



## Rigul Trust Newsletter 6 Winter 2010

Patron: Ringu Tulku Rinpoche

100% of all donations 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 have seen a year of extraordinary catastrophes bringing heart rending death and destruction in many places. We have had the privilege of being able to act as a conduit for raising awareness and funds for the Yushu earthquake on the Tibetan plateau and the Ladakh floods.

£15,000 has been donated for the Yushu earthquake and over £8,000 for the Ladakh floods.

The monks and khenpos from RinguTulku's monastery in Rigul, that went to help with the Yushu earthquake, returned with reports of many orphans and injured people.

Khenpo Rangdol has sent a comprehensive report of the Ladakh relief project that so many of us have donated for through Rigul Trust and this can be seen at:

<http://rigultrust.wordpress.com>

With such a concentration on these emergencies this has taken the focus away from our primary focus of Rigul, Kham, Tibet.

We have committed ourselves to really try and support Rigul health clinic and school year in and year out. We need all the help that we can get to help in Rigul. Life is hard and conditions are very challenging. This year we sent more money to Rigul than came into the Trust. We are dipping into our reserves, which is fine, but we try to keep some in reserve to cover emergencies and the constant high rise in costs of food and raw materials in China. We need to keep some funds in reserve to maintain sustainability for lean years too.

For the year May 2010 to May 2011 we are sending around £40,000 for the salaries of Dr Chuga, Ani Choden the nurse, the doctor's assistant, the running costs of the clinic, sixty children's education with two free, hot meals a day at school, five teachers, three cooks, funds for building a dining room (at the moment the children have to eat in the open air brrrrr in winter!) buying and laying underground water pipes to channel the water to nearer the village from the stream and one toilet to be built – the first ever!

We have had a request for funds to build a sickroom whereby patients can stay overnight as often they travel from far away and being sick it is difficult to get to the clinic and back in a day. This, we would very much like to be able to help with.

Ringu Tulku suggests some sponsoring. With Christmas and the New Year approaching we have an appeal to sponsor a child/children with an education and two hot meals a day.

We have a choice of sponsoring one or more children in the following ways:

Sponsoring one child for one year costs £200

Sponsoring one child for six months costs £100

Sponsoring one child for three months costs £50

Sponsoring one child for six weeks costs £25

The cost for the year for 60 children at £200 each is £12,000

Many children have to walk for an hour each way to school and the winters are severe.

This would be so very helpful if we can all chip in and help sponsor these children and give them a chance that we would give our own children. Rigul is so remote and communications so difficult we wouldn't be able to allocate a specific child with a name and a photo. But this I feel is even more worthwhile knowing how 'cut off' that they are from the world and in such desperate need.

Be a friend of Rigul Trust and help us reach our target funding of £12,000 for 2011 for all the children in Rigul.

We are running this appeal, set out below. Please share this with your friends, family, colleagues, forward this email, put it on blogs and please help in every way that you can. Have a fund raising activity, a coffee morning, a bring and buy, sell something on e-bay for us, a car boot sale, collect all your coppers and small silver, spend 10% less on Christmas gifts and offer this to the kiddies in Rigul – they would be so very appreciative of enough hot food and some schooling, that is a real wanted gift without the tinsel and the wrapping.

Please help the kiddies in Tibet.



A Christmas Wish and a New Year Pledge for 2011

We have a target **£12,000** for sixty children

Let's do it

Let's make it happen

Let's do it together

Bring a child an education

Bring a smile to their faces

And food in their tummies

Donate



Donating by cheque or bank transfer please see details at the end of this newsletter.

Francois Henrard pix of Rigul & click on: <http://tinyurl.com/rigul2010>



## Appreciation of Gabriela's precious gift to all the people of Rigul, Kham, Tibet.

We would like to thank Gabriela Jaensch for her kind and generous offering of this wonderful CD that she has made for the benefit of Rigul, Kham, Tibet. It is truly delightful and Gabriela has an amazing voice.



A beautiful CD of Buddhist prayers and mantras recorded by Gabriela Jaensch and Friends is now [available on Amazon UK](#).

The CD contains recordings of prayers such as Dorje Chang, E Ma Ho, Long Life Prayer for Ringu Tulku Rinpoche and also various mantras. The CD also features a poem written and recited by Ringu Tulku Rinpoche.

Dedicated to the welfare of all sentient beings, His Holiness Gyalwang Karmapa, the Bodhicharya sangha and their spiritual director, the Venerable Ringu Tulku Rinpoche.

100% of all proceeds received by Rigul Trust, from the sale of these CDs, will go to fund social, environmental and medical projects in Rigul, Kham, Eastern Tibet.

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## Donations for Rigul Children Appeal 2011

**Cheques:** made payable to Rigul Trust, and posted to the address below.

**Direct bank transfers** – please use the following:

**Co-operative bank account** in the name RIGUL TRUST

**sort code** 08 92 99      **account number** 65283969

**IBAN number** GB46 CPBK 0892 9965 2839 69      **BIC Code** CPBK GB22

**UK taxpayers** are eligible for Gift Aid. Gift aid - forms downloadable at [www.rigultrust.org](http://www.rigultrust.org) on the donate page.

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Thank you to everyone who has helped in so many ways throughout the year.

Please let us have your news, views and suggestions for our next newsletter.

Wishing everyone a very Happy Christmas and a Prosperous New Year full of joy and peace in our hearts.

Margaret Richardson and the Rigul Trust team.

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