



NJJP

Nying-Jey Projects for
Tibetan Communities
(Australia)

www.njp.org.au

Newsletter

June 2016

Tashi Delek to all our sponsors and thank you, your support makes such a difference to so many.

With winter truly upon us this month, we hope you're all enjoying the change of season.

Finally we have received our much needed rains as the temperature drops; Mother Nature telling us it's time to slow down, and curl up in front of the fire with a hearty meal to warm those toes.

See our recipes for Momos this month.

Summer in Tibet Tour 2016

"Once a year, go someplace you've never been before"

The Tour in Brief

Joined by Geshe Sonam in Chengdu, the group will visit the Panda Centre, historical Chinese precincts, the Tibetan quarter and the famous Chinese Opera; then 'head for the hills' (or mountains), travelling by road through Kangding, Dawu, and Lhagong to Ganzi town at an altitude of 4000m.

The next two weeks are spent in and around Ganzi and the stunning Tibetan countryside and culture. Whilst in Ganzi the group will meet many students and be involved with the allocation of sponsorships and scholarships, often becoming a budding photographer as they go!

Then it's off to visit many nunneries and monasteries; day trips driving through some of the most spectacular

scenery on earth - remote nunneries nestled in the lap of the mountain ranges and monasteries perched high above the plains below.

Five sponsors will meet and spend time with their student or nun during the upcoming July tour, an experience they will never forget.

Sponsorship update

	Sponsored	Seeking	Total
Students	378	87	465
Nuns	145	40	185
Monks	171	155	326
Total	694	282	976

The past few months have seen new sponsors join NJP in making a difference to the education and lives of Tibetan families. Over the years many of our sponsors have taken the opportunity to see first hand exactly how their sponsorship dollars are allocated; from the moment it is received in Australia to the very moment it is placed in the hands of those that need it most.

We encourage all our sponsors to experience this journey; it is such a joyous humbling experience and the smiles will be etched in your memories for a lifetime. At just sixteen, Sheridan together with her mother joined Geshe Sonam in 2014 and did exactly that.

To this day she says she will "never forget the love and sincerity she felt amongst the nuns, and the tears of joy when she first met the little girl 'Tashi' she now sponsors".





President of Nying-Jey Projects - **Geshe Sonam Thargye** - left for China at the end of May. Along with some personal travel in China, Geshe Sonam will oversee preparations for the upcoming Summer in Tibet Tour; meeting the group in Chengdu in July, and hosting the visit to his home town Ganzi until early August.

NJP volunteer Rommy Fisher will also be meeting the group and assisting Geshe Sonam with day to day management and liaison. We wish the group safe travels.



The fruits of education -

'When I was" by Sonam Top

*When I was sitting on the chair outside I
looked at sky,
The empty sky covered my head.
But flowers were shining around me.
All were moving.*

*When I was watering flowers.
Flowers blossom quietly.
The plots were full of water.
My face reflected in the plot.
I felt like I was born from plots:*

*When I was going through books
Words seem to be staring at me
I didn't have guts to react
Most of the time, they hit on my head.
Why I always got hit from them.*

*When I was returning to home
I met huge flower on wall.
It was inviting me home.
With full of enjoyment I got home.*

*When I was walking near the school gate
The flowers were urging me to study.
Smiling at me as well*

*And making me smile back even though I
was in no mood
At last I became owner and leader of both
the pen and books.*



Sonam Top (Nick) is a student of Sera Jey Monastery and has written a book called 'Of Course I love Tibet'.

Tibetan Tasties - Momos

Whilst in Tibet with the NJP tour group recently, I was privileged to be taught how to cook these amazing tasties by my host family in Ganzi....enjoy!
Sharon Mudge

Ingredients - Radish Momos

4 big radishes finely grated
Small bunch of chives
500g fine vermicelli (pre-soaked)
Small amount coriander
... or...

Ingredients - Potato Momos

4 Potatoes
Small bunch spring onions
Small bunch coriander
Tbsp oil

Pastry

750g plain flour
Water to form a dough

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Postal or email – Please let NJP know, as it is crucial for your sponsor receipts and other mailouts.

Email: njprojects@gmail.com



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To make:

- Mix all ingredients together (radish or potato recipe)
- Drain off excess water in sieve
- Knead flour and water into a dough
- Make small balls of dough and roll out to approximately 10cm discs
- Fill with a tablespoon of vegetables
- Gently pinch edges together, working around the disc until sealed
- Lightly oil base of steamer
- Steam approximately 40 minutes