



HIMALAYA HILFE e.V.

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Dear sponsors and friends,

Many thanks to all of you for the generous support in 2019.

For sponsorships, project donations and emergency aid, you donated a total of 282.654,00 euros last year. By now, there are 1002 regular personal and project-related donations through which you help the people in the Himalayas. Thank you so much for this! With the general-purpose donations, we can still cover the operational costs, which enable us to distribute 100% of all sponsorship funds and the appropriated donations. Thanks to everyone who gave general-purpose donations, often by organizing special campaigns such as 'donations instead of gifts' for birthdays. And, of course, many thanks to everyone who helped us with their energy – with creating the photo page, editing the annual newsletter, setting up our computer and much more.

In the last newsletter, we reported on the initiative of the students of the Ida Ehre School in Hamburg for the small primary school in Sikkim. They collected 500 euros for the **Ka-Ten-Namgyalling Elementary School in Rey/Sikkim** that were spent on sports and leisure equipment for the students. Students and teachers were very happy about the donation. One of the teachers there also has a sponsorship now. The school can only pay a small salary – approx. 80 – 100 euro/month, and such a sponsorship is a great support for the teachers, and thus also for the school.

The stupa is almost finished at the **Mindu Tempen Monastery in Rey/Sikkim**. Everything is going well with the monks there. Currently, 14 of the 43 monks have received a sponsorship. Two of the monks have left the monastery, which happens every now and then in all monasteries/monastic schools. There are different reasons for this. For example: The parents may want to have the children back at home due to getting old and not having anyone else to take care of them; sometimes it's in order to earn money, and of course some of the nuns or monks would rather start a family. In these cases, the person in charge informs us of the respective monastery change, and we then pass on this information to you. With the Tibetan Buddhist monasteries, it is not an issue when a monk or nun chooses to leave. Usually, they stay in touch with the monastery and occasionally visit the monastery, e.g. to help with upcoming events.

Of course, we will also inform you when there are changes regarding **the elderly** or if the **children/adolescents** drop out of their training or have completed it. This was the case for some sponsored children last year. We are very happy to announce that we have a fully trained dental assistant, a nurse, a flight attendant, a physiotherapist and a front desk manager of the Leela Hotel Group with us. We not only received this joyful information, but also two bags of potatoes. Last March, a kind family from Sikkim gave them to us from their own harvest as a gift. Most of the people there are farmers, and they probably heard that Germans like to eat potatoes – we do, and they were very tasty!

No changes to report for the **Chokar Dechan nunnery in Rumtek/Sikkim**; all the nuns are still there. The additional accommodations have been completed, and the nunnery is now able to accommodate guests.

The new meditation hall in the **Dharma Chakra Center in Zimchung/Sikkim** will be inaugurated in 2021, at least that is the plan. As in our countries, there may be delays regarding the construction! The monks there are doing well, and everyone went to Bodhgaya again in December for the great wishing prayer festival (Mönlam).



The same applies to the monastic students from Nedo Rinpoche's **Kayathang Monastery School in Zimchung/Sikkim**. You are already supporting 16 of the 23 students with your generous donations. As always, you are welcome to stay in the guesthouse of Nedo Rinpoche if you happen to come to Sikkim.

They are also looking forward to your visit at the **Karma Dupgyud Choeling Monastery in Choglamsar/Ladakh**. In the photo, you can see the common room/dining hall of the new guesthouse from which the other rooms branch off. This is where they added 'the finishing touches' to the letters they prepared for you before our visit. The people who live in the area participate in several events that take place in the monastery throughout the year. A highlight is always the lama dances, for which the monks practice diligently. The dormitory for the young students was completed, and now the twelve youngest ones are all living together. The other monks now have more space, with only two or three students sharing each room.

The **Karma Jampaling Nunnery in Leh/Ladakh** is also growing. They want to buy more land for additional accommodations that are to house up to 25 new nuns. There is even a waiting list for admission to the nunnery. All the nuns there are receiving sponsorships, and we are looking forward to helping the new nuns in the future.

Lama Chonet, the founder and director of the **Rigjung School in Leh/Ladakh**, is trying to get the Indian government to officially recognize the school up to the 12th grade. Until now, the children could only attend the school until the 10th grade. For graduation from the 12th grade, which allows them to attend a college or university, they have had to change schools. We very much hope that the school will receive this recognition.

Everything is going very well at the **Diwakar Buddhist School in Takdah/Darjeeling** and at the **Diwakar Buddhist Academy (Shedra) in Kalimpong/Darjeeling**. There, the Shedra graduates are taking on more and more administrative tasks, including those for Himalaya Hilfe. Some of the young monastic students from Takdah relocate to the Shedra in Kalimpong, which always occurs in the spring. Therefore, Takdah is in need of additional sponsorships and donations. When the students change schools, they keep their sponsorships, but we add this money to the pot for the entire Shedra. As you know, in such cases we always distribute the sponsorship money evenly to everyone at the respective monastery or monastic school.

The same applies to the **New Nalanda Tilopa Institute in Tilokpur/Himachal Pradesh**. After five years of basic training, and if they have the interest and skills, the students may attend the Shedra in Kalimpong. Currently, you are sponsoring 15 of the 24 students there; you can see them writing their letters to you in the attached photo. In March, the people in charge changed, but the new administrators did not receive any instructions from their predecessors on how the letters should look. So most of them had to be rewritten, with a little help from the new English teacher.

Finally, here is the news from **Nepal** that you and we have been waiting for:

The **Raj Maha Vihar Monastery in Swayambu/Kathmandu**, which the 2015 earthquake completely destroyed, is finally being rebuilt! The structure is already in place and, according to the information board at the construction site, it should be completed by August 2020. The monks are very happy and cannot wait to move from the Sharminub Institute back to Swayambu.

The **Sharminub Institute in Raniban/Kathmandu** is still very busy with 114 young monastic students. Twelve Shedra graduates from Kalimpong are now there as teachers, Khenpo Gyaltsen is the director and abbot, and everyone is happy with the students. 38 of them are receiving sponsorships. As always, the children were delighted to receive their share of the sponsorship funds, part of which they could make good use of in Bodhgaya. Except for the little ones, the boys from the Sharminub Institute also attended the wishing prayer festival, which took place until December 22nd. All the institutes reopen after the winter holidays, and the children begin their next grade at the end of February/early March.

As always, please remember that **we must receive the post for your sponsored children by September 15th** in order to take it with us to Asia.

We wish you all a successful and healthy 2020 and look forward to meeting many of you again at one of our booths this summer.

Your Himalaya Hilfe Team