




achieving peace through compassion

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winter 2010-2011



Rime Buddhist Center
700 West Pennway
Kansas City, MO 64108
www.rimecenter.org
816-471-7073

25th Annual World Peace Meditation

An Interfaith Gathering – 5:30 a.m. Friday, Dec. 31

As part of the 25th annual meditation for world peace, the Rime Buddhist Center will host an interfaith peace gathering on Friday, Dec. 31 at 5:30 a.m. The program will consist of religious observances from various faith traditions. Prayers for peace will be offered by each of the 15 faith traditions represented on the Greater Kansas City Interfaith Council.

A highlight of the event will be the presentation of the Bodhisattva Award to Father Paisius (David) Altschul, MSW, LCSW. Fr. Altschul is the Executive Director of Reconciliation Services and also serves as the priest at St. Mary of Egypt Serbian Orthodox Church. His work with Reconciliation Services provides emergency assistance and therapeutic services to individuals and families in the Kansas City metropolitan area, who otherwise would 'fall through the cracks.'

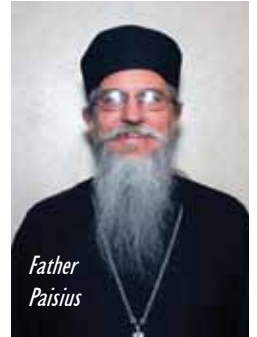
Located in the heart of the city, the agency

rebuilds a community one person at a time by enabling growth, forging connections, and empowering individuals. Since opening its doors, Reconciliation Services has become a "safety net for the safety net" through its emergency assistance and mental health and substance abuse programs. Fr. Altschul has also been instrumental in revitalizing Troost Avenue.

This Bodhisattva Award is presented to those who work for the benefit of others. The keynote speaker this year will be Ahmed El-Sherif. El-Sherif was the inaugural awardee of the Bodhisattva Award, which is now celebrating its tenth year. He is the founder of the American Muslim Council of Greater Kansas City and also is founder and president of Shifa International, a humanitarian organization specializing in the sending of medical relief to various places in the world. He is passionate about interfaith activities and

2008 the World Faiths Center for Religious Experience and Study honored him with an award saying his "local and global humanitarian and interfaith work, and leadership within his own faith, bring the world closer to peace."

State greetings will be given by The Honorable Dr. Charles B. Wheeler, former Missouri State Senator and the former Mayor Pro Temp Alvin Brooks will give community greetings. This year's event is endorsed and co-sponsored by the Greater Kansas City Interfaith Council, Harmony, and the American Friends Service Committee - Kansas City Program. The event is free and open to the public. Please arrive by 5:30 a.m. and bring canned goods to donate to Harvesters.



Father Paisius

Alan Wallace in February

Transforming Felicity and Adversity into the Spiritual Path Full Day Meditation Retreat

B. Alan Wallace, PhD, a prominent Buddhist scholar, returns to the Rime Center Feb. 25-27 for a weekend retreat on transforming felicity and adversity into the spiritual path.

Wallace is an author, translator, teacher, researcher, interpreter and Buddhist practitioner interested in the intersections of consciousness studies and scientific disciplines such as psychology, cognitive neuroscience, and physics. Stated simply, Wallace endeavors to chart relationships and commonalities between Eastern and Western scientific, philosophical, and contemplative modes of inquiry. He has practiced Buddhism since 1970 and has taught theory since 1976. After training for 14 years as a Buddhist monk, Wallace was ordained by H.H. Dalai Lama. He has undergraduate degrees in physics and the philosophy of science from Amherst College and a doctorate in religious studies from Stanford. He is the president and founder of the Santa Barbara Institute for Consciousness Studies, and he teaches Buddhist philosophy and meditation throughout Europe and North America.

With the many demands on our time in today's world, it is all too easy to confine our spiritual practice to brief periods of meditation each day,



supplemented by occasional teachings and retreats. But it is difficult for such intermittent dedication to Dharma, interrupted by long periods of mundane activities and concerns, to bring about deep and lasting transformation in our minds and way of life. In his classic text "Transforming

Feb. 25-27, 2010

Session 1: Friday, Feb. 25, 7:30-9:30 p.m.

