



Arizona Friends of Tibet

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Volume 6 Issue 1
Winter 2009

KALACHAKRA SAND MANDALA SPECIAL EVENT

Sunday, February 15th through Sunday, March 15th
University of Arizona Campus Bookstore (lower level)

Arizona Friends of Tibet joyously welcomes back Losang Samten, a former Namgyal monk and attendant to His Holiness, the Dalai Lama. Losang is internationally known for his beautiful Sand Mandala creations. A.F.O.T is co-hosting this wonderful event with the University of Arizona Bookstore.

Come have fun volunteering for A.F.O.T at the event and you will receive a FREE gift(s) and have an opportunity to meet many interesting people. As a volunteer you will have free parking the day of your shift.

This month-long endeavor offers lots of opportunities to experience Losang's work while helping the Tibetan people and learning about their unique culture. We need volunteers daily to represent Arizona Friends of Tibet and oversee its event booth.

Responsibilities include:

- ◆ **Enrolling new members and answering general information questions.**
- ◆ **Selling a limited assortment of A.F.O.T merchandise.**

Volunteer Opportunities:

(Daily Shifts including Saturday & Sunday)

- ◆ **1st shift: 11:00 a.m. - 2:00 p.m.**
- ◆ **2nd shift: 1:30 p.m. - 4:30 p.m.**

Volunteer Gifts:

As a special thank-you to our wonderful volunteers, we are giving away the following gift(s):

(In return for completing one 3-hour shift)

FREE CD – Audio talk by Robert Thurman

Plus:

FREE DVD – Featuring His Holiness The Dalai Lama during his 2005 visit to Tucson (In return for completing an additional two 3-hour shifts)

Limit two gifts per qualifying volunteer while supplies last.

SIGN UP NOW!!

Please call our volunteer coordinator Karen Kirsch.

Cell: 591-7326 E-Mail: karen.kirsch@gmail.com

We look forward to working with you all on this exciting event.

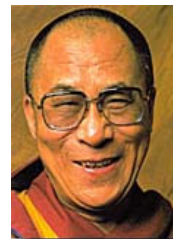
Arizona Friends of Tibet
Board of Directors

Our Mission Statement
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve the unique and endangered culture of Tibet and its ancient Buddhist traditions.

It is the purpose of Arizona Friends of Tibet to educate as many people as possible about this unique culture and civilization. In order to do this, within Arizona we promote cultural and educational activities involving Tibet and its people.

With our funds, we support projects which will alleviate the suffering of Tibetans within their own country, which has been occupied by China since 1949. We also support projects within Tibetan refugee communities in India.

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

The Dalai Lama of Tibet

The President's Corner
By Peggy Hitchcock

Dear Friends:

I wish you all a joyous and hopeful new year. I think all of us were deeply moved and heartened by the start of a new era in the U.S. governing body. At last, we have someone leading our country with a world vision. I hope that from a Buddhist point of view, we have elected a president who can help the governments of our planet realize their interconnectedness in this world economic crisis and encourage them to respond in a collaborative manner.

March 10th marks the 50th anniversary of the Tibetan uprising against the Chinese. In May we mark the 20th anniversary of the Tiananmen Square massacre. Sadly, the current situation in Tibet is more repressive than ever. Lhasa is under marshal law, which translates as curfews for all and immediate arrest for any street gatherings of even two or three people. In the throes of our own economic upheaval, the plight of Tibet has been all but forgotten. We can NOT allow this to happen! Please help us to assure that Tibet is not a forgotten cause. Please remember to renew your membership in the AFoT now. Every dollar you give is more important than ever! If you want up-to-date information on what is happening in Tibet, please log on to the Tibetan community in exile website:

www.phalyul.com.

We are looking forward to a wonderful month-long event. Losang Samten, a former Namgyal monk, will be creating a Kalachakra Sand Mandala at the University of Arizona Bookstore in the Student Union complex. We're counting on the full participation of our membership to make this event a total success. There will be several talks at the bookstore and a series of five classes given by Jim Rutke, Tibetan scholar, on the significance of the Kalachakra Mandala at The Pavilion (3705 N. Old Sabino Canyon Road). Classes will begin on Thursday, February 12th from 7:00 p.m. to 9:00 p.m. and will run for five consecutive weeks, ending March 12th. A donation of \$20 per class or \$75 for the series is requested. Please call me at 722-1956 for more information or to reserve a place. For more details about the Kalachakra Sand Mandala activities, please see the Arizona Friends of Tibet website:

www.afot.org or uofabookstores.com

There will also be a Dzogchen Kalachakra Empowerment at the Pavilion on Saturday, February 21st and Sunday, February 22nd given by Khenchen Lama Rinpoche and sponsored by Dharmakirti College. For information about the empowerment talks, contact Dharmakirti.org.

