



Patron: Ringu Tulku Rinpoche

## Rigul Trust Newsletter 8 February 2013

100% of all donations and proceeds from sales received will go to fund Rigul Trust projects.  
100% of expenses met by volunteers.

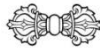
The objectives written into the Charity Commission Governing Document are: "The relief of poverty and financial hardship, the advancement of education, the advancement of religion, the relief of sickness, the preservation and protection of good health, in particular but not exclusively in Rigul, Kham, Tibet as the trustees may decide".



Dear Friends,

We would like to share some of the events, activities, successes, sorrows and highlights of Rigul, Kham, Tibet, the birthplace of Ringu Tulku Rinpoche that we encountered in 2012 through Rigul Trust.

It is with great gratitude, appreciation and heartfelt thanks that we wish to thank all of you on behalf of Ringu Tulku and the people of Rigul, Tibet, for your help, support and generous donations throughout the year. We are able to continue funding the health clinic and the school in Rigul. Funding Rigul school and health clinic is our priority, year in year out and we have been able to successfully fund these two again for 2012.



## January 9<sup>th</sup> 2012 - sudden death of Lama Riga

We received the very sad news from Rigul of the sudden death of Lama Riga who was in charge of the school.



Our Patron Ringu Tulku wrote of the sad news:

Dear all,

I have to inform you that Lama Riga who was in-charge of Rigul School passed away around 5 pm local time on 9th January 2012. He had a stroke and died suddenly.

Lama Riga was the main drive for the establishment and running of the Rigul School. He requested me to build a school when I went there in 2005 and promised me that he will do whatever needs to be done for it as long as he has life in his body. Since then he literally

single handedly (he had only one arm as he lost his right arm in an accident) built the school and ran it till now. He took all kinds of responsibilities to rebuild and run the Rigul Monastery since the monastery was allowed to be re-established. Rigul Monastery have lost a very good monk and a very responsible and dedicated person in Lama Riga. The monastery is doing the usual practices for him and all are requested to dedicate some good thoughts and prayers for this simple and dedicated monk.

Khenpo Karma Senge assured me that the monastery is committed to continue to run the school as best as they could and make it even better. Since the school was his dream project I think it would be the best tribute to him to try to make the school continue and to develop it even further. Many children have already been benefited by the school and all the people in and around Rigul appreciate and thank all who helped to build and run the school. I take this opportunity to thank all those who helped Rigul Trust in UK, Rigul Foundation in Belgium and the team led by Margaret Ford who helped to establish the school and the clinic at Rigul.

With Best wishes,  
Ringu Tulku



### **January 30<sup>th</sup> 2012 – sponsoring 15 little orphan girls**

We sent £3,541 for a year's sponsorship of fifteen little orphan girls from the Yushu earthquake in 2010 who are now living in a nunnery in Chodrak in a very remote part of Tibet, China.

This money is to cover the basic needs of these little girls for food, clothes and medicines. The money comes from a designated fund of donations received in 2010 for the survivors of the earthquake.

The little girls' parents perished in this disaster.



## **April 2012 - One Thousand Chenrezig books now in print.**

*Chenrezig - the Practice of Compassion by Ringu Tulku.*

Another 100 copies of Chenrezig books were printed making this a total of 1,000 books in print with 100% of all the proceeds from the sale of these going to fund the health clinic, school and khenpo in Rigul, Tibet.

Chenrezig books have been sent to Australia, America, Canada, Australia, France, Belgium, Finland, Norway, Denmark, Ireland, Spain, Portugal, Singapore, South Africa, Greece, Netherlands, India, Mexico and South Africa.

*100% or all the proceeds from the sale of these books will go to Rigul Trust health, education and poverty relief projects especially in Rigul, Tibet. We wish to thank the kind sponsors.*



## **May 6<sup>th</sup> 2012 - launch of Rigul Trust publication in French**

Bodhicharya France have diligently translated the English version of Chenrezig into French and Paul O'Connor has kindly formatted it exactly the same as the English version. As with the English publication this French edition is also sponsored privately allowing 100% of all the proceeds from the sale of the book to go to Rigul Trust's humanitarian projects

On the 6<sup>th</sup> May this French translation of Chenrezig went to the printers!





Rigul Trust funded the laying of underground piping for water from the river to reach the village and here is the evidence of the completed work with the children using the tap.



The children celebrating by the first piped water with the water tap in the background



Children of Rigul. Khenpo Senge distributing new books and gifts.

**May: Funds sent for the year: May 2012 to May 2013**

**The health clinic:**

One year's salary for Dr Chuga and Ani Choden, sponsorship for Karma Tsisha for medical college, the advanced running costs of the clinic

**The school:**

One year's food for 2 meals a day at school, One year's salary for five teachers and three cooks and one year's funding for school equipment.