Session 2: Saturday, Feb. 26, 9 a.m.-5 p.m.

Dharma talk: Sunday, Feb. 27, 10:30 a.m.

\$175 in advance/\$195 at the door (lunch included)

"Felicity and Adversity into the Spiritual Path" the 19th-century Dzogchen master Dordrupchen Tenpey Nyima provides practical instructions for transmuting all of life's ups and downs into nourishment on the path to enlightenment. During this retreat, Alan Wallace will offer an explanation of his teachings, together with guided meditations for putting them into practice.

A light vegetarian lunch will be included on Saturday or retreatants can bring their own food. Retreatants are encouraged not to leave during the full-day intensive retreat.

Retreatants may spend the night at the Rime Center at a cost of \$25 per night. Look for a flyer or registration form at the Rime Center, print from our website or see the class schedule.

These teachings, like all Dharma teachings are available to everyone regardless of ability to pay. We offer partial and full scholarships to those who need them, so don't let lack of finances prevent you from attending.

Download and print out a PDF version of our scholarship form at: www.rimecenter.org. Scholarship forms are not accepted by e-mail. Please submit them either by mail, fax to 816-471-7853, or at the center.

Scholarship forms need to be submitted well in advance of the event. We ask everyone (even on scholarship) to pay something - whatever you can afford.

...There is another way to approach life but it takes a major paradigm shift in our attitudes. It is by approaching life by actually doing less.

Dharma talk given on Sept. 6, 2009



meditations

By Chuck Stanford, Lama Changchup Kunchok Dorje

The founder of the Rime Center, Lama Chuck Stanford was ordained in 1998 as Lama Changchup Kunchok Dorje. Lama Chuck writes a monthly column on Buddhism for the faith section of the Kansas City Star and is the Buddhist member of the Kansas City Interfaith Council. In addition he is a volunteer chaplain at Lansing Correctional Facility and regularly visits Buddhist inmate groups at five area prisons.

Voluntary Simplicity

There is an old Zen story of a man riding very fast on a horse. As he rides past his friend standing on the side of the road, the friend yells, "Where are you going?" The rider turns toward his friend and yells, "I don't know, ask the horse!"

The speed and intensity of our modern society often leaves us feeling like the rider on the back of the horse – doesn't it? We rush from appointment to appointment. We try to balance family life with professional life, as we check off the multitude of things on our "to do" list. It sometimes feel as if life is controlling us, rather than we are controlling our lives – just like the rider on the frenzied, out-of-control galloping horse.

However, it is possible to approach life's demands in a different way. It is possible to apply "mindfulness" to our lives where we intentionally do less – rather than more. This may sound simple, however it takes tremendous courage because this is a complete paradigm shift from the way (most of us) we were raised. Most of us were raised to be very accomplishment oriented. We are taught the "more is better" paradigm. It becomes ingrained in us that more of anything is better: more work, more money, more status and more material possessions - are all the paths to happiness. And it is so ingrained in us that we believe it is true – it is as true as our belief that the sun will rise tomorrow. Conversely we are taught that to do less is lazy, slothful and unproductive.

So, in order to do more we begin multi-tasking. That is trying to do more than one thing at a time. And our lives begin to spin out-of-control just like the out-of-control galloping horse. How can anyone truly be happy living like this? It is like the juggler that is trying to keep 5 balls in the air all at the same time. It's impossible.

However, there is another way to approach life but it takes a major paradigm shift in our attitudes. It is by approaching life by actually doing less. This may sound easy, but in fact it is hard and takes tremendous courage. There is an entire movement that has been going on this country for many years now known as "voluntary simplicity." This is intentionally simplifying your life. Doing less, consuming less, trying to reduce your carbon footprint and

prioritizing your life by doing the things that bring real happiness – such as spending more time with family, in nature, or meditating. It was the Buddha who lived the life of simple monk was therefore was one of the first to practice voluntary simplicity.

The British economist, E. F. Schumacher summarized this practice by saying, "Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction."

In Buddhism we call this intentional slowing down and paying attention to the present moment as "mindfulness." Mark Lesser in referring how to manage our time and our lives says, "I'm tempted to say: not time management; not productivity management; not energy management; not purpose management. Instead, manage your state of mind."

