



# Arizona Friends of Tibet:

Arizona Friends of Tibet  
Volume 5 Issue 3  
Fall 2008

Preparations are underway for our

## GIGANTIC

## Annual Yard Sale!!



New & Used Items  
Clothing & Apparel  
House wares  
Decorative Items  
Office Supplies

### Volunteer Opportunities for You:

(Setup) Friday, October 17<sup>th</sup>, 9:00 a.m. – 6:00 p.m.

(Event) Saturday, October 18<sup>th</sup>, 6:30 a.m. – 4:30 p.m.

Bring tables and/or racks to use for the sale

Please contact Mary K at

250-4006 or email: [mk85716@yahoo.com](mailto:mk85716@yahoo.com)

### Do you have items to Donate??

Warren is waiting to hear from you at 762-6707.

*“Remember, one person’s trash is another person’s treasure.”*

Come have FUN while helping us help the people of Tibet!

Presently, they are under increased pressure from the occupying Chinese.

Proceeds will directly benefit Tibetan causes.

Please bring a friend and tell a friend about this wonderful event.

**4005 E. PALOMER DRIVE IN TUCSON**  
(Broadway and Alvernon)

**LOOK FOR THE SIGNS**

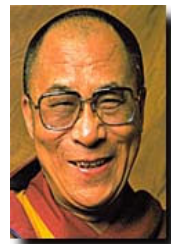
### **Our Mission Statement**

Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve the unique and endangered culture of Tibet and its ancient Buddhist traditions.

It is the purpose of Arizona Friends of Tibet to educate as many people as possible about this unique culture and civilization. In order to do this, within Arizona we promote cultural and educational activities involving Tibet and its people.

With our funds, we support projects which will alleviate the suffering of Tibetans within their own country, which has been occupied by China since 1949. We also support projects within Tibetan refugee communities in India.

*We are visitors on this planet. We are here for ninety, a hundred years at the very most. During that period we must try to do something good, something useful with our lives. Try to be at peace with yourself and help others share that peace. If you contribute to other people's happiness, you will find the true goal, the true meaning of life." ~*



The Dalai Lama

The Dalai Lama of Tibet

## The President's Corner

By Peggy Hitchcock

Dear Friends:

Happily, we can breathe a sigh of relief as our summer heat comes to an end.

I hope the fall will bring us all renewed energy and a commitment towards helping our planet survive and flourish through these difficult times. Lest we forget, we are living in the Kali Yuga, (age of conflict and patriarchy)

We have some wonderful events planned for this coming fall and winter, starting with our annual fall Yard Sale on October 18<sup>th</sup>. Please help us make this a huge success by volunteering your time and any items that you feel are saleable. Please see page one for further details on how and where to drop off items and for volunteer opportunities.

Last March, Losang Samten constructed a Chen-rizig Sand Mandala for us at the Student Union Bookstore. The response of this community was wonderful. He agreed to return to the same venue in mid February 2009 to construct a Kalachakra Mandala, which is a much larger and more complex endeavor. He will come with an assistant and together they will begin the construction on Sunday, February 15, 2009 and have the dissolution ceremony on Saturday March 14, 2009.

Losang Samten is a formal Namgyal monk, who heads Buddhist centers in Philadelphia and El Paso. He is known colloquially as the "Mandala Man." His Buddhist practice is creating sand mandalas all over the United States and Canada, which he has done for many years.

I believe that the construction of a Kalachakra Sand Mandala (or Wheel of Time mandala) in Tucson is a great blessing for our community. In order to maximize the benefits of this event, Arizona Friends of Tibet has asked James Rutke, who is a Sanskrit, and Tibetan scholar and translator, to give a course on the significance and history of the Kalachakra mandala. He will conduct this course on five successive Thursday evenings, commencing Thursday, February 12, 2009, 7:00 – 9:00 p.m. and concluding on February 11<sup>th</sup>, two days prior to the dissolution ceremony for the Kalachakra sand mandala. The course will be offered at The Pavilion, located on Old Sabino Canyon Road.

Suggested donation is \$75 for the complete

course or \$20 per session. Because of the complexity and powerful nature of this sand mandala, I highly recommend that you avail yourselves of this wonderful opportunity. If you are interested, please leave your contact information on AFoT's answering service at 520-885-6527.

Our friend, Professor Robert Thurman, graciously consented to give a talk about his new book, *Why the Dalai Lama Matters*, and to discuss the relevancy of the Kalachakra Mandala to us, on Saturday, February 14, 2009 – Valentine's Day. This is the day before the construction of the Kalachakra mandala begins. The venue has yet to be determined. It will be on the campus of the University of Arizona. We will keep you posted.

The conditions inside Tibet are increasingly difficult. The Chinese have accelerated their harassment of monks and of the population in general. Also, the tainted milk scandal in China has, of course, affected many Tibetan children. I know that economic conditions are somewhat stressful for many of us, and I would remind you that things are a lot more stressful for the Tibetan people.

