



The Rime Jewel

December, 2003

The Newsletter of the Rime Buddhist Center and Monastery

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Rime to Host World Peace Meditation

World Peace Meditation, an interfaith gathering, will be held Wednesday, Dec. 31 at 6 a.m. at the Rime Center.

The program will consist of religious observances from various cultures, including Native American smudging, Tibetan Buddhist chanting, prayer and meditation, music, Sufi dancing and the Muslim "call to prayer."

A highlight of the event is the presentation of the Bodhisattva Award to Sharon Lee, MD, who runs a medical clinic for the disadvantaged in Kansas City, Kan. The award recognizes a person who personifies a Bodhisattva, an enlightened being who works for the benefit of others.

Dr. Lee has been active in the care of HIV patients and the medically uninsured or underinsured. She founded Southwest Boulevard Family Health Care in 1989, a clinic that specializes in caring for patients with HIV. Patients pay on a sliding scale according to their ability.

In 1996, Dr. Lee founded Hope Care Center, a nursing home for HIV patients. She is also the founder of Permanency Planning Project, an organization that arranges advance adoptions of children of terminally ill HIV patients. In the mid 1980s, she helped found the Duschene Clinic, a free health clinic for the poor run by the Sisters of Charity.

Dr. Lee is a 1982 graduate of the University of Kansas School

of Medicine and has been an assistant clinical professor of medicine there since 1987.

This year's keynote speaker is Kansas City, Kansas Mayor Pro Tem Alvin Brooks. Brooks has been a life-long public servant in Kansas City – he is a former police officer and the founder of the Ad Hoc Group Against Crime in 1977, an organization dedicated to peace, justice and racial equality. In 1999, he was elected an at-large councilman from the 6th District and later he was appointed Mayor Pro Tem.

The event, also known as World Healing Day, was begun in 1986 by John Randolph Price who founded the Quartus Foundation in Texas, a spiritual research and communications organization. His idea was to harness the power of prayer and meditation by asking everyone to participate at exactly the same time – noon Greenwich time (6 a.m. Kansas City time). In 1986, Fred Culver of the World Center For Global Community brought the event to Kansas City where it has been held each year since.

This year's event is endorsed and co-sponsored by CRES, Harmony, NCCJ, KC Interfaith Peace Alliance and the American Friends Service Committee – Kansas City Program.

The event is free and open to the public. Please arrived by 5:30 a.m. and bring canned goods for Harvesters.



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Nearly 300 people attended last year's World Peace Meditation at the Rime Center.



Meditations

By *Chuck Stanford, Lama Changchup Kunchok Dorje*

One of the founders of the Rime Center, Lama Chuck was ordained by his teacher H.H. Orgyen Kusum Lingpa in 1988. Lama Chuck writes a monthly column on Buddhism for the religion section of the Kansas City Star and is the Buddhist representative for Kansas City's Interfaith Council.

Looking Forward

As we look toward a new year, I am happy to share some exciting events we have scheduled.

Hospital outreach training, taught by Hospital Outreach Chair Morgan McGee, will be held on successive Tuesdays, Jan. 6, 13 and 20. Each session is half an hour.

I am planning to give Refuge Vows, when one formally becomes a Buddhist, on Sunday, Jan. 25 following the regular Sunday service. If you wish to take Refuge vows, bring a dish to share for a potluck lunch. Lunch is from noon-12:30 p.m. Meditation and teachings on the meaning of taking refuge and the refuge ceremony are from 12:30-2:30 p.m.

We will have a special opportunity to visit our Lansing Prison sangha on Saturday, March 13. We will meet at the Center at 4 p.m. to carpool to the prison. You must register in advance in order to undergo a background security check. On Feb. 7 the Rime Center, along with Santikaro Bhikkhu, will host a weekend meditation retreat with the Buddhist inmates at Lansing. Santikaro will lead the Saturday retreat and I will lead the Sunday retreat. We could use the help of volunteers. If you are interested, please let me know.

Monks from the Drepung Gomang Monastery in Karnataka, India will visit the Rime Center April 9-13. On Sat. April 10 they will present a program of a sacred music and dance at Penn Valley Community College's theater at 7:30 p.m. Tickets are available only at the door for \$15.00. Two years ago we sold out, so plan to arrive early.

The program features a glimpse into the culture of both ancient and modern Tibet, complete with harmonic overtone chanting of traditional prayers, accompanied by temple instruments including horns, flutes, bells, and drums. Mudras, offerings and multiphonic singing accompany the rituals.

