



# TIBETAN NUNS PROJECT

## House Party Kit



Tibetan Nuns Project  
815 Seattle Boulevard South #216  
Seattle, WA 98134 USA  
Tel: 206-652-8901  
Email: [info@tnp.org](mailto:info@tnp.org)

# Table of Contents

Introduction	1
Event Hosting Registration Form	2
Step-by-step House Party Guide	3
Sample Invitation	8
Tibetan Nuns Project Background and History	9
Mailing List Sign-Up Sheets	13
Donation/Pledge Forms	14
Follow Up and Feedback Form	15
Sample Thank You Note	16

## Introduction

On behalf of everyone at the Tibetan Nuns Project, thank you for deciding to host an event on our behalf. It is because of your kindness and generosity that we can continue to educate and empower over 700 nuns in northern India.

This is the first time we've expanded our fundraising base in this way. We hope to make this process a fun way to raise awareness and funds for the Tibetan Nuns Project.

Each house party should be as unique as the host – meaning the flavor, guests, and atmosphere are up to you! Of course, steps should be taken to assure your event is a success. To be of assistance, we have provided helpful resources to help you to host a successful event!

Enclosed is almost everything you need to host a fun and successful house party including:

- DVD about the Tibetan Nuns Project
- Brochures – if you need more, please let us know
- Newsletters – if you need more, please let us know

If you have any questions or if there is anything else you need, do not hesitate to call us at our Seattle office, 206-652-8901.

You are trailblazing a new path of awareness for the Tibetan Nuns Project. Thank you from all of us.

# Event Hosting Registration Form

Thank you for wanting to host a party to benefit the Tibetan Nuns Project!  
Please fill out the form below and return via regular mail to:

Tibetan Nuns Project  
Attn: House Party Event  
815 Seattle Boulevard South #216  
Seattle, WA 98134

If you want to send the information via email, please put "house party kit" in the subject line and send an email with the following information to [info@tnp.org](mailto:info@tnp.org).

Date of Party: \_\_\_\_\_ Estimated # of Guests: \_\_\_\_\_

Fundraising goal: \_\_\_\_\_

Name of Host(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

How did you learn about the Tibetan Nuns Project House Party?

Is there any information you'd like to share about your party plans?

Hopefully, all of the enclosed resources will help you have a successful event.  
Remember to fill out and return the event follow up form.

If you need any additional information, please feel free to contact the Tibetan Nuns Project at [info@tnp.org](mailto:info@tnp.org) or call 206-652-8901.

# Step-by-Step House Party Guide

## **What's a house party, and how do I hold one to benefit the Tibetan Nuns Project?**

A house party is an event, held by you (or a group of you and your friends) in your home or another comfortable place. The goals of the event are:

1. to raise awareness of the work of the Tibetan Nuns Project
2. to raise funds to help support the education and empowerment of the nuns and
3. for you and your guests to enjoy themselves.

## **What do I have to do?**

The steps you will want to take to host a fun and successful event:

- 1. Invite people.** Send an email, E-vite, or written invitation to your friends, co-workers, family, etc., that explains the Tibetan Nuns Project mission and work, as well as your commitment to supporting the work. Remember to ask them to also forward the invitation to any of their friends they think might be interested. We have provided you with sample language for your invitations. Asking for RSVPs is a good idea so you know how many people to plan for.
  - a. Remember to invite as many friends as possible – even if you don't think they can or will donate. Let them know that it's a great chance to learn about the organization and to get on our mailing list to potentially support us in the future.
  - b. Remember that your enthusiasm for our work is a key to a successful event. When you invite your friends to come to your event, let them know how important the cause is to you. Also, do not apologize – you're not asking them to do anything you haven't already done.
- 2. Get people to the party.** It's important to follow up with those whom you invited to let them know that you're looking forward to sharing the time with them and that it's an important cause. The invitation alone is not enough. Plan to spend a little time on the phone helping them overcome some of their resistance (see above for tips).
- 3. Plan the party.** Figure out what refreshments will be served, where they'll be for good flow, where your guests will gather for the presentation, etc. The Tibetan Nuns Project has provided printed materials (brochures, newsletters, postcards) for you to hand out, along with a DVD to show to inform, educate and interest your guests.
- 4. Send a reminder.** Send out an email reminder (or telephone reminder) about the event closer to the time of the event.
- 5. Have a great party.** The next page of this Step-by-Step document gives you a suggested outline for the event.

6. **Thank each of your guests.** Let people know how your event went, how much you raised, and how much it meant to you and to the Tibetan Nuns Project that each person attended and participated.
7. **Follow up with the Tibetan Nuns Project.** Send the money you've collected to the Tibetan Nuns Project, along with a list of each person who donated along with their address so that we can send each person a tax-deductible receipt. In addition, please send the filled out mailing list and product order sheet.