In that spirit, please remember AFoT when you are considering your annual charitable donations. Everything you give directly benefits the Tibetan people.

You can make your donation by sending a check directly to Arizona Friends of Tibet, PO Box 31956, Tucson, AZ 85751, or you can visit our website <http://www.arizona-friends-of-tibet.org> and donate online.

For more information about the current situation in Tibet, please visit the International Campaign for Tibet website at <http://www.savetibet.org>.

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP via our website or by sending a check to our address. Without your continuing financial assistance, we cannot carry on our work. Thank you for your continued support and good wishes. It is extremely rewarding to know that so many of you care about this very special and endangered civilization.

DON'T FORGET THE YARD SALE – REMEMBER, ONE PERSON'S TRASH IS ANOTHER PERSON'S TREASURE.

Wishing you all a wonderful holiday season and a blessed New Year.

**Peggy Hitchcock**



### TIBETAN PHYSICIAN AVAILABLE

Dickey Nyerongsha, Doctor of Tibetan Medicine, represents the seventh generation of the Nyerongsha family of Tibetan doctors, who founded and operated a well-known medical school in Lhasa until the Chinese occupation.

Dr. Dickey visits Tucson to see patients in Tucson about three times each year. If you wish to make an appointment, please contact Mary Kay, [mk85716@yahoo.com](mailto:mk85716@yahoo.com) or 520-250-4006 or 520-885-6527.

Further information is on the web at <http://www.clavan.net/index/nyerongsha>

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### Dharma Talks: Getting Acquainted with Buddhism By Dr. Dean Pielstick

Dr. Dean Pielstick, President and teacher for Dharmakirti College in Tucson, will give monthly public dharma talks on basic concepts of Buddhism.

**3rd Thursday of each month**

**Grace St Paul Episcopal Church Bloom Education Center**

**(2331 E Adams St, Tucson, AZ)**

**6:30 to 7:30p.m.**

**October 16<sup>th</sup>** Talk 2: The Noble Eightfold Path

**November 20<sup>th</sup>** Talk 3: The Law of Karma

**December 18<sup>th</sup>** Talk 4: Who Was the Buddha and Who Is He Now?

Dean Pielstick began practicing Buddhism in the late 1960s and Tibetan Buddhism in 1998. He is an ordained Ngakpa (lay practitioner) and in October 2008 will be granted the title of Khenpo. This is a Tibetan Buddhist title given to highly accomplished practitioners and teachers comparable to a PhD in the United States. Dean is also a Professor of Management and Business Program Coordinator for Northern Arizona University in Tucson.

### SPONSORSHIP OPPORTUNITY FOR KALACHAKRA MANDALA CONSTRUCTION IN TUCSON

Last March, Losang Samten constructed a Chenrizig Sand Mandala for us at the Student Union Bookstore. He has agreed to return to the same venue in mid-February 2009 to construct a Kalachakra Mandala (or Wheel of Time mandala), a larger and more complex endeavor. He and his assistant will begin the construction on Sunday, February 15, 2009. The dissolution ceremony will be Saturday March 14, 2009.

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Bringing Losang here for the creation of the Kalachakra sand mandala will bring tremendous benefit to Tucson and to all who encounter the mandala. We are so excited to be co-sponsoring this event with the University of Arizona Bookstore. You can help make this event possible by becoming a sponsor. If you would like to send in a donation to help, please send a check to AFOT at P.O. Box 31956 Tucson, AZ 85751 and earmark it "Sand Mandala." All donations are tax deductible and this is a perfect way for all of us to share in the merit of this wonderful undertaking.

**Check out our website for CDs,  
DVDs, gift items  
Proceeds benefit Tibetan causes**  
<http://www.afot.org/>





# Arizona Friends of Tibet

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The Arizona Friends of Tibet  
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Tucson, Arizona 85751

Check these local Buddhist organizations:

Dharmakirti College  
749-4217  
[www.dharmakirti.org](http://www.dharmakirti.org)

Tucson Shambhala  
735-2740  
[www.tucson.shambhala.org](http://www.tucson.shambhala.org)

Bodhisattva Inst.  
325-2272  
[www.bodhisattvainstitute.org](http://www.bodhisattvainstitute.org)

AZ Diamond Zen Center  
572-3777

AZ Soto Zen Center  
325-3155  
[www.azszc.org](http://www.azszc.org)

Zen Desert Sangha  
235-4275  
[www.zendesertsangha.org](http://www.zendesertsangha.org)

Visit [www.afot.org](http://www.afot.org) for the latest postings of activities and events in the local Buddhist community.

*This newsletter is a seasonal publication of*  
**ARIZONA FRIENDS OF TIBET**  
*a non-profit organization dedicated to educating the public about Tibetan culture and civilization.*

We can be reached at  
P.O. Box 31956, Tucson, Arizona 85751  
(520) 885-6527 voice, (520) 751-2671 fax  
[www.afot.org](http://www.afot.org)

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