



## value; the giving of time, and money are seen as the happy, healthy individual.

We want everyone to be able to learn about meditation and Buddhism regardless of their financial circumstances.

We get some income from courses, events, room hire and rents, but these don't cover all our costs. We rely on the continuing generosity of our Community, visitors and supporters to keep the Centre and its activities alive and growing.

Much of the work in keeping the Centre running is done by volunteers; our meditation and Buddhism teachers provide their services free of charge and our paid workers only take what is needed to live simply. Whilst we

charge for some courses we run many classes and events for free. We do this because we prefer to relate on a basis of mutual generosity.

Your donations and standing orders are vital to the ongoing running of the Centre and we hope you will be inspired to give generously.

Visit: www.cambridgebuddhistcentre.com/giving for more details.







There are many ways to give as a volunteer: helping to keep the Centre clean and tidy, painting and decorating projects, answering the phones, and helping visiting school children learn about Buddhism.

All that you give supports our collective efforts to communicate the Buddha's teaching and create Sangha (spiritual community).

If you would like to help email us: info@cambridgebuddhistcentre.com or talk to a team member.

## time & energy

Order Members and Mitras leading and supporting classes do so for free. They often say that their time in the Centre is the most rewarding part of their week.

There are always opportunities for new class leaders and supporters who would like to join a class team or put on a weekend event. Supporting a class is a vital part of helping the Sangha flourish and a way of encouraging friendships between us

If you are a Mitra or Order Member and would like to be involved with classes at the Centre, please talk to one of the people leading classes.

## Giving gift of





## Making a Will

Some people find it hard to get around to writing a Will. A Will explicitly refers to the fact that you are going to die. Why spend time thinking of something so unpleasant?

A Will helps you face the reality of your death and so helps you live more fully now; it can help you

identify and support the values you live for now.

There are a number of ways to go about writing a Will. It is possible to write one yourself, however most people find it beneficial to use the services of a solicitor or a professional Will writer to help them.

Satyadasa is an Order Member in London who advises on writing a Will. He is a member of the Society of Will Writers. Visit: www.greengatewills.co.uk

Other resources: www.triratnadevelopment.org www.rememberacharity.org.uk