## Step-by-step Guide for the Day of the Event

**It's the day of the event! Here are some guidelines to help it run smoothly (plan for about 2 hours for the event):**

1. As your guests arrive, make sure everyone gets something to drink and is comfortable. Welcome them warmly, and thank them for attending.
2. Once everyone has arrived, gather the party into a room for your presentation.
3. You can begin your presentation by talking about what the Tibetan Nuns Project means to you – how you got involved, and how your involvement has affected your life.
4. Pass out brochures and remit envelopes to the group. Be sure to have pens available!
5. Show *Building a Future in Exile – The Tibetan Nuns Project*, the DVD we have provided:

*Building a Future in Exile (2002) was directed and produced by Rosemary Rawcliffe of Frame of Mind films. Shot on location at Dolma Ling nunnery, the film provides an inside view of the progress and future needs at the nunneries. The DVD is a great glance into what the Tibetan Nuns Project has accomplished so far, including the construction of the first institute of higher learning for nuns. This is the first time a traditional Tibetan Buddhist curriculum has been combined with a modern education that includes classes in math, science, English, and health care training. Dolma Ling is, as His Holiness the Dalai Lama has remarked, "a model to take back to Tibet."*

6. Follow up the DVD with a question and answer session.
7. Ease your way into giving more history on the Tibetan struggle and the accomplishments of the Tibetan Nuns Project, using the question and answer sheets we have provided as background.
8. Allow people to ask their own questions, or talk about their related experiences – perhaps they attended one of His Holiness the Dalai

- Lama's teachings, had an illuminating experience at a Tibetan Buddhist center, or sponsored a nun under the Tibetan Nuns Project.
9. As questions come to an end, encourage your guests to donate.
  10. Offer more refreshment and snacks, and allow people to mingle and talk about what they've learned.
  11. As they leave your house party, make it certain that all donation envelopes have been collected, and that they've signed the Tibetan Nuns Project mailing list.
  12. Thank your guests as they leave, and be sure to send them thank you notes promptly!
  13. We would appreciate it if you could return the donations, the pledge forms, event feedback form, and mailing list to us within 30 days of the event to the address below:

Tibetan Nuns Project  
815 Seattle Boulevard South #216  
Seattle, WA 98134 USA

If you have any questions, please do not hesitate to contact us at (206) 652-8901 or [info@tnp.org](mailto:info@tnp.org)

14.

## Sample Invitation

Dear \_\_\_\_\_,

You are cordially invited to attend a fun and interesting house party to turn our “compassion into action.” I am thrilled to be able to host a house party to raise awareness and funds for the Tibetan Nuns Project to support the education and empowerment of refugee Tibetan women as they continue their struggle to become free and equal. (You can add a personal sentence here explaining why this is important to you.)

What: “Compassion into Action” House Party to benefit the Tibetan Nuns Project  
Date:  
Time:  
Where:  
RSVP:

The Tibetan Nuns Project was started in the late 1980s to provide for an influx of Buddhist nuns who fled to Dharamsala, India as refugees from Tibet. Upon arrival in India, many nuns had suffered severely from their long, arduous, and often dangerous escapes. Some had been tortured and imprisoned by Chinese authorities. The nuns arrived without money or possessions to a community already struggling to support itself.

Today, the Project supports over 700 nuns in 7 different nunneries in northern India. Their mission is to provide basic care for ordained Tibetan women, and educate them in traditional values and philosophy, as well as the essential skills and knowledge needed to function in the modern world. The Tibetan Nuns Project has pushed for educational opportunities for nuns, helping them achieve the highest degrees in their respective Buddhist traditions. They have worked tirelessly to establish a role for these women comparable to that of monks.

I am committed to this organization because of their determination to open doors for Tibetan women, to empower them as leaders and teachers in their communities and to preserve the Tibetan culture.

**Please join me in this effort.** Please come to this special fundraising event to help these refugee women! My goal is to raise [amount – example \$3000 by May 30<sup>th</sup>.] Any amount you can pledge or contribute is important – and it all adds up. These funds assure housing and medical care for nuns, and sustains their education for years to come.

Please RSVP by [date]. I look forward to hearing from you.

**Your support is important – and I truly appreciate it. Every dollar and thought helps these brave women.**



# The Tibetan Nuns Project Background and History

## **What happened to Tibet?**

Tibet, with its ancient traditional lifestyle and monastic traditions, existed from the 7th century as an independent country with its own government, language, culture and religion.

In 1949, the People's Republic of China invaded, seeking to incorporate Tibet into the Communist motherland. Ten years later, the Communist Chinese government seized full control of Tibet. His Holiness the Dalai Lama, Tibet's spiritual and temporal leader, fled into exile in India. Over 100,000 Tibetans followed their leader into exile and have lived as refugees scattered throughout India and Nepal ever since. A Tibetan Government-In-Exile was established in Dharamsala, India, to look after the exile community and to strive for a restoration of their homeland. It is estimated that 1.2 million Tibetans have died in Tibet since 1959 due to political instability, imprisonment, torture and famine under Communist Chinese control.

