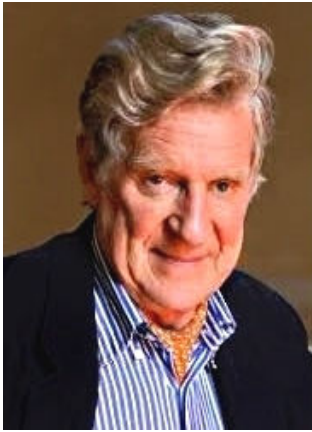




Arizona Friends of Tibet

Arizona Friends of Tibet
Volume 13 Issue 1
Spring 2018



Robert Thurman Returns to Tucson Thursday, April 26 to speak on Buddhist Ethics and the World Crisis

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

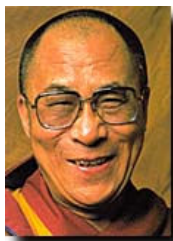
Tsultrim Allione Coming to Tucson

**AFoT Brings Lama Tsultrim Allione
to Tucson for Teachings in
Winter, 2019**

(See page 2 for more information)



**Learn more about Arizona Friends of Tibet events and news, visit
our website: www.arizonafriendsoftibet.org, and follow us on
f <https://www.facebook.com/arizonafot/>**



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:

Let me wish you all a belated happy new year! May this year bring you much peace and happiness. We are very blessed to have my friend Professor Robert Thurman giving a talk on Thursday, April 26. He is an inspiring and world-renowned speaker, the founder of Tibet House US, passionate supporter of Tibet, and a close friend of His Holiness the Dalai Lama. The title of his talk is "Buddhist Ethics and the World Crisis and How to Have Fun While Doing the Right Thing!" Please save the date and tell your friends about it, I assure you it will be an amazing evening! The talk will be held in a state of the art lecture hall, in the beautiful, new Environmental Science Building at the University of Arizona. We will hold a reception following the talk on the adjoining patio.

Arizona Friends of Tibet has some exciting upcoming events. Next fall we are hoping to show a new movie by a Tibetan director at the Loft Theatre. Then, next winter, we hope to host teachings and a lecture by Tsultrim Allione, a wonderful Tibetan Buddhist teacher. Her talk will be based on her new book titled "Wisdom Rising: A Journey into the Mandala of the Empowered Feminine", which is scheduled for publication this May. Clearly, we need more positive feminine energy in our world! We will have more information about these events on our website and in our fall newsletter.

I look forward to seeing you at Dr. Thurman's talk in April.

Thanks,

Peggy Hitchcock
President, Arizona Friends of Tibet

ROBERT THURMAN PRESENTS LECTURE IN TUCSON



Robert A.F. Thurman will give a lecture on "Buddhist Ethics and the World Crisis and How to Have Fun While Doing the Right Thing!" Thursday, April 26 at the University of Arizona Environment and Natural Resources Building, Room 120. Parking is adjacent to the venue. A reception will fol-

low the lecture.

Dr. Thurman is Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies, Department of Religion at Columbia University; President of Tibet House US; and President of the American Institute of Buddhist Studies, a non-profit, affiliated with the Center for Buddhist Studies at Columbia University, dedicated to publishing translations of important artistic and scientific treatises from the Tibetan Tengyur.

A recognized authority on religion, spirituality, Asian history, philosophy, Tibetan Buddhism,

and His Holiness the Dalai Lama, Dr. Thurman is an eloquent advocate of Buddhist teachings and their relevance in daily life. He is a riveting speaker and the author of books on Tibet, Buddhism, art, politics and culture.

For more information and to register, visit our website, www.arizonafriendsoftibet.org, or our Facebook page, www.facebook.com/arizonafot/.

TSULTRIM ALLIONE TEACHING **WINTER, 2019**

Lama Tsultrim Allione will give a teaching in Tucson on her new book, "Wisdom Rising: A Journey into the Mandala of the Empowered Feminine."

Ordained as one of the first American Buddhist nuns, Lama Tsultrim holds recognition as an incarnation of the Mother of Tibetan Buddhism and has an extraordinary perspective on female strength and enlightenment. She is founder and resident lama of Tara Mandala, located near Boulder, Colorado.



COMMUNITY EVENTS

AWAM INSTITUTE (http://www.awaminstitute.org/classes.html)

Sunday Tibetan Buddhist Meditation Hour, 11:00-Noon: led by Khenpo Dean. Everyone welcome FREE (donations to support our Meditation Center gratefully accepted).

Silent Meditation - Tuesdays, 6:00 PM: If you would like to learn basic meditation, please call us at 520-622-8460 for an appointment. FREE (donations to support our Meditation Center gratefully accepted).

Tibetan Yoga Class: Saturdays, 10AM. Adaptable to those with physical limitations. Suggested donation: \$5 per session.

Movie and Potluck Tsok—4th Friday, 6-8:30PM

Dakini Day Practice-Troma—4th Wednesday, 6-7PM

MARCH—Chotrul Duchon Puja and Tsok - Friday, March 2nd, 6PM; Part 2 of Spring Classes begin

APRIL—Vajrayogini/Vajravaraahi Practice Retreat - First Saturday, April 7, 9AM-4PM

Watch our monthly newsletter, Facebook, or go to AwamInstitute.org and click on "Explore our Meditation Practices and Events" for more information.

DRIKUNG NAMGYAL LING—DRIKUNG KAGYU BUDDHIST CENTER (www.drikungtucson.org)

Chenrezig Practice, Sunday mornings, 10-11AM

Steps on the Path to Enlightenment: Exploring the Lamrim, Sunday mornings, 11AM-Noon

White Tara Practice, Wednesday Nights, 7-8PM

Events are free. Please call or text Pati at (520) 465-1882, pati@drikungtucson.org for information.

TERGAR TUCSON (https://tergar.org/events/)

Awareness, Compassion, and Wisdom in Action Essential Teachings on the Joy of Living—Yongey Mingyur Rinpoche, June 2-6, University of St. Thomas, Saint Paul, Minnesota, USA. \$515 per person.

For questions about registering or the retreat, please contact us at: stthomas@tergar.org

GARCHEN INSTITUTE (https://garchen.net/)

Cultivating Compassion in Degenerate Times —Teachings by Venerable Master Hai Tao; March 10 and 11, 9AM-12PM and 2-5PM each day. Register: at https://garchen.net/annual-events/

Intensive Tibetan Language Course—March 5–30. Daily classes 5 days a week, study, homework and practice. Cost of this residential course is \$1050. Email the Institute at questions@garchen.net or call 928-925-1237

See https://garchen.net/annual-events/ for schedule of upcoming retreats



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: _____

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

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Phone: (520) 477-6943 • Fax: (520) 751-2671

OR VISIT OUR WEBSITE: http://www.arizonafriendsoftibet.org/membership.html

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Arizona Friends of Tibet

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Awam Institute
520-622-8460

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<http://drikungtucson.org>

Emaho Foundation
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Zen Desert Sangha
520-235-4275

www.zendesertsangha.org

Upaya Sangha of Tucson
www.upayatucson.org

tucsonupayasangha@gmail.com

Visit www.arizonafriendsoftibet.org or
www.facebook.com/arizonafot/ 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*

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