**The monastery:**

Khenpo Zopa's salary

### **Building maintenance:**

The cost of two solar energy alternators, one for the clinic and one for the school.

The cost of building repair and maintenance for one year

**The total for the year** for all the above was over £28,000.

**The total costs for 2013 is estimated at over £32,000** as more children are attending school, food prices have risen and more teachers are being employed.



Help, service, help, advice, and donations gratefully received.

[www.rigultrust.org](http://www.rigultrust.org) click Donations



**June 6<sup>th</sup> 2012 - Sponsored Walk in Edinburgh for Rigul Trust.**

Albert and Fulmaya Harris write:

*We recently completed our walk for the Rigul Trust and the site for donating is now available. Photos of the walk are available on Facebook.*

*See <https://www.facebook.com/media/set/?set=a.4103078017514.2176422.1299884780&type=3>*

*We have already raised a considerable sum but still £400 short from reaching our goal of £2000.*



### **June 9<sup>th</sup> and 10<sup>th</sup> - 2012 Ringu Tulku teaching in Southampton**

Ringu Tulku gave a teaching on Living and Dying in Peace and with Dignity in Southampton and we are so pleased that this was given freely as a tribute to the Dharma and open to all. The cost of the venue and the international travelling expenses of Ringu Tulku were met by the generosity of private sponsors.

Donations were warmly received with the knowledge that 100% would go to Ringu Tulku's humanitarian, health, education and poverty relief projects through Rigul Trust.

At the start of his teaching, Ringu Tulku spoke about Rigul with these words:

*Thank you very much, I am very happy to see all of you again and I would like first of all to very much thank all of you who helped Rigul Trust in maintaining the help to sustain the running of the school and the clinic in Rigul, Tibet which is helping the people there in a very big way. Many of the children who have kind of passed out from this school are now either becoming monks and studying in shedra which is also in Rigul now and becoming good kind of members of the community, useful members of the monks community as well as some of them who passed through this school went to higher schools in*



*other parts of Tibet and also studying for higher education and things like that, so everybody there very greatly appreciates it and wants to thank all of you for that because in that area, actually in most areas in Tibet, when I say Tibet, greater Tibet, although this area according to the Chinese way of looking is in Sichuan state, a Tibetan area, there are no schools in a very big area or clinics in very big areas and people are generally completely illiterate, young people especially. The monasteries are more or less the only place where people can study a little bit, even now. It was like that a long time before and even after the Chinese government took over Tibet, it's still like that. So it's proving very, very useful and helpful so I would like to extend my deepest thanks and gratitude on behalf of all of them.*



Thank you to everyone who helped Rigul trust fund the building of a dining room as the children were having to eat their school meals in the open air and winters in Tibet are severe. The children here are now well established in this new dining room above.



## June 16th, 17th, 18<sup>th</sup> 2012 HH Dalai Lama teachings in Manchester

This was a great success for Rigul Trust, so many people visited the Rigul Trust stall and donated. Ringu Tulku kindly sat with us at the stall and signed his book titled the practice Chenrezig - The Practice of Compassion.



## July 22<sup>nd</sup> 2012 - Ringu Tulku talks about Rigul on Bodhicharyavatara

As part of the question and answer session (QA4Ch5) on Bodhicharyavatara, Marlou writes:

*I'd better try to follow the good examples of those who don't let themselves go with any negativity, like insinuations, complaints, accusations, etc. And remember these teachings well and apply them. Please accept the little offering for the Rigul people in Tibet in return, whereby at least a dharma friend and I can make some merit more easily. With love and prayers for your good health and long life, Marlou."*

*And Ringu Tulku responds with a description of what is happening in Rigul*

Thank you very much. Thank you very much for listening to the teachings and also for some contribution to the people in Rigul. The school and clinic in Rigul are actually doing very well. They are doing very well there. At the moment they are building toilets - the first time toilets being built for the school in Rigul. I don't know how good those toilets will be, but they are building it. And last year, they built a dining hall. So far they have been eating in the classrooms or outside, so now they have a proper dining hall and tables where they

can eat. And those people who also pass out [graduated] from the school, many have joined shedra as monks; I think about 40 of them. And many others, including the girls, many girls have gone for higher studies, higher schools, middle, secondary schools elsewhere, a little bit far. So it seems the school is very helpful. Also the clinic is being used quite a lot. Lots of people come for their checkup and for medicines. So thank you very much, you and others who have contributed and helped in these projects. As you can see, we have been now helping them for a long time. Every year, around £30,000 are needed for the school and clinic. So far we have been able to make them through your generous contributions. So hopefully, we will be able to continue. Thank you very much.



Children planting trees in Rigul



A very kind donor sent funds to Rigul Trust for the first ever toilet to be constructed in Rigul, here is work in progress and we await the photo of the toilet inside!!!