## **What effect does the Communist government have on Buddhist nuns?**

Communist policies have attempted to destroy traditional Tibetan culture, particularly its unique religious heritage and rich tradition of spiritual practice and scholarship. In an attempt to eliminate Buddhism in Tibet, more than 6000 monasteries and nunneries were destroyed between 1959 and 1980. Monks and nuns in great numbers were imprisoned, tortured, and forced to give up the ordained way of life. Teaching, study, and prayer were strictly prohibited, and religious texts and objects were demolished. Even following the slight liberalization that occurred after 1980, thousands of monks and nuns continue to be imprisoned and tortured for participating in peaceful protests against the Chinese government. To escape this relentless persecution, many have fled to India to study and practice Buddhism freely.

## **What about Tibet today?**

The Tibetan people in their homeland still suffer violence and oppression. Denied basic educational opportunities, including education in their own Tibetan language and Tibetan Buddhist religious heritage, most Tibetan refugees arrive in India with either a small amount of education in the Chinese system or no education at all. While some international attention has been given to Tibetan refugees, most notably the awarding of the Nobel Peace Prize to His Holiness the Dalai Lama in 1989, the Tibetan community faces the daunting task of providing

for an ever-increasing number of refugees. Aware of the fate of refugees throughout history and around the world, the Tibetan Government-In-Exile is committed to the preservation and enhancement of their unique culture and rich tradition of spiritual practice and scholarship, wishing to return to Tibet with their culture and language intact.

### **What part do Tibetan Nuns play in the larger Tibet problem?**

Tibetan nunneries have historically been well established in Tibet, certainly from the 12th century, and with traditions reaching back as far as the 8th century. Before the Chinese invasion in 1949, there were at least 818 nunneries and nearly 28,000 nuns living in Tibet. Traditional education in the nunneries included reading, writing, and lessons in ancient scriptures and prayers taught by the senior nuns or lamas from monasteries. Traditional activities for the nuns included performance of rituals requested by the lay community, and crafts such as embroidery and sewing. Administrative and maintenance tasks were rotated so that all nuns gained experience in running the nunnery. Many nuns have been highly acclaimed for their advanced spiritual accomplishments, their influence and their courage.

In recent years, due to the repressive conditions in Tibet, an influx of nuns have arrived to join the refugee communities in India and Nepal. Ranging in age from pre-teen to mid-80s, these nuns come from all parts of Tibet and from many different backgrounds. Upon arrival in India, many nuns are suffering severely from the stresses of their long, arduous and often dangerous journeys of escape. Some have faced torture and imprisonment at the hands of the Chinese authorities in Tibet and are enduring immense physical and emotional pain. In most cases, the nuns arrive without money or possessions.

### **How did the Tibetan Nuns Project come to be?**

In 1987, group of 66 refugee nuns suddenly arrived in Dharamsala, India, home of the Tibetan government-in-exile. They had walked over the Himalayas, and were ill and exhausted. Existing nunneries were already overcrowded. The Tibetan Women's Association organized emergency assistance to provide for their basic needs. The Tibetan Nuns Project was formed under the auspices of this association and the Department of Religion and Culture of His Holiness the Dalai Lama to provide long-term care for the nuns. The Project secured housing, medical care, and most importantly, education for these refugee nuns.

### **What are the primary goals of the Tibetan Nuns Project?**

- To improve standards of food, sanitation, medical care, basic education

- and training in existing nunneries;
- To develop an institute that offers nuns advanced educational opportunities and to improve their overall status in the Tibetan Buddhist tradition;
- To establish further facilities for refugee Buddhist nuns.

The Tibetan Nuns Project continues to channel funds to provide for the nuns' basic needs of food, shelter, clothing, and medical care. The Project has established a sponsorship program that supports over 700 nuns in 7 different nunneries from all religious orders of the Tibetan Buddhist tradition, as well as nuns living on their own and in retreat. 100% of sponsorship money goes to India to support the nuns.

### **What kind of education are the nuns receiving?**

Most newly arrived nuns have had no education in their own language, nor have they been allowed education in their religious heritage while in Tibet. The Tibetan Nuns Project aims to preserve Tibetan culture through giving these women a traditional education.

In addition to providing basic educational requirements, the Tibetan Nuns Project seeks to elevate the educational standards and the position of women within the monastic community. To prepare the nuns for positions of leadership and moral authority in a culture that is going through a very challenging transition, it is essential to combine traditional religious studies with the best of a modern education. The Project also provides support to a number of nuns who opt to live in meditative retreat rather than in a nunnery.

