



# Tibet Support Group York

[www.tibetsupportgroupyork.org](http://www.tibetsupportgroupyork.org)

[www.rewalsarproject.org](http://www.rewalsarproject.org)

## JANUARY 2019 NEWSLETTER

Just before turning to new events this year a very warm thank you to all of you who supported our Christmas stalls - either as helpers or buyers (we need both!). We raised just over £800 - our best year ever!

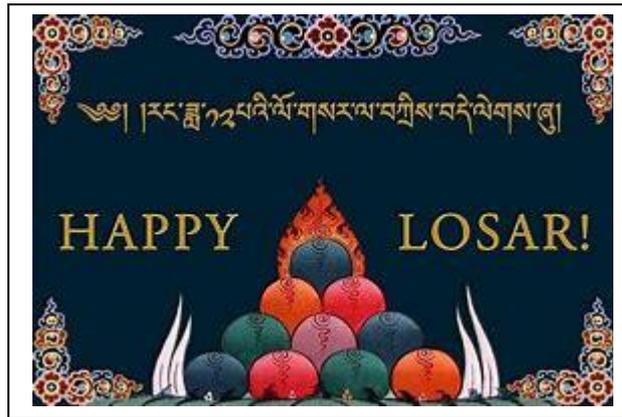
We will use this money primarily to support our work in the Tibetan refugee community in Rewalsar, Northern India where for the past five years we have been running a sponsorship programme. Through this programme we offer support to children, young people, single parent families, elderly people and monks and nuns.

You can read more about the project by following this link; <http://www.tibetsupportgroupyork.org/support.html> If you are interested in sponsorship or in generally supporting the scheme please contact Rowena (details at end of the Newsletter).



Sponsorship money being distributed to nuns who live in caves in the hillside above Rewalsar

# Events



Having just celebrated our own New Year there is now another one to celebrate - Losar, Tibetan New Year!

Losar is one of the most important holidays in Tibet. It is a time of purifying the old, welcoming in the new and celebrating with family and friends.

Tibetan Community in the North has warmly invited us to join their celebrations.

**Venue** Knottingley Town Hall Community Centre

**Address:** Hilltop, Headlands Lane, Knottingley WF11 9DG

**Date:** Saturday 9th February 2019

**Time:** 12.00pm - 8.00pm

Ticket price includes, full meal provided by Marcia's Jerk Shack, live band and children's entertainment.

**All tickets must be purchased in advance.**

**Adult - £12**      [Click Here to Buy](#)

**Concessions - £10**      [Click Here to Buy](#)

**Child Under 12 - £3**      [Click Here to Buy](#)

**Child Over 12 - £10**      [Click Here to Buy](#)

We will try to coordinate transport from York. If you need or can offer a lift please let Rowena know (contact details at end of Newsletter).

For any queries about the event please contact Chodak Hunter on 07527788746

*Organised by Jamyang Buddhist Centre Leeds*

# **Compassionate Living Retreat**

**February 15th 6:00 pm - February 17th 1:00 pm**

**Lineham Farm, Swan Lane, Eccup, Leeds LS16 8AZ**

**with Ken Lunn and David Midgley**

We live in an interdependent world and rely on each other and ourselves for our health and well-being. Being kind and compassionate to ourselves and others is essential. In this way we can significantly improve our general wellbeing, our relationships with others, and our overall happiness.

So what is compassion? At its core, it is about recognising suffering and having a wish to take action to alleviate it. Compassion sounds simple, but modern society can make it difficult to be compassionate. It is easy to be overwhelmed by the suffering in the world and our highly competitive society encourages us to judge ourselves and others harshly.

So how do we cultivate and maintain our compassion?

Drawing on contemporary compassion training and Buddhist traditions, this retreat will enable you to explore and deepen your personal understanding of compassion, and how to cultivate and maintain it in a way that is healthy for oneself and others. It will involve a mixture of meditation, discussion and teaching to help participants gain a deeper appreciation of how to manage their inner critic, to be more realistic in their personal expectations, to judge themselves less harshly, to recognise their common humanity, and to find ways to rest and recuperate from the daily rigours of life.

The retreat requires no prior knowledge or experience and welcomes those from all walks of life.

The retreat starts with a shared vegetarian dinner on Friday evening at 6pm, followed by the first session at 7pm and finishes with lunch on Sunday.