This is one of the classrooms at the school, there are four classrooms and other rooms too



**October 2012- Shannon Lui visits Rigul and sends this report:**

Shannon shares her observations and experiences about day to day life in Rigul.

*Hello Margret,*

*I made a trip to Ringu Temple in early October. It was an impressive but tough journey as it took us over two days by car for just one way trip. But it's all worth it when we finally get to see the temple, the village, the school, the teachers, the students, the doctor, and Kempo's family. I'm attaching some photos to share with you. We saw the new playground with fence at school, the repaired roof, the solar energy alternators for the teachers and doctor, and many other stuffs that were purchased or built using the fund from Rigul Trust. Kempo and the teachers/students want me to help pass their appreciation to you and everyone else who have been helping them to make all these improvements during the past years. Kempo also prays for your family and friends during various Buddhist activitieshis as well as his daily practice.*

*We know Kempo has tried his best to prepare relatively better food and living for us, but we clearly see how tough the living condition is. The weather is cold, with winter of over 6 months long. (It snowed when we were there in early Oct). People lack of a lot of basic supplies for live. Things like vegetable/fruits, clothes or even toothpaste, they will have to buy from a town that is 3 hours driving distance. To purchase school furniture, books, and other important stuff, Kempo will have to travel 2 to 3 days to ChengDu city, then arrange trucks to carry back. The cost of trucks is quite expensive due to the long distance and bad road condition, (RMB 5000 to 7000).*

*The kids were happily taking the school meals and smile to us all time, when taking photos for them. They are really sweet kids. They practiced some Tibet dance after class and performed it in the next day to thank us for bringing them gifts, candies and school supply. Also, the village has no phone lines, even mobile phone signal is only available for a short period of time in the day time. We were out of connection most of the time there. Also, we visited the doctor and his clinic office, he is a very nice and reliable person that helping a lot of people including the neighbor villages. He travels to patient home by bike no matter in daytime or nighttime.*

*There are also a couple items that need additional fund. 1) Dr. Chuga plans to build an attached room for patients to take treatment, as currently, they can only do it in the open yard area, very cold. 2) to save medicine cost, Dr. Chuga picks and collects Tibet medicine on his own and need two kinds of machines to grind them into powder, currently, he is doing by hands, but it's very slow and hurting his hands. I saw there are a lot of medicine are getting sundried in his room, but not able to grind into powder yet. So Kempo wonders if there is any possibility to fund above two items. Please kindly advise.*

*During the one week stay, we all experienced a lot, and learned a lot. It's a beautiful and peaceful piece of land with good souls. I want to visit there again. Hope you will have a chance to come to China and get to visit Ringu village, to meet the people you've been supporting some day.*

