Arizona Friends of Tibet

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)

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.
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

Drinking Namgyal Ling Opens New Center

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 37th 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 and please visit our website, [www.drikungtucson.org](http://www.drikungtucson.org)
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


**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 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.

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**ARIZONA FRIENDS OF TIBET MEMBERSHIP ANNUAL CONTRIBUTION**

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

Name: __________________________
Address: _________________________
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

PO Box 31956
Tucson, Arizona 85751

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@dhatematreasure.com
www.dhatematreasure.com
Drikung Namgyal Ling
520-465-1882
www.drikungkagyutucson.org
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480-704-4169
www.emahofoundation.org
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www.garchen.net
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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.