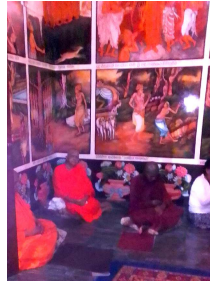


Continuing Distribution of Food during the Crisis in Sri Lanka

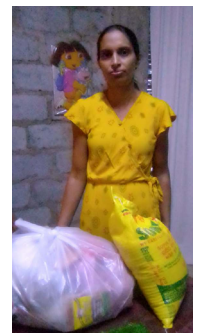


“The Buddha said: ‘If beings knew, as I know, the results of sharing gifts, they would not enjoy their use without sharing with others, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last morsel of food, they would not enjoy it, without sharing it, if there were anyone to receive it.’” Itivuttaka 26



“Generosity is giving more than you can, and pride is taking less than you need.”
Khalil Gibran,
Sand and Foam

“Among the rich you will never find a really generous man even by accident. They may give their money away, but they will never give themselves away; they are egotistic, secretive, dry as old bones. To be smart enough to get all that money you must be dull enough to want it.”
G.K. Chesterton, *A Miscellany of Men*



“When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?” Eleanor Roosevelt



“The first person who benefits from an act of charity is the benefactor himself, by seeing the changes in himself and in his manners, by finding peace, by watching a smile form on the lips of another person.”
Aaidh Ibn Abdullah Al-Qarhi



“For it is in giving that we receive.” St. Francis of Assisi

“Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”
Dalai Lama





“There is a wonderful mythical law of nature that the three things we crave most in life—happiness, freedom, and peace of mind—are always attained by giving them to someone else.”
–Peyton C. March



“Compassionate generosity is the foundation of true spiritual life because it is the practice of letting go. An act of generosity opens our body, heart and spirit and brings us closer to freedom. Each act of generosity is a recognition of our interdependence, an expression of our Buddha nature.” –Jack Kornfield in *A Path with Heart*



“A man is not a believer who fills his stomach while his neighbor is hungry.”
–Prophet Muhammad



Buddhist Relief Mission