In truth, I believe that all these approaches contain important elements, that all deserve attention. And, in order to reduce habits and patterns that hold us back and increase both our satisfaction and productivity, we must learn to manage our state of mind."

And how do we manage our minds? It is through the practice of meditation. Through meditation we can begin to "see" the value in slowing down and that "less can actually be more."

Mother Teresa said, "Poverty is a kind of richness and the rich are much poorer. Sometimes they are more lonely inside. They are not satisfied. The more you have, the more you are occupied, the less you give. But the less you have, the more free you are."

Practicing Voluntary Simplicity or practicing mindfulness is deciding what is really important in your life – setting priorities.

What is more important... making another sale, or playing with your children?

What is more important... working overtime, or going for a walk in the woods?

What is more important... taking on another project, or spending more time with your spouse?

Prioritizing our lives means that we determine the things in our lives that are really important that are deeply meaningful. Let me

share with you another Zen story about priorities. This is a true story that happened in the 17th century and involved a devotee of Zen in Japan by the name of Tet-Sugen. Tet-Sugen decided to publish the sutras, which at that time were available only in Chinese. The books were to be printed with wood blocks in Japanese in an edition of seven thousand copies, a tremendous undertaking.

Tet-sugen began by traveling and collecting donations for this purpose. A few sympathizers would give him a hundred pieces of gold, but most of the time he received only small coins. He thanked each donor with equal gratitude. After ten years Tet-sugen had enough money to begin his task.

It happened that at that time the Uji River overflowed. Famine followed. Tet-sugen took the funds he had collected for the books and spent them to save others from starvation.

Then he began again his work of collecting.

Several years afterwards an epidemic spread over the country. Tet-sugen again gave away what he had collected, to help his people.

For a third time he started his work, and after twenty years his wish was fulfilled. The printing blocks which produced the first edition of sutras can be seen today in the Obaku monastery in Kyoto.

The Japanese tell their children that Tet-sugen made three sets of sutras, and that the first two invisible sets that far surpass even the last which was printed.

We all need to learn to slow down a like Tet-sugen and prioritize our lives. Really determine what things are truly important to us. Remember we are the master's of our ship --we are not victims -- we do have control over our lives - -but it is a matter of choices.

One of those choices that should be at the top of your list should be meditation practice.

It is through meditation practice that we develop the compassion and wisdom to help us in making the better choices.

So I challenge you this week to think about ways to simplify your life -- then spend more time doing those things that are really important to you -- family, friends, connecting with nature and meditation practice. Try practicing *Voluntary Simplicity* in your life.

Help Update Our Mailing List

If you would like to sign up for the weekly e-mail updates, no longer wish to receive mailings from the Rime Center or you have moved, contact us at lama108@aol.com or 816-471-7073. Fax: 816-471-7853

Join a Committee

Joining a Rime Committee is an excellent way to contribute to the sangha and to become more involved with the Rime Center. If you are interested in becoming involved and serving on a committee, please contact the following chairs about coming to a meeting:

Facilities Committee

Chris McCready hollygrms@yahoo.com

Programming Committee

Denise Case denisecase@gmail.com

Gift Shop Committee

BJ Pontalio bjpontalio@aol.com

Finance Committee

Vickie Cumberland vacumberland@aol.com

Membership Committee

Jack Nelson jackliberty@hotmail.com

Dharma Sunday School Committee

Michael Hart michael_e_hart@msn.com

Library Committee

Pete Scott minervaman12@gmail.com

Prison Outreach

Chuck Stanford lama108@aol.com

Community Outreach

Rich Hubbard rich.hub@gmail.com
Bob McEachen bmceachen@everestkc.net

Newsletter Designer/Volunteer Coordinator

Michele Cavin Lowrie oneLmichelekc@gmail.com

Rime Board Officers

Chuck Stanford, executive director
Gabriele Otto, board chair
Mary Stanford, vice chair
Teri Brody, secretary
Vickie Cumberland, treasurer

Board Members

Bernie Evans, Matt Rice, Toni Wills

Special Thanks

To Paul Kotz and FRD Communications for printing our newsletter.

