



Arizona Friends of Tibet

Arizona Friends of Tibet
Volume 10 Issue 2
Fall 2015

SAVE THE DATE

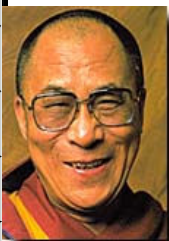
FOR A SCREENING OF THE AWARD-WINNING FILM,
BRINGING TIBET HOME
AT THE LOFT
Wednesday, November 11th



Artist Tenzing Rigdol and Bags of Tibetan Soil
(see page 2 for more information)

AFoT Awards \$25,000 in Grants to Aid Educational and Health Projects for Tibetans

(see page 3 for more information)



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 Dalai Lama's (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 that you have all enjoyed our unusually green, wet summer. I am looking forward to an exciting fall and winter season for Arizona Friends of Tibet.

Please take the opportunity to look over the grants that AFoT has been able to make, thanks in part, to your continued support.

The new University of Arizona Center for Compassion Studies is up and running. Please take the time to visit their website: <http://compassioncenter.arizona.edu/> to see how you can take advantage of this wonderful resource. As you may remember, AFoT provided the seed funding for this exceptional project.

I am delighted to announce that AFoT is sponsoring a screening of the award-winning film, *Bringing Tibet Home* at the Loft Theater on November 11th at 7:00 PM. The director, Tenzin Tsetan Choklay, will be present to give us insights into the filming process that occurred under the Chinese radar.

For more information about this movie, please go to Bringingtibethome.com.

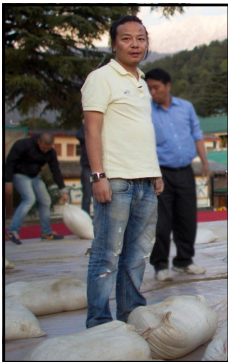
As we approach the end of the year, please consider a year-end gift to Arizona Friends of Tibet so that we may continue to bring you more events that are interesting and continue to help the Tibetan people. We are nearly finished with the redesign of our website that will enable you to renew your membership online as well as to donate additional funds. Please remember to look for an email blast in the near future announcing our website's completion.

I am looking forward to seeing you all at the Loft Theatre on November 11th. Please spread the word among your friends and family about this courageous film and the chance to meet the director.

Best wishes for a wonderful fall and a blessed holiday season.

Thank you again for your continued support.
Best wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet



MOVIE SCREENING OF "BRINGING TIBET HOME"

When a Tibetan refugee dies in exile from a terminal illness, his last wish - to set foot again on his native soil - is unfulfilled. His son, artist Tenzing Rigdol, goes on a mission to bring Tibet closer to its people by smuggling tons of Tibetan soil into India.

Director Tenzin Tsetan Choklay will answer questions after the screening.

When: Wednesday November 11, 2015 at 7PM

Where: The Loft, 3233 E Speedway Blvd., Tucson

Cost: \$12 (students \$8)

Sponsored by Arizona Friends of Tibet.

Also visit our website: www.arizonafriendsoftibet.org

COMMUNITY EVENTS

AZ Buddha Relics (azrelics@gmail.com)

Guru yoga teaching and ngondro practice led by Garchen Rinpoche's assistant Lama Abao.

January 17th - 18th

Donation: \$30. Questions: Call Diana at 480-212-6747. Schedule:

10 AM - 12 Noon Instruction and Q&A 12 Noon - 2 PM Potluck 2 PM - 5 PM Practice Session

2016 Yamantaka Drubchen

January 31-February 8, 2016

Register by emailing questions@garchen.net at 9:00 a.m. (Pacific Standard Time), **Sunday, October 11th.**

Total cost is \$375, and a NONREFUNDABLE deposit of \$175 is due at the time of registering. For details, contact Garchen Buddhist Institute, questions@garchen.net.



AFOT ANNOUNCES 2015 GRANT AWARDS

Arizona Friends of Tibet is pleased to announce the following projects chosen this year to receive grants to aid with health and education projects directly benefitting Tibetans. Grants awarded totaled \$25,000 for these nine projects.

AWAN Foundation (\$4000), for clothes and blankets for orphans, tsampa for winter food, heaters, other items for Nuns and orphans

Drinking Namgyal Ling (\$4000), to help the Samten Choling Nunnery

Himalayan Zhang Zhung Foundation (\$4000), for teacher and supplies for education of young Tibetan children in Tibet, Nepal relief effort

Nyerongsha Institute (\$3,000), for earthquake relief in Nepal bringing in trucks and supplies and providing timely direct aid to earthquake survivors in remote areas of Nepal.

Nyerongsha Institute (\$3,000), for orphanages that support the traditional Tibetan Arts and culture and language, medical clinic and aid to the elderly poor in Tibet.

Tenzin Tsetan Choklay (\$1000), for Five By Nine Films to help with the Tibetan Film, "Bringing Tibet Home."

Terma Foundation (\$2000), for maternal

health aid and other items for Tibetan communities

Tsogyal Latso Fund (\$2000), for obtaining health care, including doctor and dental visits, glasses, and buying medicines for a small independent community of 14-16 nuns.

One Global Village (\$2,000), to support Pentok Girls Fellowship Program which pays the expenses for Tibetan girls who live in remote areas to attend schools.



For additional information, please check our website, www.arizonafriendsoftibet.org and if you know of a project that helps Tibetans directly, please contact AFoT with the details.

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.

ARIZONA FRIENDS OF TIBET MEMBERSHIP ANNUAL CONTRIBUTION

Student \$15.00 **Associate** \$100.00 Name: _____

Individual \$35.00 **Patron** \$500.00 Address: _____

Family \$50.00 **Lifetime** \$1, 000.00 City, State, Zip: _____

Phone: _____

Email: _____

PLEASE RETURN THIS FORM WITH YOUR CONTRIBUTION/ADDITIONAL DONATION TO:
Arizona Friends of Tibet P.O. Box 31956 Tucson, AZ 85751-1956
Phone: 520.477-6943 Fax: 520.751.2671



Arizona Friends of Tibet

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AZ Diamond Zen Center
520-572-3777

AZ Soto Zen Center
520-325-3155

www.azszc.org

Bodhisattva Institute
520-325-2272

www.tucson.shambhala.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

www.drikungkagyutucson.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 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

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