- Two nights in Quảng Ngãi Province, south of Đà Nẵng and Hội An, near the village of Mỹ Lai. We will bear witness and offer our love and support for those who died and those who survived that terrible day in 1968, by attending solemn ceremonies honoring the 50th anniversary of the tragic Mỹ Lai Massacre.

(Each of you will be invited to bring a small meaningful item from your community of practice, or another community organization, to place on an altar, as a token of love and friendship.)

- Five nights in Hội An where we will contribute a day of light labor at the Action for the City organic farm and also visit other projects, including schools, that receive our support throughout the year;
- Five nights in Quảng Trị Province where we will plant trees in collaboration with Peace Trees Việt Nam [<http://www.peacetreesvietnam.org>] and work with children & families, organized by Project RENEW (<http://www.landmines.org.vn>). Both of these NGO's have a mission to educate and support the people affected by landmines and Agent Orange, while making the land safe from both;
- Three nights in Huế, Việt Nam's ancient capital city and home of Thầy's root temple, Từ Hiếu Pagoda. We will enjoy a Day of Mindfulness at Diệu Trâm Nunnery (immediately adjacent to Từ Hiếu Pagoda) where those who wish will have the opportunity to receive the Five Mindfulness Trainings.

Loving Work Retreat 2018 Per Person Rates:**USD1,350.00 - Twin Share****USD1,550.00 - Single Room**

FEES INCLUDE: All Accommodations, All Meals (Delicious Vegan), All Tips, All Ground Transportation and Entrance Fees, Airport Service upon arrival at Đà Nẵng International Airport and upon departure to Huế Airport.

Not Included: International Travel Costs and Travel/Medical Insurance (required), Domestic Flights to and from retreat meeting and ending points, Việt Nam Visa (approx. USD 45), Additional nights in hotels, Shopping, Laundry, a Minimum USD 400 Donation (to be raised from your friends and family), to support the work of charitable projects, with whom we partner in Việt Nam, and Dana for Practice Leaders.

Our Loving Work Retreat begins in Hội An and ends in Huế. The nearest international airport to both Hội An and Huế is DaNang; or domestic flights can be arranged (at your expense) for flights in and out of Hà Nội or HCMC.

MOBILE MINDFULNESS RETREAT***DISCOVERING THE HOMELAND OF OUR TEACHER*****April 07 - April 22, 2018****[15 nights; 16 days]**

We are making a few changes to next year's itinerary, in order to expand the amount of time we can spend in two locations that were especially enjoyed by past participants.

As in the past, we will travel by land, water and air from Sài Gòn (HCMC) in the south, up through the cities and countryside of Central Việt Nam (Đà Nẵng, Hội An, Huế) and on to Hà Nội and Hạ Long Bay in the north. We will immerse ourselves in the enchanting landscapes and unique culture and cuisine that is the homeland of our Teacher. Along the way, we will visit Buddhist monasteries, pagodas and practice communities, as well as explore historic sites and humanitarian aid projects.

Highlights of the Mobile Mindfulness Retreat:

Retreat begins with an afternoon and one night in Sài Gòn (Hồ Chí Minh City);

- Day of Mindfulness and overnight stay at Thiền Viện Trúc Lâm Trí Đức Nunnery, south of Sài Gòn;
- Three nights in Hội An, the picturesque ancient town situated beside the Thu Bồn River in Central Việt Nam. Activities will include a Day of Mindfulness at our retreat villa where all formal practice will take place, walking meditation along the river, free time in the Old Town, a visit to the Organic Farm to meet our friends at Action for the City, a visit to local primary schools, and bicycling through lush green rice paddies;

- Four nights in Huế, ancient capital of Việt Nam. Activities will include visits to pagodas, humanitarian projects, the Tombs of the Kings, and the Citadel, the former home of the royal rulers of Việt Nam. We will celebrate a Day of Mindfulness with the monastic and lay community at Diệu Trâm Nunnery, immediately adjacent to Thích Nhất Hạnh's root temple, Từ Hiếu Pagoda where those who wish can receive the Five Mindfulness Trainings.
- Four nights in Hà Nội, the charming and fascinating capital of the country where we will explore the Old Quarter, join locals in song, dance, and exercise beside Hoàn Kiếm Lake (always great fun), meet old friends in the local community, and enjoy an evening of practice with the Hà Nội Mindfulness Community.
- Two nights aboard a Dragon Boat on mystical Hạ Long Bay, and from there a day-long pilgrimage up beautiful Yên Tử Mountain, ancient site of the Hermitage of the founder of the Trúc Lâm (Bamboo Forest) lineage of Zen Buddhism in Việt Nam.