Permission

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Financial Aid Available

Workshops and classes, as with all Dharma teachings, are available to everyone regardless of ability to pay. Discounts, a limited number of scholarships and work/study programs are available to those in need. However, scholarship forms must be submitted one week prior to the start of the teachings for review by our scholarship committee. Call the Rime Center at 816-471-7073 or email Lama Chuck at lama108@aol.com for details.

Mindfulness of Breathing

Full Day Meditation Retreat with Santikaro

Take a deep breath, now let it out. Now you are beginning to see the benefits of breath mindfulness and are just starting to get warmed up for a weekend retreat on the subject matter. Santikaro, a former Theravada monk, returns to the Rime Center to present Anapanasati Sutra (Mindfulness of Breathing), as taught by the Buddha.

Santikaro finds that the Anapanasati Sutta or "Breath-Mindfulness Discourse," gives students of the dharma a road-map for spiritual cultivation, realization, and liberation. The discourse that details the Buddha's instruction on using the breath (anapana) as a focus for meditation. The discourse lists sixteen steps to concentrate the mind. The ultimate goal is to bear insight and understanding into the Four Foundations of Mindfulness, the Seven Factors of Awakening, and ultimately Nirvana.

Santikaro was ordained in Thailand as a Theravada monk in 1985, and subsequently trained at Suan Mokkh with Buddhadasa Bhikkhu, a leading Thai teacher, scholar, and reformer of Theravada Buddhism. He lived in Thailand as a Buddhist monk for 16 years and now lives



Facebook:
Santikaro
Upasaka

Apr. 22–23, 2010

Session 1:

Friday, Apr. 22, 7:30–9:30 p.m.

Session 2:

Saturday, Apr. 23, 8:30 a.m.–4:30 p.m.

\$135 in advance/\$155 at the door (lunch incl.)

in Norwalk, Wisconsin at Liberation Park. Liberation Park is a vehicle for Dharma study, practice, and work and is located in a peaceful natural environment for dedicated practice. As the founder of Liberation Park, this modern American expression of Buddhist practice, study, and social responsibility within community, Santikaro has fostered the practice of living simply and sustainably, growing food, and caring for the land.

He is a founding member of Think Sangha, a community of socially engaged Buddhist activists that has given special attention to the ethical and spiritual impact of consumerism and militarism. Santikaro led meditation retreats at Suan Mokkh for many years before returning to the midwest in 2001. In 2004 he returned to lay life. He continues to teach in the Buddhist tradition with an emphasis on the early Pali sources.

A light vegetarian lunch will be included on Saturday or retreatants can bring their own food. Retreatants are encouraged not to leave during the full-day intensive retreat.

Retreatants may spend the night at the Rime Center at a cost of \$25 per night. To register, look for a flyer or registration form at the Rime Center, print from our website or see the class schedule.



Lama Chuck leads the monthly retreat on Aug. 14, 2010.

Half-Day Meditation Retreats

The Rime Center will continue monthly half-day meditation retreats this autumn. All of them will be led by Lama Chuck and Mary Stanford or senior Dharma teachers.

Designed to be accessible for all levels of learning, each half-day retreat will focus on developing shamatha (calm abiding). The retreats will focus on releasing ego clinging and training the mind in compassion through mindfulness meditation. These retreats also focus on guidelines for using everyday experiences as opportunities to deepen our meditation practice.

Beginners are encouraged to attend. We will be observing noble silence throughout the

Saturday Morning (Half-Day) Meditation Retreats

9:00 a.m. to Noon

Jan. 8, Feb. 12, Mar. 12, Apr. 9, and May 14, 2011

Cost: \$15 suggested donation (each session)

retreat. Tea and bottled water will be provided.

This is a chance to deepen your meditation practice, you may attend any number of the sessions, one or all.

Please see the class schedule to register.

illuminations



PHAGYAB RINPOCHE

The Dharma Teens group was visited by a very special guest, Phagyab Rinpoche on Oct. 24, 2010. He also granted 21 Taras Empowerments and teachings.



SIXTH ANNUAL TABLE OF FAITHS LUNCHEON

Rime members B.J. Pontalio, Darcy Bloss, Gabi Otto, Kathy Tracy, Matt Rice, Vickie Chamberland, and Michele Cavin Lowrie attended the luncheon on Nov. 11, 2010.



