



Arizona Friends of Tibet

Arizona Friends of Tibet
Volume 12 Issue 1
Spring 2017

A FoT Invites You to a Free Book Reading and Signing Event

A HOME IN TIBET

by

Tsering Wangmo Dhompa



3:30 - 5:00 p.m., Saturday, March 11th
Reception at 3:30 p.m.



Refreshments, Free parking
Room 110, Education North,
1501 E. Speedway

(See page 2 and visit our website for more information
www.arizonafriendsoftibet.org/book-reading.html)

Symposium on the Value of Compassion Meditation

Featuring

Dr. Lobsang Rappagay, Dr. Charles Raison,
Dr. Chris Impey

4:00 p.m., Sunday, March 26th
U of A Student Union Building, Tucson Room

For information and to register see page 2 and visit
www.arizonafriendsoftibet.org/fundraiser-dinner.html

Funds raised support training for Cognitive Based
Compassion Training (CBCT) teachers

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)

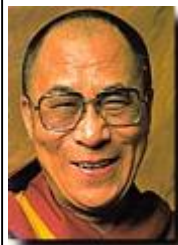
We support His Holiness the Dalai Lama's three main commitments as follows:

- 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:

It has been far too long since I have had the pleasure of communicating with you. First, I would like to thank all of you who have so generously responded to our membership campaign. It has been very rewarding to know that the tragic situation of Tibet has not been forgotten in the plethora of horrific events that have occurred over the last few months. For those of you who have not had the opportunity to participate in our membership campaign, I hope you will take a moment to fill in the membership form on the next page and renew your membership dues.

I am happy to say that we are hosting a couple of interesting events in March. First, we have a book signing and reading by a Tibetan author, Tsering Wangmo Dhompa coming up. She is presenting at the Book Fair but also will be doing a reading and book signing for us on Saturday, March 11th, 3:30-5:00 p.m., Room 110, Education North, 1501 E. Speedway Blvd. She was born and raised in exile, in India. Her book, *Coming Home to Tibet*, talks about her experience of fulfilling her mother's wish to return to Tibet and how this changed her life. I believe you will find this book extremely interesting and informative.

Second, I am very excited to say that AFoT is hosting a fundraiser to benefit The Center for Compassion Studies, at the U of A on Sunday, March 26th, 4:00 p.m., so please save the date.

This will be a symposium featuring a panel discussion with three brilliant speakers, Dr. Lob-sang Rappagay, Dr. Charles Raison, and Dr. Chris Impey, discussing the value of compassion meditation in these difficult times. We will offer delicious finger foods and refreshments. All funds raised go to support training more Cognitive Based Compassion Training (CBCT) teachers. Practicing this form of Compassion Meditation has been scientifically proven to expand the brain's capacity for experiencing compassion in all aspects of one's life. For more information about The Center or locations where CBCT is offered, please visit

<https://compassioncenter.arizona.edu/>.

Next October, we will host a trip to visit a Bhutanese Buddhist Temple at the University of Texas, in El Paso. Our friend and guide is Lob-sang Samten, a former Tibetan Monk and Ritual Dance Master for His Holiness the Dalai Lama. We will send out more information on the date for this trip later this spring.

For more about Arizona Friends of Tibet and detailed information about any of these events, please visit our website,

<http://www.arizonafriendsoftibet.org/>.

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

Thanks,

Peggy Hitchcock
President, Arizona Friends of Tibet

COMMUNITY EVENTS

Drikung Namgyal Ling Center

Ngondro practice every Sunday as follows:

• Refuge 10:00 a.m.—Recitations and prostrations; • *Vajrasattva* 11:00 a.m.—Recitation, meditation, and purification. Beginners welcome. Optional pot luck lunch follows the practice. 1135 West Twin Buttes Road, Sahuarita, AZ 85629.

Weekly Meditation Practice — 7:00 p.m. - 8:00 p.m.

Event is free and beginners are welcome. 4051 E. Paseo Grande Tucson, Arizona 85711

For more information on these events: Pati Stein 520.465.1882, www.drikungtucson.org/event/



Awam Buddhist Institute

His Eminence Jigme Lodro Rinpoche continues teachings on key texts of the *Nyingtik Yabshi*. This teaching will be on the *Khandro Yangtik*, and he will give the Vajrakilaya empowerment. March 1st-5th, Wednesday-Friday evenings, Saturday-Sunday daytime. Awam Tibetan Buddhist Institute, 3400 E. Speedway, Suite 204, Tucson (Located in the Rancho Center just east of Whole Foods)

Weekly Meditation & Yoga Opportunities—For schedule, visit www.awaminstitute.org/practices-events.html



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
Lifelong \$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

Member Interest Survey

What can Arizona Friends of Tibet do for you? Please help us plan our events by telling us where your interests lie.

- Tibetan Buddhist teachings Sand Mandala events Tibetan Bazaar (jewelry, thangkas, religious objects)
Tibetan cultural presentations Tibetan Medicine New Year (Losar) Celebration
Speakers on: Travel in Tibet Tibetan philosophy and religion
Classes on: Spoken Tibetan Written Tibetan Tibetan Buddhist meditation Tibetan Yoga
Other

Please help us in our work for Tibetans. Tell us how you can volunteer.

What are your skills, experience, and/or training?

- Public Relations Fundraising Membership Social Media
Other

How can you help?

- Serve on a committee (check your choice): Membership Events Grants for Tibetan Projects Communication/Phone Tree
Other
Serve on the Board of Directors
Work an event (check your choice): Yard Sale Lecture Film Festival Other
Help with Publicity: Facebook Website Newsletter Posters Media Contact
Fundraising
Other



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

<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 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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