



Tibet Support Group York

www.tibetsupportgroupyork.org

www.rewalsarproject.org

NEWSLETTER OCTOBER 2018

OCTOBER

Tibetan Voices **Poetry, Resistance and Human Rights**

Friday 12th October 2pm - 3pm

University of York, Centre for Applied Human Rights

6 Innovation Close, York YO10 5ZF (Training Room YH/001b)

Free entry - all very welcome

We are very fortunate that Free Tibet have been able to organise a visit to York by Tenzin Tsundue, activist, writer and poet, and Wangden Kyab who is research manager for Tibet Watch based in Dharamsala, Northern India.

Please do come if you can and hear their accounts of their inspirational work for Tibet and its people.

We're very fortunate they have been able to include York in their national tour.

"The Eight Pillars of Joy"

A talk by Don Handrick based on "The Book of Joy" by His holiness the Dalai Lama and Archbishop Desmond Tutu.

Monday 22nd October 2018

7pm - 9pm

Friends Meeting House, Friargate, York, YO1 9RL

Suggested donation £5/£3



In *The Book of Joy*, His Holiness the Dalai Lama and Archbishop Desmond Tutu discuss "true joy", which is a deeper and more dependable way of being that can be sustained and aid us through the many challenges of our lives. Here they outline the eight pillars or qualities that are needed to cultivate true joy.

This talk by Don will discuss how to incorporate these eight qualities into our daily life.

Don is the resident teacher at the Thubten Norbu Ling Buddhist Center, New Mexico that is affiliated to the Foundation for the Preservation of the Mahayana Tradition (FPMT).

If you would like more information and to receive an introduction to these ideas, please email me on rfield151@yahoo.co.uk

RESIDENTIAL RETREAT WITH LAMA LHAKPA YESHE

'The 37 Practices of a Bodhisattva'

6pm 2nd November - 4pm 4th November

at Beamsley Project, near Bolton Abbey, Wharfedale BD23 6JA.

The retreat will cost £130 (£100 concessions). For anyone living locally who wishes to attend the retreat but not stay overnight the cost will be £86 (£56 concessions). This cost includes accommodation, food and an amount towards a donation to Lama for the teachings.

The event will be catered on a voluntary basis by the retreat attendees.

There are ground floor bedrooms sleeping 2 or 4 people that have bathroom facilities close by, along with first floor bedrooms sleeping 4 that are en-suite. The centre has excellent accessible facilities, including a lift to the first floor.

Places are still available. If you would like more information, please contact Rowena, by email on rfield151@yahoo.co.uk or by phone on 01904 656504.

To book a place, please contact Rowena by email or phone or email Tracey on dharmakayatrust@gmail.com.

Please note - at the time of writing we may have to make some alterations to the arrangements for the retreat. I will keep you all updated and especially those who have already booked a place.

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

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