



# Arizona Friends of Tibet

Arizona Friends of Tibet  
Volume 11 Issue 1  
Spring 2016

## **AFoT Announces 2016 Grant Awards for Health and Educational Projects in Tibet**

*(see page 3 for more information)*

## **HH Drikung Kyabgon Chetsang Rinpoche Teaches in Tucson May 21st and 22nd**

*(see page 2 for more information)*



### **POSTPONED**

## **Mandala Sand Painting Workshop and Teachings on Cultivating and Maintaining Loving Kindness and Compassion by Geshe Lobsang Tseten**

**Watch for New Date in Upcoming Eblast**

*(see page 2 for more information)*

### **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)**

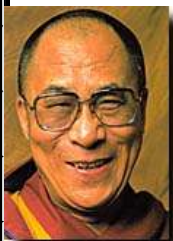
We support His Holiness the Dalai Lama's three main commitments as follows:

- 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 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*



## THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

I hope you are enjoying the most beautiful and abundant spring that I have ever experienced in Tucson. We will look back at this beautiful time of year with longing I'm sure, as the summer doldrums set in.

I am happy to say that with your help we were able, again, to donate \$25,000 to several extraordinary projects inside of Tibet. Please feel free to contact these organizations if you want more information.

We had a wonderful project planned for this

spring, a sand mandala-making workshop, which unfortunately we had to postpone to the fall due to a delay in getting Geshe Lobsang Tseten's visa. We are also planning to do our rummage sale for the first time in several years. We are also planning to auction off 12 especially nice, contemporary *Thankas*. So, as you can see, the fall will be a busy time.

Wishing you all a wonderful summer vacation and looking forward to an exciting fall season for Arizona Friends of Tibet.

Thanks,

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



## COMMUNITY EVENTS

### Drinking Namgyal Ling Opens New Center



*His Holiness  
the Drikung Kyabgon  
Chetsang Rinpoche*

Drinking Namgyal Ling is happy to announce the opening of its new Dharma Center to serve the needs of Tucson and Southern Arizona.

In conjunction with the opening, His Holiness the Drikung Kyabgon Chetsang Rinpoche will be teaching in Tucson May 21st and 22nd.

**Co-Emergent Hevajra Empowerment**  
**Saturday, May 21st, 10AM-12 PM and 2-5PM**

**Co-Emergent Hevajra Teaching**  
**Sunday, May 22, 2-5PM**

**Event Location: Four Points Sheraton** (7060 S. Tucson Blvd., Tucson AZ)

**Suggested Donation:** \$170 for the weekend, or  
\$130 for Empowerment only      \$40 for Teaching only

Space is limited

**Pre-registration is required**

To pre-register, or for more details, please go to [www.drikungtucson.org](http://www.drikungtucson.org)

We are very fortunate to have this opportunity. His Holiness is the 37<sup>th</sup> Throne Holder of the Drikung Kagyu Lineage and considered to be a manifestation of Avalokiteshvara.

Drinking Namgyal Ling Center is located at 1135 West Twin Buttes Road, Sahuarita, 20 minutes south of the Tucson International Airport. Our mission is to invite genuine, qualified, recognized spiritual teachers so that students may connect with them, and provide opportunities to study and practice together. For more information, please contact Pati at (520)465-1882 or [pati.c.stein@gmail.com](mailto:pati.c.stein@gmail.com) and please visit our website, [www.drikungtucson.org](http://www.drikungtucson.org)



**AZ FRIENDS OF TIBET ANNOUNCES 2016 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 eight projects. If you wish more information about any of the projects, please contact the organization.

**AWAN Foundation** (\$4000) for housing, school, and clinic in Kham, providing essentials for children and elders

**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** (\$5000) for orphanages that support the traditional Tibetan Arts and culture and language, medical clinic and aid to the elderly poor in Tibet.

**Pemako Health Initiative** (\$1000) for basic healthcare, reproductive, and child health services for maternal, child and family health in remote locations

**Terma Foundation** (\$2000) for maternal health aid and other items for Tibetan communities

**The Dharma Project** (\$2000) Jigme Rinpoche's project for compiling and writing new historical stories of the Nyingma schools.

**One Global Village** (\$3000) Tibetan Welcome Center in Kathmandu providing critical medical services, food, and housing for refugees escaping across the Chinese Tibetan boarder into Nepal.

*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.*



**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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## 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.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](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*

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