



# Arizona Friends of Tibet

Arizona Friends of Tibet  
Volume 12 Issue 2  
Summer 2017

## AFoT Awards Annual Grants to Tibetan Projects for 2017

Arizona Friends of Tibet granted \$28,000 to projects benefitting Tibetans

(See page 2 for more information)



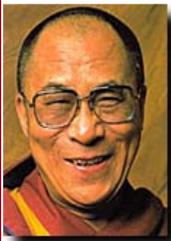
## Members to Tour Buddhist Temple

Losang Samten will lead AFoT members on October tour of Bhutanese Buddhist Temple at the University of Texas, El Paso



(See page 2 and visit our website for more information)

Learn more about Arizona Friends of Tibet events and news, visit: [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org)



The Dalai Lama

*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 of Tibet

### OUR MISSION STATEMENT

Arizona Friends of Tibet is a non-profit organization dedicated to manifesting His Holiness the Dalai Lama's vision of promoting basic human values as set forth in Tibetan culture, civilization, and ancient Buddhist traditions.

### VISION STATEMENT (VALUES)

We support His Holiness the Dalai Lama's three main commitments as follows:

- Promoting the human values of compassion, forgiveness, tolerance, contentment and self-discipline
- Working for harmony between all religions
- Preserving Tibet's Buddhist culture of peace and non-violence in the world

We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people

### GOALS AND OBJECTIVES

- We support education and health related programs benefitting Tibetans in Tibet, and Tibetan refugee communities.
- We sponsor various community events highlighting Tibetan culture including movies, lectures, teachings and sand mandalas.
- We co-sponsor visits to Tucson by His Holiness the Dalai Lama (1993 and 2005).
- We have provided initial seed funding for the nation's first formalized Center for Compassion Studies in Tucson at the University of Arizona.



## THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

I hope by now some of you have been able to escape our oppressive heat wave, and if not, that you will do so in the near future. I guess this is the price of living in our beautiful desert surroundings.

I am currently working on our schedule of events for this coming fall into next spring. On Saturday, October 21, AFoT is hosting an expedition to see a beautiful Bhutanese Buddhist Temple, situated on the campus of the University of Texas in El Paso. My friend Losang Samten, a former Buddhist monk who has constructed several Sand Mandalas for AFoT at the University of



*Two of our Board Members, Emily Vance and Connie Doner with His Holiness in San Diego.*

Arizona, will be leading the tour of the Temple. Losang also will be returning to Tucson with us to do a prayer ceremony the following morning and individual healings in the afternoon.

Given our present political climate, I feel strongly that our society can use an infusion of positive feminine energy. In that spirit, I am hoping to have a wonderful female Buddhist teacher from Colorado, Tsultrim Allione, give teachings in Tucson during the winter or spring.

As we finalize other events and teachings we will let you know. For more information on upcoming events, please visit [arizonafriendsoftibet.org](http://arizonafriendsoftibet.org).

Looking forward to seeing you all in the near future and thank you once again for your continued and generous support.

Best wishes to you all for a peaceful, relaxing, and cool summer!

Thanks,

**Peggy Hitchcock**  
President, Arizona Friends of Tibet

## AZ FRIENDS OF TIBET AWARDS \$28,000 IN GRANTS FOR 2017

Thanks to your donations and support, we are pleased to report that Arizona Friends of Tibet was able to give \$28,000 in grants to these 11 worthy educational, children's, and health programs directly benefitting our Tibetan friends. If you wish more information about any of the projects, please contact the organization.

**Dr. Dickey Nyeronsa Institute** (\$5,000), for medical care and resources to Tibetan medical clinics and elder homes.

**Himalayan Zhang Zhung Foundation** (\$4,000), for Tibetan teacher salary to educate a group of Tibetan children and provide much needed flooring for a large tent that Tibetan monks use for teaching and study.

**Drikung Namgyal Ling** (\$4,000), to help the Samten Choling Nunnery.

**AWAM Foundation** (\$4,000), for tsampa for the winter, food, heaters, and clothing for the nuns and orphans.

**Terma Foundation** (\$1,000), for maternal health aid to Tibetan communities.

**Pemako Health Clinic** (\$2,000), for Tibetan health care.

**Dharma Project** (\$2,000), for translation of an-

cient texts and saving Nyingma school texts with permission from His Holiness Penor Rinpoche.

**Phende Ling Phoenix** (\$2,000), for humanitarian works in India, helping with health care and education of the Seramey Tsangpa Khangtsen house monks and Tibetan old age home at Bylakuppe, India.

**Tibetan Nehru Memorial School** (\$2,000), The students would benefit from continued after school tutoring and the teachers will feel valued and recognized for the extra support they provide a monthly stipend of Rs. 3,200 (\$50) for four teachers for the 10-month school session would make a huge difference to the teachers.

**Tibetan Dubbing Society** (\$1,000), for dubbing at least one hour of children's (4-8 years) science animation or movies into Tibetan language.

