

**I would like to make a one-off donation to support
Dzogchen Beara.**

name:

address:

phone:

email:

I would like to donate: €

payment options:

I enclose a cheque for:

€

I have sent a bank transfer for: € date: / /

please see reverse of this form for Dzogchen Beara's bank details

please debit my: Visa, Euro, Mastercard ☐ Debit Card ☐

amount: € expiry date:

3-digit Security

card number: / /

tax relief:

*Donations of €250 and over from Irish tax payers
qualify for tax relief.
Tax relief on donations is also available for people
living in the UK. Please contact us for details.*

signed:

date:

Dzogchen Beara has offered a public programme of retreats and seminars based on the wisdom and compassion of the Tibetan Buddhist tradition, for more than 30 years.

Founded by Peter and Harriet Cornish in the 1970s, the centre became a charity in 1992, when it was offered to a trust under the spiritual direction of Sogyal Rinpoche. Our central objective is to make the Buddhist teachings available to as many people as possible.

Just one year after Dzogchen Beara became a charity, Harriet died from cancer at the age of 44. The loving care and support that Harriet received during her illness inspired the vision for the Care Centre at Dzogchen Beara, which opened in 2009.

The Care Centre is a place of rest and renewal for people living with illness or other major life challenges such as bereavement and loss. The Centre welcomes guests of all faiths and offers one-to-one support as well the opportunity to experience meditation and loving kindness practice in a supportive and caring environment.

The Care Centre is also home to the Spiritual Care Education Programme which offers accredited trainings in contemplative care and companionship to health and social care professionals and volunteers, as well as a range of public weekends addressing illness, bereavement and healing relationships.

We are open all year round and extend a warm and open-hearted welcome to all visitors. This continues to be possible because of the generosity of our donors.

Dzogchen Beara



Garranes, Allihies, Co. Cork
tel: +353 (0)27 73032
info@dzogchenbeara.org
www.dzogchenbeara.org

Dzogchen Beara is a registered charity, no. CHY9368.
We have adopted the Governance Code,
a voluntary code of good practice for charities
www.governancecode.ie

**please
return to:** Dzogchen Beara Meditation Retreat Centre,
Garranes, Allihies, Co. Cork

Friends of Dzogchen Beara

**Supporting our work to bring the
compassion and wisdom of the Buddhist
teachings to the modern world.**





Dzogchen Beara exists today thanks to friends like you.

Please help us to secure our future.

Development Fund

In recent years, with a growing body of scientific evidence and the popularity of mindfulness, increasing numbers of people are awakening to the profound benefits of meditation and compassion: Many thousands are drawn to Dzogchen Beara to experience these benefits for themselves.

Our small staff team and dedicated volunteers have expanded our programme to meet public demand and this has put new pressures on our ageing facilities.

We now urgently need:

- Accommodation for more staff and volunteers.
- Offices to replace old prefabs.
- A reception area for visitors.

The elevated location of Dzogchen Beara offers views that open the mind and heart. It also means that our buildings and gardens are exposed to the full force of the elements every year, demanding extensive maintenance and repairs.

50% of your donation will support the maintenance and development of our facilities.

Dzogchen Beara Photograph © Chinch Gryniewicz

Care Centre Bursary Fund

Individuals, families and support groups can apply for financial assistance for spiritual care breaks at the Care Centre.

The Bursary Fund has helped many people living with illness or facing life-challenging situations, to benefit from this healing and transformative experience.

25% of your donation will support the continuation of this service.

Free Spirit Programme

In harmony with our vision to share the Buddhist teachings and practices with as many people as possible, we offer a number of opportunities and supports for people on low incomes to come to Dzogchen Beara.

- In 2013 more than 5,000 people attended free daily guided meditation and Loving Kindness practices.
- Free Spirit retreats, on which participants are asked to contribute for catering only, were attended by more than 300 people.
- A Retreat Fund is available to assist people to attend our other retreats.

25% of your donation will help meet the cost of the Free Spirit programme.

Friends of Dzogchen Beara | Subscriptions

Friends can offer support by one-off donation or monthly standing order. Donations of any size are welcome.

An online newsletter will keep you informed about the work and projects that you support.

Special opportunities to participate in retreats or stay at the centre will be offered periodically to Friends.

Friends of
Dzogchen Beara

STANDING
ORDER

I would like to make a regular donation to support Dzogchen Beara.

name:
address:

phone:
email:

Bank Standing Order Instruction

€ 21 / month or more qualifies for tax relief. See overleaf for details.

to the manager of
name of bank:
branch address:

I hereby authorise you to debit my account
account number:

by the sum of: € 21 ☐ / € 108 ☐ / € 500 ☐

or another amount of my choice: € /month

in words: euro

and to credit: Dzogchen Beara C/A
Allied Irish Bank, Castletownbere, Co. Cork, Ireland
BIC: AIBKIE2D IBAN: IE57 AIBK936278 02992097

start date: / / and then on the day of each month
| until further notice in writing

signed:

date:

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