



Arizona Friends of Tibet

Arizona Friends of Tibet
Volume 14 Issue 1
Winter-Spring 2019

SAVE THE DATES IN APRIL

4PM, Sunday, April 7, Tucson Country Club's Catalina Room
Free for AFoT supporters and their friends

Photographic presentation by Brent Olsen on the Sri Lanka spiritual journey led by Robert Thurman

7PM, Tuesday, April 30, University of Arizona
Free to the public

Robert Thurman lecture on the life and teachings of Tsongkhapa, 15th century Tibetan Buddhism reformer and founder of the Gelugpa monastic order

(See page 2 for more information)

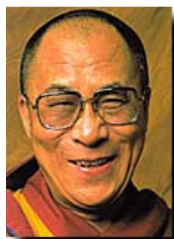
Lama Tsultrim Allione lectured to a full house in Tucson in January

The lecture and high-energy weekend retreat by the renowned Buddhist teacher were sponsored by Arizona Friends of Tibet.

Photos by: Ginger Applegarth, Khandro Noble



(Continued on page 2)



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."

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:

Looks like our wonderful winter is behind us but what a delicious snowfall we had, so unexpected and so invigorating!

Our weekend workshop with Tsultrim Allione was a great success. Her focus on bringing divine feminine energy into our lives is so very much needed in our current culture. If you attended Tsultrim Allione's weekend workshop or are otherwise familiar with her work, we have formed an ongoing meditation group to continue our practice. For more information on joining the meditation group, please contact Khandro Noble at 303-325-0515, who is a senior student of Lama Tsultrim's.

I was fortunate enough to go on a spiritual journey to Sri Lanka in mid-January. My friend, Bob Thurman was leading the group. Brent Olsen, who organized the journey for

Geographic Expeditions and who is a brilliant photographer, has agreed to do a photographic presentation of our journey for Arizona Friends of Tibet supporters. It will take place at 4PM, April 7 in the Tucson Country Club's Catalina Room. Sri Lanka is a beautiful, beautiful place with an ancient Buddhist culture, full of artifacts, caves, and temples. Please join us if you have a chance.

Good news, Bob Thurman has agreed to give a talk for us on the evening of April 30 about the life and teachings of the great Buddhist master, Tsongkhapa. Tsongkhapa was a great reformer and revitalizer of Tibetan Buddhism who lived in the 1400's. He was also the founder of the Gelugpa monastic order to which His Holiness the Dalai Lama belongs. Please save both dates! (See page 1 for details)

I am wishing you all the most glorious Spring ever! I hope to see you soon.

Peggy Hitchcock
President, Arizona Friends of Tibet

(Continued from page 1)

Lama Tsultrim, founder and resident lama of Tara Mandala in Colorado, presented a public talk to 120 participants, many of whom signed



l-r: Connie Doner, Khandro Noble, Lama Tsultrim, Peggy Hitchcock, Dana Price during the two-

day retreat energized the room and led at least one attendee to organize a practice group based on Lama Tsultrim's teaching. Participants described Lama Tsultrim as a powerful teacher who was warm and welcoming to all who attended. "The energy in

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the room could have powered the world."

Known for her ability to translate ancient Tibetan Buddhist tradition into clear, relatable, and relevant teachings, Lama Tsultrim gave the audience an extraordinary perspective on feminine wisdom and enlightenment.



COMMUNITY EVENTS

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

Rigdzin Dupa Retreat, Saturday, April 6, 9AM-4PM—"The Gathering of Vidyadharas." Practice texts provided.

Khenchen Lama, Spiritual Director, visits Tucson, May 22-27.

Weekly Meditation & Yoga Opportunities for everyone from beginners to advanced practitioners, regardless of religious or secular beliefs. Meditation classes are free (donations to support our Meditation Center gratefully accepted).

Sunday Tibetan Buddhist Meditation Hour—11:00AM - noon led by Khenpo Dean.

Tuesday Silent Meditation—6:00 PM. If you would like to learn basic meditation, please call us at (520) 622-8460 for an appointment.

Tibetan Yoga Class meets on Saturday, 10:00 AM. Led by Patrick Flint, experienced yoga practitioner and teacher. Adaptable to those with physical limitations. A book by Khenchen Lama is available for \$15. Suggested donation, \$5 per session.

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

Upcoming Classes:

Foundations of Tibetan Buddhism with Myoshin Kelley and Tim Olmsted, April - June 2019

Vajrayana Buddhism with Cortland Dahl and Antonia Sumbundu, July through August 2019

St. Paul MN Retreats —Details on tergar.org about teachings and prerequisites for retreats in Saint Paul, Minnesota, Joy of Living, June 2 - 7, Path of Liberation 1&2, June 7 - 13, Path of Liberation 3&4, June 7 - 13, Path of Liberation 5 (White Tara), June 13 - 16

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

Mahamudra Retreat Lord Jigten Sumgon Coemergent Unification— April 17 - May 16, led by Drupon Rinchen Dorje Rinpoche. Email questions@garchen.net for application. Limited Space. Cost, \$1000.

Bodhisattva Retreats—Series of 3 Retreats on the 37 Bodhisattva Practices. March 22-24, May 31-June 2, September 13-15. Led by Lopon Barbara DuBois. \$500 for 3 part series or \$180 for one retreat. Contact 928-925-1237 for information and registration.

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

Milarepa Retreat — April 13- 16th, with Drupon Thinley Ningpo



Arizona Friends of Tibet Supporter Form

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

Name: _____

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Arizona Friends of Tibet

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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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