The monks will also perform three dances, including a sacred religious dance, an ancient village dance that has been performed for centuries in Tibet at various festivals and the crowd-pleasing Yak Dance. Written and oral narration accompanies each dance explaining its purpose and meaning. Following the chanting and dancing, the monks will give a demonstration of the debate practice that is a part of the daily life of at Gelugpa monasteries. At the end of the show, there is a slide presentation of scenes from Tibet and from the Gomang Monastery. The two-hour pageant concludes with a chant in honor of Mahakala, the protector deity of the Gomang Monastery.

On Wed. April 28 from 7:45-9 p.m., our good friend Rev. Vern Barnet will give a free talk at the Rime Center titled "Everyday Enlightenment." Rev. Barnet describes his topic this way: "The Buddha did not remain in the bliss of his initial Enlightenment. Rather, he brought the ability to understand the world to everyday experience. Using ancient texts and modern Buddhist insights, we will look at three of the infinite realms his teaching illumines – morality, vocation, and the environment. The result may be a critique of our culture and some wisdom for how to live within it with honor, compassion, and usefulness."

Beginning Friday, May 7, along with our neighbors at the Chiro Studio, we will sponsor a thangka show and sale, featuring more than 100 high quality thangkas from Nepal. -- Dates: The show runs through May 28.

I am also planning to give the Bodhisattva Vow teachings and ceremony in February. The three teaching will be given on Tuesday, Feb. 10, 17 and 24. The ceremony will be on the 24. In order to take the vows, you must first have received Refuge vows. There is no cost for the teachings, but participants should pre-register.



New members classes

Wednesdays, beginning Feb. 4, 6:30-7 p.m. and Sundays beginning March 28, 10-10:30 a.m. The four half-hour sessions cover introductions and the Three Jewels, meditation, the Three Yanas, Tibetan Buddhism, organizational structure of the Rime Center, an explanation of the Sunday service, and information on retreats, empowerments, events and service opportunities.

Become a Meditation Instructor

The Rime Center offers formal training in meditation. Upon completion of our classes and practicum, you can become a certified meditation instructor. You will learn about different types of meditation and can assist the Rime Center by giving meditation instruction. Two half-hour sessions will be held Wednesdays, May 5 and 12. The prerequisite for becoming a meditation instructor is completion of the new member's class.

Welcome New Members

The Rime Center officially welcomed twelve new members recently putting our membership over 100 members. To become an official member of the Center you must attend four half hour classes. Upon completion of the classes, new members are introduced at the conclusion of the regular Sunday service and presented with a mala blessed by H. H. Dalai Lama.

We welcome our newest members to our sangha:

Neal Baker	Kris Litchfield
Sandra Bowlby	Tamara Nell
Amy Eiler	Rachel Robinson
Jennifer Ferguson	Michelle Russell
James Isaac	R. Scott Ruth
Laura Isaac	Maria Saucedo

Tibetan New Year Celebration

Please join us Saturday, Feb. 21 at 6:30 p.m. as Tibetans all over the world celebrate Tibetan New Year or Losar. The new year is designated as the year of the water sheep.

Losar traces its origins to the pre-Buddhist period in Tibetan when Tibetans practiced a winter spiritual ceremony during which large amounts of incense were offered to appease the local spirits, deities and protectors. This celebration evolved into a Buddhist festival tied the introduction of time based on phases of the moon. It may have been the first celebration of what has become the tradition of farmers' festivals. After the rudiments of the science of astrology were introduced in Tibet, the festival became known as Losar.

In modern Tibet, before the Chinese occupation, Losar was celebrated for 15 days or more. The first three days involved special gatherings, ceremonies and foods. After the first three days, the celebration became more festive. Today in India, Losar is celebrated for 3 days and in the United States for just a day. The customary greeting is "Tashi delek."

The Rime celebration will include a potluck, Tibetan food, the throwing of the I-Ching, linked verse and entertainment by Stephanie Hoffman and Thomas Nelson and the Dragon Dance performed by members of the Kansas City Vietnamese Buddhist Temple.

First Conference of Tibetan Buddhist Centers of America

By Mary Stanford

On Sept. 22-23, Lama Chuck and I attended the first conference of Tibetan Buddhist Dharma Centers of the Americas held at the Garrison Institute in Garrison, N.Y.

The conference was organized by the Office of Tibet and hosted by H.H. Dalai Lama. More than 300 representatives of dharma centers in North and South America attended. The purpose of the conference was to discuss the challenges of preserving the Buddha dharma in the West and upholding the spirit of the Rime movement.

In his keynote address, H.H. Dalai Lama compared the current state of Buddhism in the West to the time centuries ago when Buddhism spread from India to Tibet. After two days of discussion on this topic, the consensus was that the essence of the Buddha dharma was not Tibetan, but that it took on the Tibetan culture when it was introduced to that country. The same thing has happened in the West and Buddhism in this country will ultimately take on Western cultural traits. The group concurred that it is our responsibility to protect and nurture the essence of the Buddha dharma as this process unfolds.

