Dear Friends,

The summer heat has arrived in Nepal and the teacher’s staff room is on the top floor, so it is a pleasure to inform you that the air conditioners you provided have also arrived!

Thank you for your kind support.

Please enjoy and share the newsletter.

~ Debra Ann

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**TARA ABBEY**

Having trained in computer technology, photography and video production, four nuns have joined the Thrangu Media Team. They fulfill all photographic, video, recording, and documentation needs for Tara Abbey along with archiving and streaming. They also work together with the monastery media staff. When there is a teaching or ceremony, such as the recent Mani Drupchen at SMD, the TTA media nuns are on board as part of the tech team. (Many thanks to the OCVV donors who helped fund TTA Media nuns!)

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**AMCHE ~TIBETAN DOCTOR EMPOWERMENT AND RETREAT**

Khenpo Chonyi reported that by the great blessing and kindness of H. E. Kenting Tai Situ Rinpoche, our nun Amche Yangdron and other Amches from Central council of Tibetan Medicine have received empowerment and transmission of Yuthog Nyingthik and are now doing 100 days Yuthog Nyingthik retreat at the Palpung Sherapling monastery in India.
**MONASTERY STAFF CHANGES**

All monastic staff positions are assigned and rotated. Some monks may hold a position for a year or two while others may serve in one post for many years. Recently, under the guidance of Thrangu Rinpoche, Chöje Lama Wangchuk Topden officiated an appointment ceremony in the main shrine hall at Namo Buddha which was attended by many shedra and school monks, lamas, khenpos and other administrative staff.

Tulku Damchö Rinpoche will become Department Head of Thrangu Tara Abbey and Khenpo Chögyal will serve alongside him as Deputy Department Head. After 11 years as Abbot of Tara Abbey, Khenpo Chönyi Rangdrol will replace Lama Khamsung Tsewang as Department Head of Thrangu Tashi Yangtse Monastery (Namo Buddha), and Lama Khamsung Tsewang was appointed as the new resident lama of Thrangu Dharma Retreat Centre, Ipoh, Malaysia.

**SHREE MANGAL DVIP BOARDING SCHOOL**

The Annual Results Day at SMD featured Yangzom Sherpa, of Nepal Trust, who gave an inspiring talk about her own life. Originally from Taplejung, she returned to her village of Ghunsa and raised enough funds to establish one of the first health posts in this rural area. She gives others encouragement to recognize there is power in their own efforts and one need not always depend on the government and representatives for development. The new Principal also spoke with a hope of motivating students to prepare and seek positions in government to help serve and improve the future of Nepal.
SMDBS
Final exams went smoothly and Karma Phurbu, SMDBS Principal, delightedly announced that it was a great school year – 97% of the students passed. Khenpo Sherab officiated for Results Day at SMDBS and new books have been distributed. Now, with 100 students, the 2022/2023 school year looks promising.

To support the Branch School Designate: SMDBS.
To sponsor a monk please contact HCF.

VVI & Pullahari
The new monks at VVI and Pullahari recently visited Bodhgaya, Rajagriha, Nalanda, Pullahari and Vaishali on pilgrimage with Khenpo Gendun and other monastery teachers. It was an educational tour, combined with prayers, offerings, a life release and a visit to a healing hot spring. General support is needed for the monks.

Hover and click for videos.