INTERNATIONAL VISITOR'S BUREAU VISIT

The Rime Center hosted 25 foreign nationals from countries around the world to meet with members of the Greater Kansas City Interfaith Council on Nov. 2, 2010. Executive Director Barbara Dolci of the International Visitor's Bureau (working with the U.S. State Dept.) is pictured above. The purpose was to highlight the interfaith work going on in Kansas City. Representatives of the Council who spoke and answered questions were: Baha'i Faith: Fran Otto; Muslim: Dr. Rauf Mir; Judaism: Susan Choucroun; Buddhist: Lama Chuck Stanford

CONGRATULATIONS, NEWLYWEDS!



Angee Mullis and Phil Kilmer on Sept. 4, 2010.



Kristopher Stice and Jeff Hall on Sept. 4, 2010.



Jenny Noyce and Corey Hoover on Sept. 17, 2010.



Sam and Grace Divinia on Sept. 18, 2010.



Peter Tremont and Sarah Paradise on Oct. 10, 2010.



Vince Medellin and Whitney Shaffer on Oct. 1, 2010.

THE WRITERS PLACE

Lama Chuck attended the third annual Voicing the Spiritual Self: The Interfaith Language of Doubt and Belief on Oct. 28, 2010. At this multifaceted event, as part of the Festival of Faiths, a diverse group of Kansas City authors shared their inner pilgrimages in poetry and prose.





YOUTH BLESSING CEREMONY

On Aug. 15, 2010 the Rime Center held a baby blessing ceremony officiated by Lama Chuck, who blessed several children. Part of the ceremony includes the parents, the sangha and the children all reading parts of a text. Pictured are Tasjha Dixon and son, Nigel Dixon-Bareng, age 3.



REFUGE VOWS

Twenty-four people took Refuge Vows on Aug. 29, 2010. Taking refuge signifies the practitioner's aspiration to follow the Buddhist path. Front Row (left to right:) Kobra Jones, Maryann Hebert, Bob McEachen, Clare Benson, Kathy Owen and Missi Rassmussen. Middle Row (left to right:) Brian Jones, Tracy Vacca, Jean Davis, Tashja Dixon, Dallas Richards, Tony Fresia, Breda Jenkins, Daniel Symer, and Daniel Scharpenburg. Back Row (left to right:) Daniel Wagner, Scott Leigh, Donna Bennett, Julie Farr, Cecily Marrero, Patty Becker, Chris Elliott and Barbara Hubbell.



ST. MICHAEL'S EPISCOPAL CHURCH

Lama Chuck spoke to a group from St. Michael's Episcopal Church on Sept. 28 and Oct. 5, 2010. The group also visited the Rime Center on Sunday, Oct. 24.

WELCOME NEW MEMBERS!

When you become a member of the Rime Center you not only become part of the sangha, but you demonstrate your support of the center. The Rime Center recently welcomed two groups of new members to the sangha. If you are interested in becoming a member of the Rime Center, look in the class schedule contained in this newsletter for information on new member's classes.



Sept. 26 –
(left to right):
Brian Jones,
Tai Jones, and
Dallas Richards



Nov. 3 – Front Row (left to right): Joel Rook, Connie Jarrell, Brandon Curtis, Megan Fallon, Kobra Jones, and Grant Maledy



INTERFAITH ANIMAL BLESSING

Lama Chuck blesses Rime member Lauren Hruby's dog, Dexter, on Oct. 3, 2010.

How I Came to Buddhism

By Daniel Scharpenburg – November 2010

People often ask me why I am a Buddhist or how I came to Buddhism. I've been known to have difficulty coming up with an answer in the past.

I learned about Buddhism in college. Something about it really interested me. I had given up the religion I was raised with a few years earlier. Not really for any reason other than I had (and still have) trouble believing in miracles. I wasn't really looking for a new religion, of course, but Buddhism really piqued my interest. Other eastern religions did as well, but especially Buddhism.