2018 Mobile Mindfulness Retreat Per Person Rates:

USD2,550.00 - Twin Share

USD2, 775.00 - Single Room

FEES INCLUDE: All Accommodations, All Meals (Delicious Vegan), All Tips, Two In-Country flights, All Ground Transportation and Entrance Fees, Airport Service from Sài Gòn International Airport and to Hà Nội International Airport

Not Included: International Travel, Medical/Travel Insurance (required), Việt Nam Visa (approx. USD45), Additional nights in hotels, Shopping, Laundry, a Minimum USD400 Donation to support the work of charitable projects, with whom we partner in Việt Nam (to be raised from your family and friends), and Dana for Practice Leaders.

Our Mobile Mindfulness Retreat begins in Sài Gòn/Ho Chi Minh City and ends in Hà Nội. For those who choose a round trip flight to one of these cities, a domestic flight can be arranged (at your expense) on whichever end of the trip it is needed.

RETREAT PRACTICE LEADERS

The Loving Work Retreat and the Mobile Mindfulness Retreat are led by Dharma Teacher Trish Thompson ~ Chan An Đình.

- The Loving Work Retreat will be co-led by Order of Interbeing Member Danna Zalinka, *True Sky of Spring*.
- The Mobile Mindfulness Retreat will be co-led by Order of Interbeing member Michael Melancon, *Chân Niệm Quang*.
- Organizing Team: Phan Khánh Linh, Loving Care of the Heart, and Trần Bé

OPTIONAL ADD-ON TREAT: Begins on the last day of each retreat!!

~ **March 25 to 29** *After the WORK RETREAT ends in Huế on March 25**

~ **April 22 to 26** *After the Mobile Retreat ends in Hà Nội on April 22*

From Hà Nội, your overnight train travels to Lào Cai Province, in extreme Northwestern Việt Nam. You will: spend three nights in simple village eco-lodging, surrounded by magnificent scenery; trek the mountain paths; explore via car or on the back of a motorbike; visit SaPa Town; Glimpse life among the Hmong, Red Dao, and Giay ethnic minority people, and return to Hà Nội via comfortable bus. Facilitated by Ms. Linh. Please request a separate Add-On Registration Form.

Add-On Per Person Rates: All-inclusive – USD375

*Note: Work Retreat Participants will need to fly from Huế to Hà Nội (USD 70-100) one way.

TWO SCHOLARSHIPS AVAILABLE FOR LWF RETREATS IN 2018:

For our 2018 retreat season we are offering a scholarship for one participant of the **Loving Work Retreat** and one participant of the **Mobile Mindfulness Retreat**.

Loving Work Retreat Scholarship

INCLUDES: *ALL* Accommodations, All Meals (vegan), All Tips, Two Domestic Tickets, Airport Service from Da Nang Airport and to Huế Airport.

NOT INCLUDED: International Travel, Medical/Travel Insurance (required), Việt Nam Visa, Additional nights in hotels, Shopping, Laundry, the Minimum USD400 Donation, and Dana for Practice Leaders.

Mobile Retreat Scholarship

INCLUDES: *ALL* Accommodations, All Meals (vegan), All Tips, Two In-Country flights, All Ground Transportation and Entrance Fees, Airport Service from Sài Gòn International Airport and to Hà Nội International Airport.

NOT INCLUDED: International Travel, Medical/Travel Insurance (required), Việt Nam Visa, Additional nights in hotels, Shopping, Laundry (Very inexpensive), the Minimum USD400 Donation, and Dana for Practice Leaders.

Registration for 2018 retreats open as of July 2017. We hope to welcome you to Việt Nam next spring! ***For more information and to register, please write to:***

lovingworkretreats@gmail.com