I hope to see all of you at the Kalachakra Sand Mandala event that I believe is a great blessing for our Tucson community.

Best wishes,

Peggy Hitchcock



VIEW NEW TIBET AND POSTAL HISTORY BOOKS IN TUCSON

About two years ago, AFoT partnered with the Postal History Foundation (PHF) in Tucson for a Tibetan photography event/fundraiser attended by a number of members. The PHF purchased a recently published two-volume set of books entitled "Tibet and Postal History & Stamps." The beautiful books are written in both English and Tibetan. Anyone interested in viewing or learning more can contact the Slusser Philatelic Library, at 520-623-6652 ext. 107 or library.phf@mindspring.com. The librarian, Charlotte Cushman, is available Monday-Friday, 8:00 a.m.-noon, or you may leave a message.

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Note:

Triratana Buddhist Temple address:
 20 N. Evelyn Ave, Tucson AZ 85710

KALACHAKRA LECTURES

Dr. James Rutke, Tibetan scholar, will give a series of lectures on the Kalachakra Mandala at The Pavilion, 3705 N. Old Sabino Canyon Road on five consecutive Thursdays beginning February 12th, 7:00 p.m.-9:00 p.m., ending March 12th (see column two above).

The *Kalachakra* (Wheel of Time) is the last of Buddha's teachings on *tantra*, the quick path of transformation into an enlightened being. In one lifetime, a practitioner can experience the unchanging bliss of an awareness that nothing ultimately exists apart from Buddha Nature. Knower and known are one. There is no longer any duality. This sacred outlook is embodied in a mandala made of colored sand.

Dr. Rutke has been a scholar and practitioner of the *Kalachakra Tantra* since 1981 when he received the teaching from His Holiness the Dalai Lama. He will be giving an introductory talk on the sand mandala and a five-week course on the mandala and the sacred outlook it represents.

UPCOMING COMMUNITY EVENTS

DRIKUNG KAGYU BUDDHIST CENTER OF TUCSON

Natural Liberation: Padmasambhava's Teachings on the Six Bardos: Teacher: Traga Rinpoche; February 6th–8th, Fridays 7:00–9:00 p.m., Saturday/Sundays 9:00 a.m.–5:00 p.m.

Event Day and Times

Fridays, January 30th & February 6th, 7:00–9:00 p.m.
Saturdays/Sundays, January 31st–February 1st and February 7th–8th, 9:00 a.m.–5:00 p.m.

Natural Liberation, Padmasambhava's Teachings on the Six Bardos provide extensive instruction on each of the six transitional processes, or *bardos*, that make up our experience in *samsara* with methods for naturally, or spontaneously, liberating from the sufferings that are inherent in each of the six realms to obtain ultimate liberation.

Tibetan New Year (Losar) Celebration: March 14th, 4:00 p.m. Join Us For Losar - Tibetan New Year

Tibetan Year 2136, *Earth Cow Year*, commences on February 25th. Due to scheduling needs, we will be celebrating Losar on March 14th. Activities will begin with a Fire Puja ritual ceremony led by Abao Lama of Garchen Buddhist Institute, followed by the hanging of prayer flags. Following the rituals, traditional Tibetan food will be served. Come and join us for Tibetan music, video, cuisine and conversation! A small donation of \$15. is requested. All profits will benefit the Drikung Namgyal Ling Building Fund. **This event is RSVP**—register by sending email to:

pati@drikungkagyutucson.org.

For more information, contact Pati Stein at 465-1882.

THE GARCHEN INSTITUTE

Annual Losar Celebration, February 25th at The Garchen Institute in Chino Valley, Arizona also celebrating the Institute's 10-year anniversary. All-day long, long life ritual for founder, His Eminence Garchen Rinpoche. Free breakfast, lunch, and dinner served to those who RSVP by 5:00 p.m., February 14th; meal reservations must be received by the deadline. Breakfast, 8:00–8:45 a.m., lunch, noon–1:00 p.m.; dinner, 5:00–6:00 p.m. Lama Chopa practice with *tsok* offering in the Temple 9:00 a.m.–noon; presentation on the history of the Institute, 1:00–2:00 p.m.