I started getting as many books as I could and studying Buddhist philosophy in my spare time. Buddhism is predicated on a philosophy of Interdependence. That is, nothing exists on it's own. Everything exists in relation to everything else. I am not really separate from you. We only think we are separate. That philosophy really spoke to me on a personal level, along with the fundamental practices: nonviolence, compassion, cultivating wisdom and insight. And a clear path to relieving suf-

fering, of course. Buddhism is a very intellectual belief system and I like that. And its foundations are primarily based on reason and logic. When I started practicing daily meditation, I could very clearly see great benefits to my mental and emotional state.

I studied and practiced Buddhism for a few years before I was really comfortable calling myself a Buddhist. But, ultimately I did take that leap. Then, for a few more years, I practiced Buddhism by myself. One of the key Buddhist tenets is having a Sangha, which means a community of Buddhists that you practice with. For years I didn't really think having a Sangha was that important. I liked practicing Buddhism by myself and I didn't really want to be in a Buddhist community. Now, I've been a member of the Rime Center for a while and I realized why being in a Buddhist community is important. Being in a Buddhist community makes me want to be a better Buddhist. Knowing that I'm not alone in this makes me really motivated to be a better person, which is really what Buddhism is all about.

ANOTHER'S EYES

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Two steps in, you turn
to the One on your right
and the One on your left.

In an instant, you realize
they are one and the same;
each one no different from
the other. All stars nesting
in the same universal sky.

Beneath creed, color, religion
and ethnicity, we each speak
a common language of love,
longing and desire for deep
meaningful connection.

Let us not talk softly about this,
but rather to raise our voices
loud in unified praise

at the reckoning at last
of our own divinity revealed
in another's eyes.



Rime Center altar. Photo by Dorothy Miller, 2010.

Yoga Classes Offered

Saturday and Sunday

New yoga class begins Jan. 8, 2010. Alan Lippincott is a Rime member who is moving his established Jet Con/Kundalini yoga class from an Overland Park location. He is looking

forward to sharing bending, breathing, stretching and meditation techniques with others. Saturdays 11:30 a.m.–12:30 p.m.

Additionally, Sunday mornings from 9–10 a.m., join Michele to warm up before Sunday service.

Open to the public (not just Rime members).

Change a Life

Become a Tibetan Refugee Sponsor

Special Sponsorship Request for 3 Nuns

From Tenzin Palmo of Jangchub Choeling Nunnery

N.K. Dist. Karnataka State, South India



Nun Tenzin Sonam is 57. She having room problems and is currently staying outside the Jangchub Choeling Nunnery. She also needs food and is in poor health, requiring medication.



Nun Jangchub Palmo is in the Jangchub Choeling Nunnery. She has kidney problems.



Nun Lobsang Yangchen (Rongpo) is studying in the Jangchub Choeling Nunnery and has had a T.B. related issues.

- Seeking sponsors for over 50 Tibetan refugees
- Sponsors matched one-on-one with refugees
- \$30 monthly contribution is sent directly
- \$30usd has the buying power of \$600 in India
- We have connected nearly 250 sponsors and refugees since 2002

Additionally, one-time or on-going donations can be given to a special fund through the Rime Center. Those monies are used for special or emergency needs for various refugees.

More info: Lama Chuck at lama108@aol.com or 816-471-7073.

First Friday Movies

Open Mic Night Has Moved

Beginning in November, 2010, First Fridays are now Movie Night at the Rime Center. A different Buddhist-theme movie will be shown each month. Snacks are available and a discussion is held afterwards.

Host Ecstatic Poet Paul Goldman and Reiki Master Dawn Goldman opened their new Metaphysical Store in October. Stone Spirit Lodge, now the Open Mic location.

With ample performance space, Rime members Paul and Dawn host a wide variety of classes and performances, including a Tuesday Oneness Blessing Deeksha Group and on-going First Friday Gratitude Open Mic Nights. Hours: Tuesday–Saturday 10 a.m.–7 p.m., noon–6 p.m. Sunday. Location: 309 Westport Road, just east of Morning Glory Antiques.

