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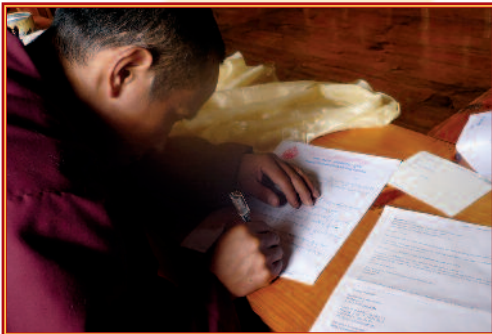
Dear friends of Thame Gompa e.V.

Our food project for Thame Monastery started on December 31st 2009 with an opening ceremony. The ceremony with all the monks and a few people of the Khumbu area went very well and was harmonious. It even snowed on this day, which is an auspicious sign. The monks of the monastery appreciate your support very much and thank you from the bottom of their heart. They send their greetings with many Tashi Deleks!

Since January 1st 2010 the monks get hot meals every day. Breakfast at 7.30 in the morning, lunch at 12 o'clock, a tea break at 3 p.m. and dinner at 7 p.m.



Thame monks with local supporters



A monk translating requests for prayers

Every day the monks recite prayers before and after the meals and dedicate them to the welfare of the sponsors, supporters and all beings. If you have any extra special requests for prayers, please contact Thame Gompa e.V.

Lama Nawang Lobsang Rinpoche is now the successor of Thame Rinpoche. He is a very educated good Lama. He studied for 19 years buddhist philosophy in Penor Rinpoches monastery in South India and he had finished a 3 years retreat at the beginning of 2009.

So I have a good feeling that Nawang Lobsang Rinpoche will be a very responsible, good principle master for the monks at Thame monastery.

We also pray for Thame Rinpoche, Ngawang Gyaltzen Rinpoche, that his reincarnation may return quickly without any hindrances.

We thank you all for the loving support for Thame Gompa. We wish you happiness, very good health, and living a meaningful life in perfect harmony in the actual IRON-TIGER New Year.

Tashi Delek
from Thame Gompa e.V Team.

*Tenzin Dorje Sherpa &
Kerstin Blumenschein*

Munich, February 2010



Tenzin visiting the stupa above Thame Gompa