For more information, contact The Garchen Institute, 928-925-1237, questions@garchen.net, www.garchen.net, or P.O. Box 4318, Chino Valley, AZ 86323

DHARMAKIRTI EVENTS

Khenchen Lama Rinpoche Teachings

7-Line Prayer of Padmasambhava: Friday, February 20th, 7:00–9:00 p.m. at The Pavilion, suggested donation \$15;

Dzogchen Kalachakra Empowerment: Saturday–Sunday, February 21st–22nd, 9:00 a.m.–5:00 p.m. at The Pavilion, suggested donation \$35/day or \$60 for both;

Vajrakilaya Empowerment & Practice: Monday, February 23rd, 7:00–9:00 p.m., Weeks Room, Grace St. Paul's Episcopal Church, suggested donation \$15;

Yeshe Lama Empowerment, Transmission & Pointing-Out Instructions: Tuesday, February 24th, 9:00 a.m.–

Noon, in Weeks Room, Grace St. Paul's Episcopal Church, suggested donation \$15 (or \$25 with Treasury of Dharmadhatu Transmission);

Treasury of Dharmadhatu Transmission: Tuesday, February 24th, 2:00–5:00 p.m., Weeks Room, Grace St. Paul's Episcopal Church, suggested donation \$15 (or \$25 with Yeshe Lama Empowerment, transmission and pointing-out instructions);

LOSAR Celebration, Khenpo Ceremony & Three Roots Transmission: Wednesday, February 25th, 7:00–9:00 p.m., 301 N Longfellow Ave., Tucson, suggested donation \$15.

No one will be turned away from any of these events for lack of funds. **Directions:**

The Pavilion: 3601 Old N Sabino Canyon Road (just east of N Sabino Canyon off E River Road; parking is on right);

Grace St. Paul's Episcopal Church: 2331 E Adams St., Tucson AZ (4 blocks north of Speedway, 1 block west of Tucson Blvd.; parking on street or north side of the church), **Weeks Room:** Basement (entrance on NW side, use ramp or door, follow signs);

301 N Longfellow Ave., Tucson: NW Corner of Poe & Longfellow, 2 blocks south of 5th Street and 1 block east of Alvernon; parking in driveway or on street.

For details, please visit www.dharmakirti.org

THE YONGEY PEACE PREVAILS CENTER (YPPC) "Mind Meets Music" Benefit Concert starring Laurie Anderson and Lou Reed

Sunday, April 5th, 3:00 p.m. at Chandler Center for the Arts (250 N. Arizona Ave., Chandler AZ 85225)

Yongey Mingyur Rinpoche, respected Tibetan Buddhist meditation teacher and author of the best-selling book *The Joy of Living: Unlocking the Secret and Science of Meditation* will present a unique introduction on how anyone can use meditation with music to decrease stress and increase awareness, while enjoying the music itself. Also appearing, acclaimed violin and guitar duo **Lyra**, and **Shangao Cai** and the **Phoenix Chinese Art Ensemble** performing authentic Chinese music. Tickets available online, \$48, \$58, and \$68 at chandlercenter.org/performances/0409.html or the box office, (480) 782-2680.

Special Charity Packages: The charity reception package, including the concert and private reception with Mingyur Rinpoche, Ms. Anderson and Mr. Reed, begins at \$500 per person. The charity dinner package includes the concert, reception, plus a private dinner with the three special guests, begins at \$2,500 per person. A portion of each sale is tax deductible. Purchase packages through YPPC online at www.yongeypeaceconcert.org, or by contacting YPPC chairs Justin Kardish (520) 891-5522, justin@yongeypeace.org or Sincia Liu (732) 740-6786, sincial@yongeypeace.org. The concert benefits **The Yongey Peace Prevails Center**, a Phoenix-based 501(c)3 nonprofit organization, offers authentic Tibetan Buddhist meditation instruction for anyone wishing a more joyful spirit, mind and body. More information about Mingyur Rinpoche and YPPC is at www.yongeypeace.org.



Arizona Friends of Tibet

HAPPY 2136, THE YEAR OF THE EARTH COW!

NON-PROFIT ORG
U.S. Postage
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Tucson, Arizona
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The Arizona Friends of Tibet
PO Box 31956
Tucson, Arizona 85751

Check these local Buddhist organizations:

Dharmakirti College
749-4217
www.dharmakirti.org

Drikung Namgyal Ling
465-1882
www.drikungkagyutucson.org

Tucson Shambhala
735-2740
www.tucson.shambhala.org

Bodhisattva Inst.
325-2272
www.bodhisattvainstitute.org

AZ Diamond Zen Center
572-3777

AZ Soto Zen Center
325-3155
www.azszc.org

Zen Desert Sangha
235-4275
www.zendesertsangha.org

Manjushri Wisdom Center (FPMT)
971-1681
www.manjushriwisdom-fpmt.org/

Visit www.afot.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.*

We can be reached at
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(520) 885-6527 voice, (520) 751-2671 fax
www.afot.org

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