**Tsogyal Latso Fund** (\$1,000), to obtain health care, including doctor and dental visits, glasses, and buying medicines for a small independent community of 14-16 nuns.

*For additional information, please check our website, [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org) and if you know of a project that helps Tibetans directly, please contact AFoT with the details.*



# CONGRATULATIONS

*to our Board Member*

**TENZIN SONAM**

*on Earning His PhD Degree in Science Education  
at the University of Arizona*



## COMMUNITY EVENTS

### **GARCHEN INSTITUTE (<https://garchen.net/>)**

**Tibetan Thangka Painting Class**—Our first Thangka Painting Class starting in September; dates TBA  
**Amitabha Retreat & Million Mantra Accumulation**—with Khenpo Tenzin; October 13–15; registration opens Monday, August 21 at 10 AM, MST  
**Vajrakilaya Sangdrup**—with H.E. Garchen Rinpoche and Garchen Institute Lamas; November 11–19; registration opens Monday, September 4 at 10AM, MST

### **DRIKUNG NAMGYAL LING–DRIKUNG KAGYU BUDDHIST CENTER ([www.drikungtucson.org](http://www.drikungtucson.org))**

**Ongoing weekly Ngondro practice**—Sundays; Refuge, 10AM, recitations and prostrations; Vajrasattva, 11AM, recitation, meditation, and purification. Optional pot luck lunch follows.

### **AWAM INSTITUTE (<http://www.awaminstitute.org/classes.html>)**

**Online courses** available on an open-entry basis (subject to mentor availability). Email [EmailAwam-TBI@gmail.com](mailto:EmailAwam-TBI@gmail.com) for specific availability. Tucson classes are listed in our newsletter.  
**Sunday Tibetan Buddhist Meditation Hour**—11AM–Noon, led by Khenpo Dean; includes chanting, deity practices, dharma talk, and ritual blessing. Everyone is welcome. FREE.

### **THE BODHISATTVA INSTITUTE ([www.bodhisattvainstitute.org](http://www.bodhisattvainstitute.org))**

**Lama Lodu Rinpoche** is coming to Tucson to give teachings, August 21–28.



## Arizona Friends of Tibet Membership Form

If you have not made your annual contribution to Arizona Friends of Tibet, please take a moment and do so today. Memberships and donations for Arizona Friends of Tibet are used for health and education aid for Tibetans inside Tibet and for Tibetan refugees in Asia.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### ARIZONA FRIENDS OF TIBET MEMBERSHIP ANNUAL CONTRIBUTION

- Lifetime \$1,000.00       Patron \$500.00       Associate \$100.00
- Family \$50.00       Individual \$35.00       Student \$15.00

PLEASE RETURN THIS FORM WITH YOUR DUES PAYMENT and ADDITIONAL DONATION TO:  
Arizona Friends of Tibet § P.O. Box 31956 § Tucson, AZ 85751-1956 § Phone: (520) 477-6943  
§ Fax: (520) 751-2671

OR VISIT OUR WEBSITE: <http://www.arizonafriendsoftibet.org/membership.html>  
*Arizona Friends of Tibet is an exempt organization as described in Section 501(c)(3) of the IRS Code*



# Arizona Friends of Tibet

NON-PROFIT ORG  
U.S. Postage  
**PAID**  
Tucson, Arizona  
PERMIT NO. 999

**PO Box 31956**  
**Tucson, Arizona 85751**

## LOCAL BUDDHIST ORGANIZATIONS:

**AZ Diamond Zen Center**  
520-572-3777

**AZ Soto Zen Center**  
520-325-3155

www.azszc.org

**Bodhisattva Institute**  
520-325-2272

www.bodhisattvainstitute.org

**Awam Institute**  
520-622-8460

www.AwamInstitute.org

info@AwamInstitute.org

**Dharma Treasure**  
info@dharmatreasure.com

www.dharmatreasure.com

**Drikung Namgyal Ling**  
520-465-1882

http://drikungtucson.org

**Emaho Foundation**  
480-704-4169

www.emahofoundation.org

**Garchen Institute**  
928-925-1237

www.garchen.net

**Tucson Shambhala**  
520-735-2740

www.tucson.shambhala.org

**Zen Desert Sangha**  
520-235-4275

www.zendesertsangha.org

**Upaya Sangha of Tucson**  
www.upayatucson.org

tucsonupayasangha@gmail.com

Visit [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.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*

P.O. Box 31956, Tucson, Arizona 85751  
(520) 477-6943 (520) 751-2671 fax  
[www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org)

*Affiliated with Tibet House US*

### **BOARD OF DIRECTORS**

PEGGY HITCHCOCK *President*  
GOVINDA QUISH *Treasurer*

### **BOARD MEMBERS AT LARGE**

DOUG DITTO  
CONNIE DONER  
JUDY MARGOLIS

TENZIN SONAM  
ADAM TROMBLY  
EMILY VANCE

DOUG WRIGHT