*Meanwhile, wish you all the best! Stay warm!*

*Best Regards,*

*Shannon*



At the school

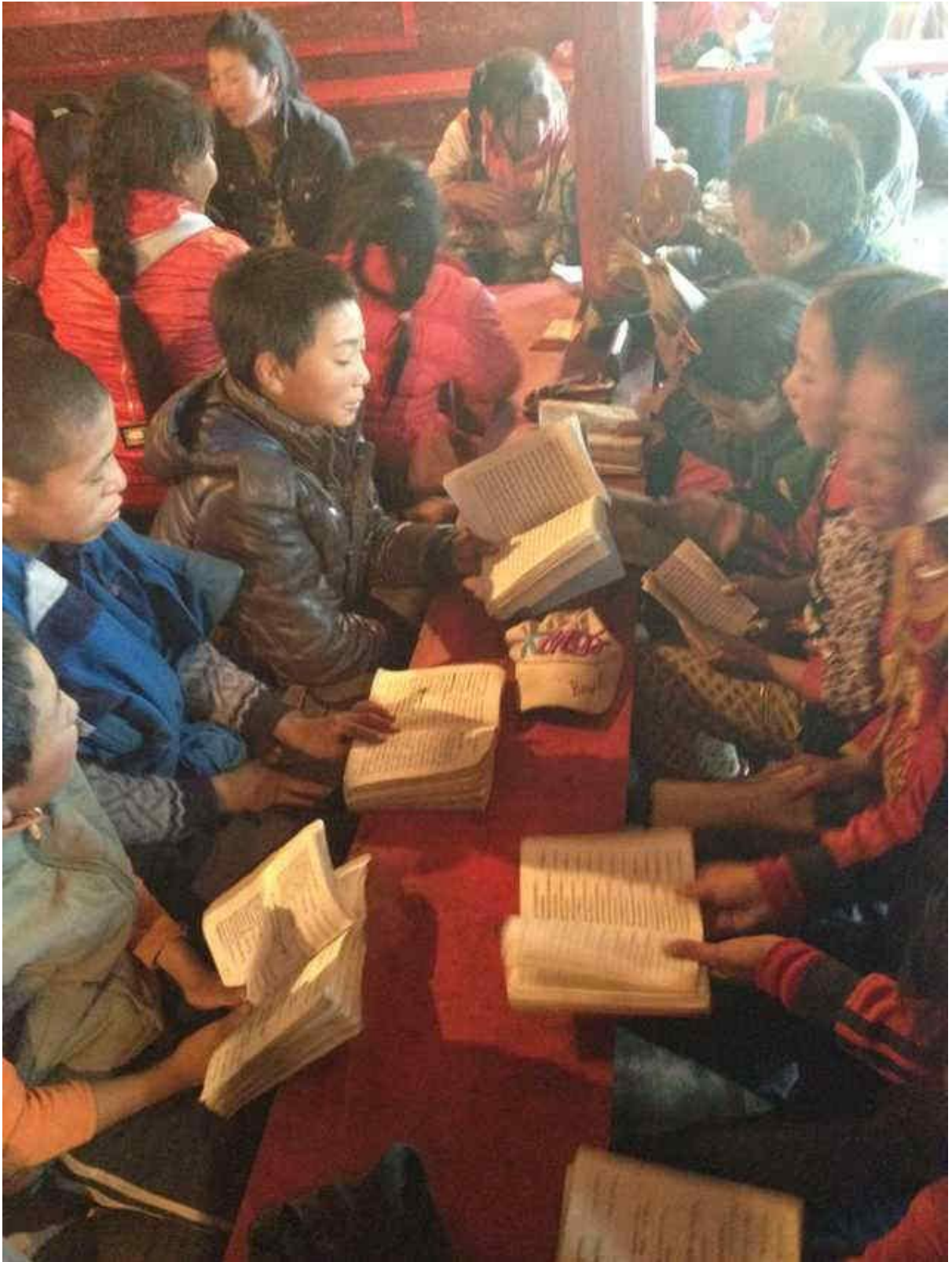
We are hoping to fund the medicine machine and finding out the cost of building a treatment room for Rigul clinic.





- Lama Tsultrim of Bodhicharya France has made a beautiful CD of mantras and prayers and offering proceeds from the sale of these CDs to go to help all these children above, the school and the clinic in Rigul. This CD, 'The Rain of Blessing', can be listened to in part and ordered from [www.rigultrust.org](http://www.rigultrust.org) click on-Shop-Dropdown menu-click on Prayer CDs





Children's reading lesson in Rigul, Tibet



## December 2012 - Clinic Christmas bazaar in Germany

Francoise from Manheim, Germany sent an offering from the proceeds of her Xmas bazaar.

*Francoise writes:*

*Our small clinic Xmas bazaar this year was again dedicated to the kids from Rigul, school and/or clinic, (what is most needed).*



**Thank you so much to all of you who have been donating regularly.**

*"We are so grateful for all of you who donate whether regularly by standing order, cheque, paypal, direct bank transfer or one off donations.*

*The donations that you so very generously offer freely to Ringu Tulku's health, education and poverty relief projects through Rigul Trust are received with gratitude and heartfelt thanks. We cannot write your names individually to thank you for privacy and data protection but you will know who you are and please know that you are among the hidden most important unsung heroes of Rigul Trust.*

*Thank you very much."*



*Offers of donations, service and advice for 2012*

- *People are asking for information to make a legacy in their Will for Rigul Trust. This means that you can still help after you have died! A path to eternity!!!!*
- *Groups kindly send offerings from time to time.*

- *Donations are welcomed by Rigul Trust, in appreciation for Ringu Tulku's teachings on Bodhicharyavatara to be located on [www.bodhicharya.org](http://www.bodhicharya.org) click on Teachings.*
- *Sue from Good wood kindly sells items on Ebay for Rigul Trust benefit.*
- *Rocana likes knitting and now knits for Rigul Trust*
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**We have regular updates of Rigul Trust news on:**

- a) Bodhicharya Communities pages, to access these please visit [www.bodhicharya.org](http://www.bodhicharya.org) click on Communities to access these updates and all the other communities.
- b) Rigul Trust blog: [www.rigultrust.wordpress.com](http://www.rigultrust.wordpress.com)
- c) Website: [www.rigultrust.org](http://www.rigultrust.org)

Please let us know if you no longer wish to receive these emails from Rigul Trust. Thank you.



*Wishing you all the very best of health, happiness and harmony for the coming year.*

*Margaret, David, Jude - Trustees of Rigul Trust and on behalf of Ringu Tulku Rinpoche and all the people in Rigul Tibet.*

*Khenpo Senge, from Rigul, prays daily for all the people that help in Rigul.*

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