Losar Celebration

2138 Year of the Iron Hare starts in March 2011, Rime Celebration on March 5

Losar is a celebration of the Tibetan New Year and is the most important holiday in Tibet. Join other sangha members to celebrate this special day with a potluck dinner and a variety of activities. Families, children, and guests are welcome in this event that can be traced back to pre-Buddhist times when villagers held a spiritual ceremony to appease local deities. It evolved into the celebration it is today when the measurement of time, based on the phases of the moon, was introduced. The Tibetan calendar is a lunar-solar calendar composed of 12 or 13 months each beginning with a new moon. Every three years an extra month is added so that the average Tibetan year equals a solar year. Each year is associated with an animal and an element. Last year was the iron tiger (male) and this year is the iron hare (female). The new year will be 2138 and begin on Mar. 5, 2011.

Losar is a joyous time of celebrations and feasting, but it is also a sacred time to be spent with family. It's meant to discard the old negativity accumulated in the previous year and to welcome the new year. Before Losar begins, all quarrels and debts are settled, houses are scrubbed and polished, new clothes and special foods are made, and new prayer flags are hung. On the night of the dark moon, New Year's Eve, families gather to eat a dumpling soup called gutuk. Some of the dumplings contain objects that are said to forecast the coming year. If you find salt, that means a virtuous year is ahead, while coal foretells

a malicious year, and a white stone means a year of good health.

The celebration will begin at 6 p.m. with lion dancers. There will also be a potluck dinner and a variety of activities from 6:30–9 p.m. Come and join the fun, including the traditional throwing of the I-Ching, linked verse poetry, and the making of tsa-tsa votive tablets and prayer flags. Please bring a dish to share.

Saturday Mar. 5, 2011 Schedule:

6 p.m. — Lion Dance
6:30 p.m. — Potluck
7–9 p.m. — Activities



2009 Losar Dragon Dancers. Photo by Jenna Krueger Harper

Member Profile

B.J. Pontalio

Hometown: Formerly Belton, and currently Lee's Summit, Missouri.

Role at the Rime: Dedicated volunteer and the Gift Shop Queen! (and committee chair)



Day Job: A happy homemaker, mostly disabled. Hobbies: Embroidery, reading, cooking, watching classic movies, and hanging out with great friends.

What led you to the Dharma: Joseph Goldstein's book, *Insight Meditation*. I got to a point where I could no longer handle the suffering I was in and I wanted a way out.

Something that most people don't know about you: I love, LOVE hard-core old school punk rock!

Corn Casserole

By B.J. Pontalio

- 1 can whole kernel corn, drained, or 1 cup frozen corn, thawed
- 1 can creamed corn
- 1 box corn muffin mix
- 1 cup sour cream or plain yogurt
- 1/2 cup salted butter or butter-flavored Crisco, melted
- 2 cups shredded Cheddar (reserve some for top)
- Salt and/or pepper to taste

Preheat oven to 350 degrees F.

In a large bowl, stir together the corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9x13" casserole dish. Bake for 45 minutes or until golden brown.

Remove from oven and top with Cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted. Serve warm.

This recipe is easily doubled; make sure you have enough room in your dish, it expands.

Babies and Bathwater

By Karen Maezen Miller – Oct. 2010

Washing dishes is like bathing a baby Buddha – Thich Nhat Hanh



People often quote this to me as their understanding of mindfulness. I only hope it is not their understanding of dishwashing or baby bathing.

First off, let me be clear. In an absolute sense, dishes are indeed the baby Buddha. The Buddha is indeed the dishes. As is the water, the dishwashing liquid, the scrubber and the baked-on lasagna. Everything is nothing but Mind, which is nothing but Buddha. So this instruction is absolutely true. It's in the application that the baked-on lasagna gets sticky.

In a relative sense, our understanding of mindfulness poses difficulty. (Any understanding poses difficulty and the relative sense is where all our difficulty lies.) We might infer that we are to bring a certain something extra to the sink, like an attitude of holiness or reverence. Maybe we should slow down and contemplate the sacredness of the task, its deeper meaning and value. We might even extract a self-satisfied fulfillment from how we see ourselves. I've finally got it! I'm really washing dishes like bathing a baby Buddha!

Even though the dish is the baby Buddha, it is still a dish. And a baby? A baby is not a dish. To wash the dishes is to wash them as they are: dishes. To bathe a baby is to bathe the baby as it is: squirming, splashing, crying, laughing, slippery. To be mindful is to bring nothing more to your life than what is there already. Seeing things as they are, you already know exactly what to do and how to do it. Wash the dish. Bathe the baby. As they are.