### **What is the status of ordained women today?**

Upon completion of the course of study in their respective Buddhist traditions, the nuns will be able to teach in Tibetan schools, offer instruction to other nuns, or continue to benefit the community in a variety of service positions. Thanks in part to consistent effort from the Tibetan Nuns Project, for the first time in Tibetan history, **nuns are now receiving educational opportunities previously available only to monks.** The Tibetan Nuns Project believes that education is the key to empowerment, and we seek to give nuns the resources to carve out independent, creative identities for themselves.

### **In what ways are the nuns moving toward self-sufficiency?**

The Tibetan Nuns Project has trained several nuns as health-care workers so that they can provide immediate, on-site care to the nunneries. The Project has also

installed multiple income-generation programs. For instance, the nuns make malas, bags, prayer flags, cell phone holders, and a variety of other products that are sold around the world. In addition, in an effort to raise money and maintain a healthy lifestyle, the nuns recently learned how to make tofu that they sell to local businesses. Each year, the nuns take photographs and create a Tibetan Nuns Project calendar that is sold to supporters worldwide. Nuns are completing their course of education and staying in the community to form committees, serve as administrators, and act as teachers.

### **What is the benefit of all this?**

One of the paramount goals in Buddhist philosophy is the cessation of suffering of all beings. Practitioners of this philosophy vow to strive for the cessation of human suffering through selfless service to fellow humans. In addition to its religious aspects, Buddhism is viewed by many scholars as a philosophy and/or psychology with its basic tenants forming a foundation for the resolution of problems through peaceful measures. **Thus, the leadership of Tibetan nuns in service roles to the general community will provide an educational and social example of Buddhist ethics and conduct beneficial in sustaining and promoting the interdependant relationships between individuals as well as the community at large.** Contribution to the Tibetan Nuns Project helps assure the future leadership roles of the nuns with the resulting benefits shared by many.

### **How can you help?**

- *Sponsor a nun:* \$30 helps provide one nun with food, shelter, clothing and medical care for one month.
- *Make a donation:* you can specify where you want your donation to go, and how you wish it to be spent.
- *Volunteer:* the US headquarters in Seattle, WA, is staffed by two employees and is always seeking volunteers to help with mailings, design, and various other projects.
- *Host an Event:* Hold a gathering in your home, sangha center or community. Contact the Seattle office for a kit containing facts, recipes, and more information.
- *Wish List and Projects:* check out our website ([www.tnp.org](http://www.tnp.org)) for a list of current needs.

missing page - pledge form (doc  
won't open)

**YES! I'd like more information about the Tibetan Nuns Project**

Name (please print)	Address (please include zip code)	Phone	Email	I'd like to receive and/or get more info about...
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info
				<input type="checkbox"/> E-newsletter <input type="checkbox"/> Paper newsletter <input type="checkbox"/> Volunteering <input type="checkbox"/> Sponsorship info

# Tibetan Nuns Project Follow Up & Feedback Form

Thank you for hosting a party to build awareness and benefit the Tibetan Nuns Project, your feedback is very important to use. Please take a few minutes to fill out this form and send it along with the doations collected, the mailing list form, etc. to the address listed below:

Name of Host(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Party: \_\_\_\_\_ Actual # of Guests: \_\_\_\_\_

Total Donations: \_\_\_\_\_

**Feedback:**

Was the houseparty kit helpful in conducting your party? \_\_\_ Yes \_\_\_ No

Were the supporting materials helpful in conducting your party? \_\_\_ Yes \_\_\_ No

What othe materials would have been helpful, if any?

Was there one element of your party that wentespecially well that you'd like to share?

Do you have any stories to share with us?

Please send this completed, form, donations, and any other follow up items to:

Tibetan Nuns Project  
Attn: House Party Event  
815 Seattle Boulevard South #216, Seattle, WA 98134 USA  
Tel: 206-652-8901 Email: info@tnp.org

## Sample Thank You Note

Dear \_\_\_\_\_,

Well – we did it! The [title or description of event] was a resounding success. Over [amount] was raised for the Tibetan Nuns Project.

The Tibetan Nuns Project continues to move forward with their efforts to educate ordained women and preserve Tibetan culture. The Tibetan Nuns Project is in the midst of lots of exciting endeavors, including the completion of 8 retreat huts for the nuns who wish to spend extended periods of time in meditative retreat and the creation of a Language and Media Center at Dolma Ling Nunnery, with an income-generating cyber café and restaurant run by the nuns.

The Tibetan Nuns Project continues to push for equal opportunities for ordained women in the Tibetan monastic tradition. Thank you for helping to make it all possible.

Again – I truly appreciate your support and thoughtfulness. To put feelings into positive action is powerful. Thank you for your contribution.

Sincerely,



dvd labels? include?