His Holiness also reminded us that our goal as dharma centers is to help all sentient beings and that Buddhahood comes from an enlightened mind, through practice. He stressed the importance of service to the community and said the true work of a dharma center is to strengthen devotion and faith and to transform the mind through study and meditation.

Much of the conference was devoted to talks and workshops conducted by some of the true luminaries of modern Buddhism, including Robert Thurman, Soygal Rinpoche, Richard Glass, Jeffrey Hopkins, Gelek Rinpoche, Sharon Salzberg, Jack Kornfield, Tenzin Wangal and Thubten Chodron.



(Above) H.H. Dalai Lama convened a conference of North and South American Buddhist Centers in upstate New York in September.

Pictured in the lower photo (left to right) are His Holiness the 14th Dalai Lama, Thupten Jinpa and Soygal Rinpoche.



Deadline to Sign Up for India Trip Nears

Those who wish to participate in the Rime Center's trip to India in March have only a few more weeks to sign up – the deadline is Dec. 15.

The two and a half week trip begins March 1 with a flight to Delhi, India. After a day to rest, the group will travel by train to Agra for an overnight stay and a visit to the Taj Mahal. Then it's back to Delhi and on to Dharamsala for five days of teachings by H.H. Dalai Lama. After that the group travels to Tso Pema to receive the direct mind transmission of the Dzogchen teachings for three days, then it's back to Delhi and on home.

The entire trip will take two weeks and three days. The cost is \$3,000, double occupancy. Rime members receive a 10 percent discount, making the cost \$2,700. This fee includes airfare, hotels, all ground transportation, entry fees, cabs, translator and tour fees, everything but meals.

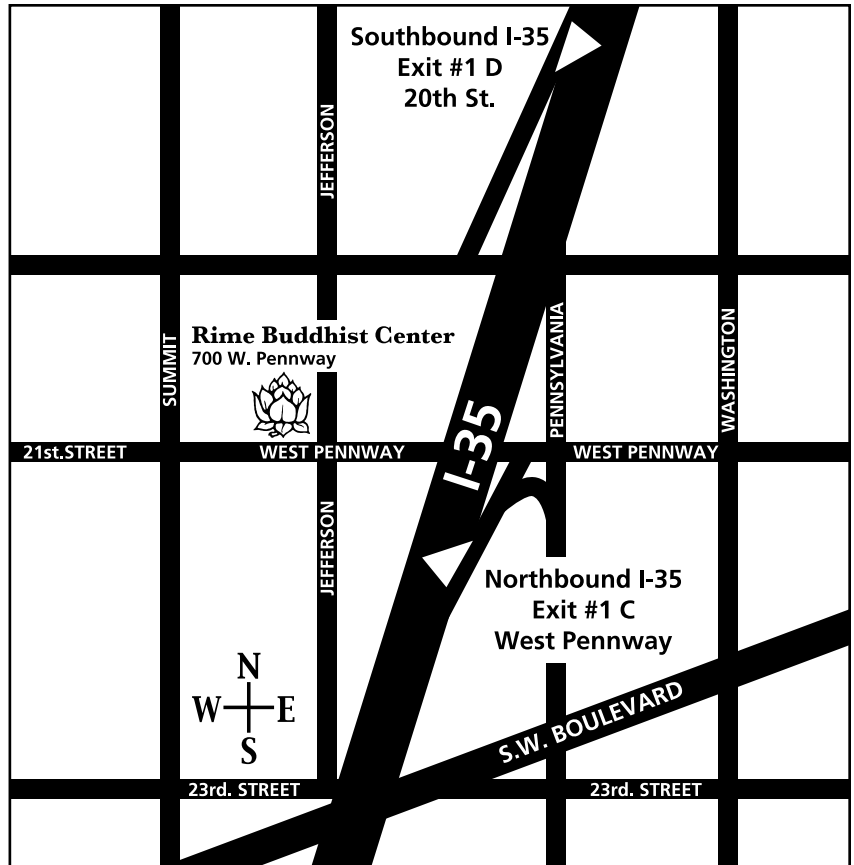
Time is short, so register now. To register, fill out the registration form in the class schedule (in this newsletter) and send a non-refundable deposit of \$500 by Dec. 15. If you have already paid the deposit, the final payment is due Jan. 15. Make checks payable to the Rime Center. For more information, contact Lama Chuck at lama108@aol.com or 913-897-5316.



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Inside

**World Peace Meditation
Deadline for India Trip
Celebrate Losar**



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