We just forget, and look for something more to add to it than our own straightforward attention. Attention is more than enough. It is pure love for everything in life as it is.

www.karenmaezenmiller.com



Rime Buddhist Center

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816-471-7073

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Dec	26	27	28	29	30	31	1
Jan	2	3	4	5	6	7	8
Jan	9	10	11	12	13	14	15
Jan	16	17	18	19	20	21	22
Feb	23	24	25	26	27	28	29
Feb	30	31	1	2	3	4	5
Feb	6	7	8	9	10	11	12
Feb	13	14	15	16	17	18	19
Feb	20	21	22	23	24	25	26
Feb	27	28	1	2	3	4	5
March	6	7	8	9	10	11	12
March	13	14	15	16	17	18	19
March	20	21	22	23	24	25	26
March	27	28	29	30	31	1	2
April	3	4	5	6	7	8	9
April	10	11	12	13	14	15	16
April	17	18	19	20	21	22	23
April	24	25	26	27	28	29	30
May	1	2	3	4	5	6	7
May	8	9	10	11	12	13	14
May	15	16	17	18	19	20	21

Sunday Service with Meditation: 10:30 a.m.–12 p.m. *Childcare & Sunday School available.*

Tuesday, Wednesday and Thursday Meditation: 7–7:30 p.m. — Classes: 7:45–9 p.m.

Extended Thursday Meditation: 6–6:45 p.m.

Noon Meditation: Monday, Tuesday, and Thursday 12–12:30 p.m.

Yoga Class: Saturday 11:30 a.m.–12:30 p.m. and Before Sunday Service 9–10 a.m.

Potluck: Last Sunday of the month **Movie Night at the Rime:** First Fridays 7–9:30 p.m.

December

11 Half-Day Meditation Retreat

12 *Refuge Vow Instruction & Ceremony* 12:30–2:30 p.m.

31 World Peace Meditation 5:30 a.m.

January

6 *A Beginner’s Guide to Tibetan Buddhism* (CORE CLASS) (5 Thursdays) Alan Jon Snyder

8 Half-Day Meditation Retreat

9 *Rime Membership Class* (4 Sundays)

12 *Seven Point Mind Training/Lojong Practice* (CORE CLASS) (6 Thursdays) Dr. Teri Brody

26 *Meditation Workshop* (1 session) / *Basics of Buddhism* (12 Wednesdays) (CORE CLASSES)

February

6 *Bodhisattva Vow Instruction* (3 Sundays)

10 *Lam Rim* (CORE CLASS) (12 Thursdays) Matt Rice

12 Half-Day Meditation Retreat

16 *Rime Membership Class* (4 Wednesdays)

20 *Bodhisattva Vow Ceremony* 12:30– 1:30 p.m.

25–27 Alan Wallace Retreat

March

2 *Images of Enlightenment* (CORE CLASS)

(5 Wednesdays) Chaplain Mary Stanford

3 *Eight Mindful Steps to Happiness* (CORE CLASS) (6 Thursdays) Mike McFarland

9 *A Guide to the Bodhisattva Way of Life* (CORE CLASS) (5 Wednesdays) Ray Porter

12 Half-Day Meditation Retreat

27 *Rime Membership Class* (4 Sundays)

April

5 *Bardo Teachings* (6 Thursdays) Matt Rice

6 *Becoming Enlightened* (8 Wednesdays) Dr. Brody

9 Half-Day Meditation Retreat

14 *Teaching Meditation to Children* Matt Barr

20 *Buddhism and Western Psychology*

(3 Wednesdays) Ray Porter

22–23 Santikaro Retreat

24 *Refuge Vow Instruction and Ceremony*

May

4 *Meditation Instructors Training and Certification* (3 Wednesdays 6–6:30 p.m.) Lama Chuck

8 *Pratimoksha Vow Instruction* (3 Sundays)

14 Half-Day Meditation Retreat

15 *Pratimoksha Vow Ceremony* 12:30– 1:30 p.m.

***Schedule subject to change, see weekly email for important updates.**

Online Resources: www.rimecenter.org Dharma talk podcasts: <http://lama108.libsyn.com/>

Lending library: <http://sites.google.com/site/rimecenterlibrary>

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