**Suggested donation: £160 pp - twin dormitory**

**The suggested donation includes all meals Friday evening to Sunday lunch-time, teachings and meditation sessions.**

For booking a place on the retreat click [here](#).

[Lineham Farm](#) is a converted farmhouse in a quiet location just outside Leeds,. There will be opportunities to relax and enjoy the quiet setting over the weekend.

For all enquiries about this retreat email [smile@jamyangleeds.co.uk](mailto:smile@jamyangleeds.co.uk)

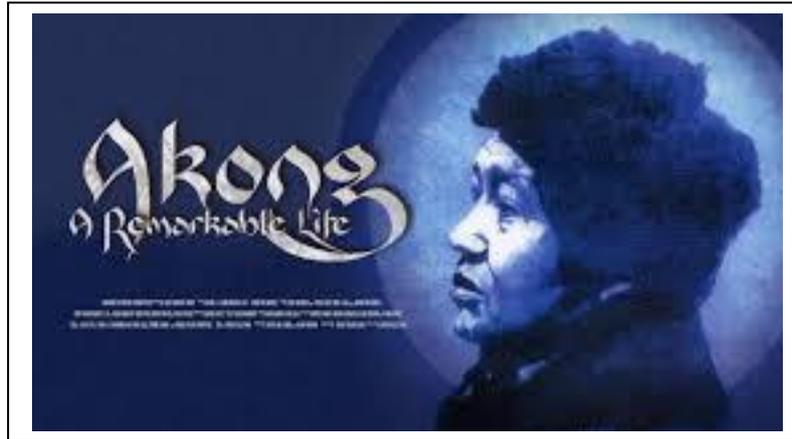
## York Buddhist Network

hosts a film show

### 'Akong: A Remarkable Life'

Sunday, 24<sup>th</sup> February 2019 at 2.30 pm

St Olave's Church Hall, Marygate Lane, York YO30 7BJ



**The film:** This recently released, 96 minute documentary describes the inspirational life of Akong Rinpoche, a reincarnate Tibetan Buddhist teacher who, after fleeing his monastery in Tibet in 1959, founded the Samye Ling Tibetan Buddhist monastery in Scotland, promoted Buddhism with emphasis on practical expression of Buddhist compassion, and launched practical humanitarian projects in Tibet, Nepal, India and Africa. For further information: <http://akong-remarkablelife.com/>

**The afternoon's programme:** After the film, there will be an opportunity for questions and discussion with Ani Tselha, a Buddhist nun from Kagyu Samye Dzong in Scarborough, one of the UK Buddhist centres founded by Akong Rinpoche. The event will be finished by 4.45 pm. Tea and biscuits will be available afterwards. There will also be a stall selling a wide range of Tibetan handicrafts.

**The venue:** St Olave's Church Hall is between Museum Gardens and the long-stay public car park next to the York to Scarborough railway line. Marygate Lane runs between Marygate and the car park. (NB this Church Hall is not next to St Olave's Church.)

**Entrance:** This event is open to everyone and is free of charge. Donations are welcome - in, say, a £3 / £5 range - for covering the event's costs, then any surplus for projects founded by Akong Rinpoche.

**Enquiries:** [yorkbuddhistnetwork@gmail.com](mailto:yorkbuddhistnetwork@gmail.com)

# Tree Planting Weekend Friday 22<sup>nd</sup> - Sunday 24<sup>th</sup> March

Near Hebden Bridge, West Yorkshire



TSGY and friends had a wonderful weekend planting trees last Spring and have teamed up again with Treeresponsibility to offer another 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 within Tibet and 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.

The cost for the weekend is £50 waged, £35 unwaged or low waged. This covers everything, including accommodation at The Tom Bell Hostel, all meals, transport to and from a railway station and to and from the hostel to the site. However, if that is too much for anyone, we would far rather you just give a donation than be excluded because of the cost.

Accommodation is in a hostel that can accommodate 30 people so there's plenty of space and you'd also be very welcome just to come for a day if that suits you better. If you would like to come please let Rowena know and say if you'd need accommodation.

## **TSGY contact details:**

c/o 151, Huntington Road, York YO31 9BP

Tel: 01904 656504

Email: [rfield151@yahoo.co.uk](mailto:rfield151@yahoo.co.uk)

Website: [www.tibetsupportgroupyork.org](http://www.tibetsupportgroupyork.org)

Facebook: [www.facebook.com/TibetSupportGroupYork/](https://www.facebook.com/TibetSupportGroupYork/)

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