



Tibet Support Group York

www.tibetsupportgroupyork.org

www.rewalsarproject.org

SEPTEMBER 2017 NEWSLETTER

Our Next Event

in conjunction with Tibet Relief Fund

**Painting the Plateau - a unique exhibition
of regional Tibetan dress**
at the Unitarian Chapel, St. Saviourgate, York YO1 8NQ



Saturday 16th September
10am - 5pm

Sunday 17th September
1pm - 4pm



Free entry - donations very welcome

This is a rare opportunity to see paintings of clothes, jewellery and accessories from different Tibetan provinces and learn about the history behind them.

A wide range of Tibetan handicrafts will be on sale

Tibet Relief Fund will also be showcasing videos from their sponsorship projects in Nepal. These films were put together by two Nepali photographers, Sabrina and Rashik. Tibet Relief Fund staff will also be on hand and giving talks on their work throughout the two days.

October

as part of York 50+ festival

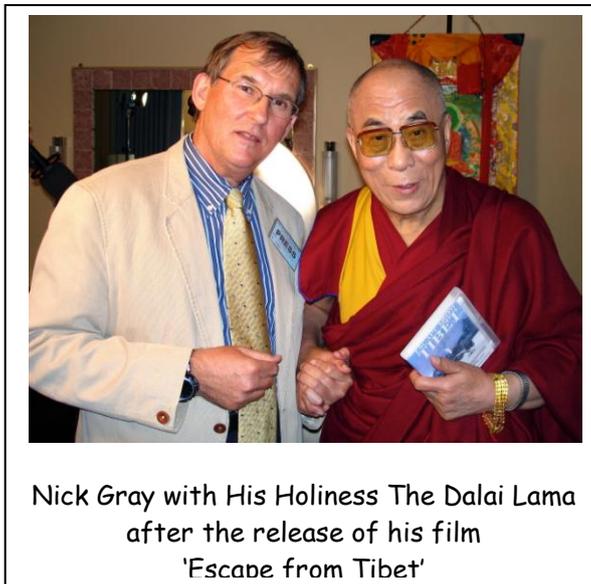
Tibet - The Mystery of Shangri - La

7pm Monday 2nd October

at the Friends Meeting House, Friargate, York YO1 9RL

Suggested donation £5/£3 concessions

All welcome - whatever your age!



A special illustrated talk by acclaimed film Director, Nick Gray

In 1995, the documentary *Escape from Tibet* made a worldwide impact. The film showed for the first time Tibetan refugees escaping from Chinese repression over the Himalayas. Two boys who featured in the film, Pasang and Tenzin, subsequently moved to the UK. In this special talk, the film's director Nick Gray talks about Tibet as portrayed in history, literature and film, his experiences making the film, and writing the subsequent book with Pasang and Tenzin. His talk includes a short slideshow of Mount Kailash, Tibet's Holy Mountain, where he followed the Buddhist pilgrimage route.

There will also be handicraft and information stalls.

November

Teachings with Lama Lhakpa Yeshe

Saturday 4th and Sunday 5th November
9-30am - 5pm

Anam Cara, Ash Lane, near Melbourne York YO42 4SZ

*How to live an ethical and peaceful life including
meditations on Mindfulness*

Cost £40 / £30 for people on low incomes

The teachings will take place in a large heated yurt set in the grounds and we hope to be able to offer car shares from York daily.

There are only a few places left so please contact Rowena (details at end of Newsletter) if you are interested in going.



Ten Tales from Tibet

Launch of Lama Lhakpa Yeshe's new book

7pm Monday 6th November

at the Friends Meeting House, Friargate, York YO1 9RL

Lama will talk about his book and how he came to write it and will select some of the Tales to read at this book launch.

You can read more about Lama's book on Amazon where you can also order a copy if you are unable to come to the book launch.

<https://www.amazon.co.uk/Ten-Tales-Tibet-Cultivating-Compassion/dp/1782405283>

Dates for 2018!!

Tree Planting weekend

23rd- 25th February

Near Hebden Bridge, West Yorkshire

Cost £25 accommodation and food included

We've teamed up with Treeresponsibility - a group which has organised tree planting for almost 20 years - to offer this weekend event. You can find out more on their website <http://www.treesresponsibility.com>

There are grave concerns for the environment in Tibet which have impacts not only within Tibet itself but globally too. Although we may be restricted in how we can influence things in Tibet we can act locally to help the environment and have an enjoyable time away together too. Do let Rowena know if you are interested (contact details at the end of the Newsletter).

Spring Retreat with Lama Lhakpa Yeshe

6th-8th April

Beamsley Project, near Bolton Abbey, West Yorkshire.

This will be a self catering residential retreat at the Beamsley project which offers good accommodation in a beautiful part of Yorkshire.

For more information about the Beamsley Project please see their website www.beamsleyproject.org

More information about the retreat itself to follow.

*Many thanks as always for your interest and support,
Dee and Rowena*

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