



# Put a little Spring in your step at The Rime Center

**Adopt-A-Cushion** We  
need your support to  
recover the Dharma  
cushions

## Tibetan Uprising Day

JC Nichols Fountain on the Plaza  
Tuesday, March 10, 2015

The Rime Buddhist Center will gather once again this year to observe Tibetan Uprising Day. This event will be held at the JC Nichols Fountain on the Plaza on Tuesday, March 10, at 4:30 p.m.

*Continued on Page 3*

## Alan Wallace

*"Cultivating Cognitive Balance"*

**An All-Day Retreat**

April 24 - 26, 2015

Alan Wallace continues his plan for yearly visits to the Rime Buddhist Center with his teachings on the aspects of mental balance:

Cognitive Intelligence – 2015

Emotional Intelligence – 2016

*Continued on Page 3*

## Venerable Phakyab

### Rinpoche

**Healing Through Shamatha Meditation and  
Vajrapani**

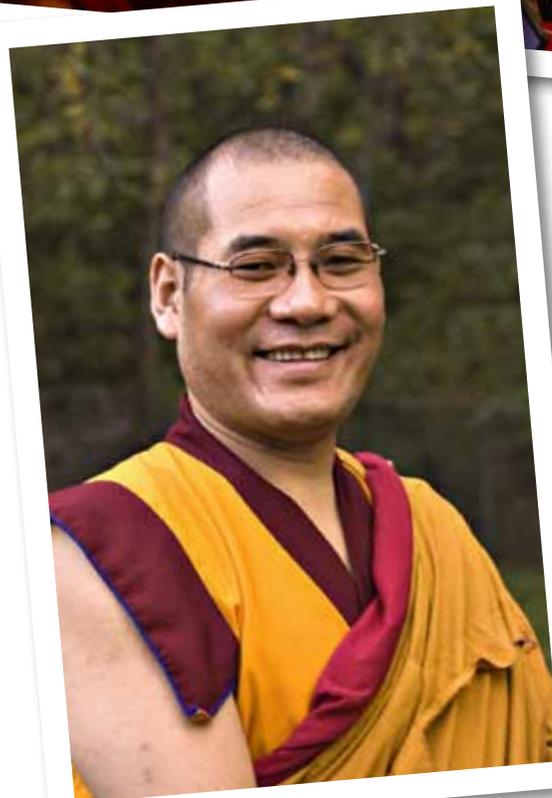
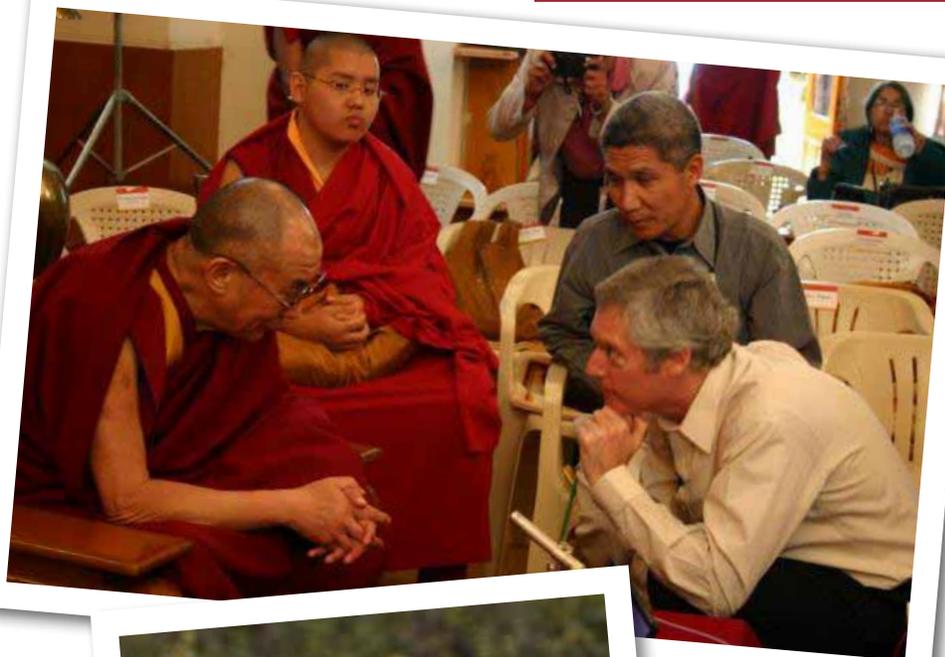
May 29-31, 2015

The acclaimed Tibetan Buddhist lama and healer, Ven. Phakyab Rinpoche, returns to the Rime Center to offer teachings on Healing through Shamatha Meditation.

Shamatha meditation is a simple practice, great for beginners and advanced practitioners alike. Shamatha means "calm abiding" in Sanskrit, and this meditation focuses on allowing the mind's natural state to be accessed by focusing the breath on a specific object and letting all other thought

*Continued on Page 6*

*For days, times, and fees, please see the last page.*



*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](http://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.*

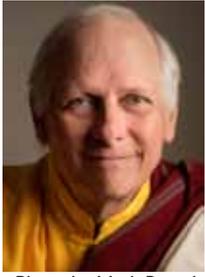


Photo by Mark Berndt

## 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 part-time chaplain at the U.S.D.B. prison at Ft. Leavenworth.

# Waiting For the Train of Happiness to Arrive

Dharma Talk Given By Lama Chuck Stanford on December 7, 2014

In the musical *Rent* there is a wonderful song called “Seasons of Love.” I love the meaning behind this song, which is that each of us has a finite number of minutes in our lives each year. Exactly 525,600 minutes. The lyrics are:

“525,600 minutes,  
525,000 moments so dear.  
525,600 minutes — how  
do you measure, measure  
a year? In daylights, in  
sunsets, in midnights, in  
cups of coffee. In inches, in  
miles, in laughter, in strife.  
In 525,600 minutes — how  
do you measure a year in  
the life?”

Think about your life span. If you’re lucky it may be 100 years, but more likely it will be closer to only 70 or 80 years. Each of those years of your life has the same number of minutes in them.

Mary and I had a Muslim student from Turkey to dinner at our house. In the course of our conversation he commented he was 30 years of age and that he had been thinking about how he had spent the past 30 years. He had actually calculated the time spent doing various daily activities. For example, he calculated that he had spent one-third of his life (or ten years) sleeping. That left only 20 years. Of those 20 years he calculated the amount of time spent eating, going to the bathroom, showering, studying and the myriad of other mundane things we must do each day. When he was finished, he figured that he only had spent one year of those 30 years actually pursuing things that he enjoyed — things that brought him happiness! Just imagine — only one year out of thirty!

I thought to myself, how sad, to only have had one year to do the things he enjoyed. But then I thought to myself how many people are just like him. They are what I call people who are “waiting at the train station for the next train of happiness to arrive.”

Our life is made up of nothing but moments. But what is a moment? How long is a moment? As soon as we say or think moment, that moment is gone. And a collection of moments make up our life. What appears to be a continuous, flowing life is in reality a sequence of separate life moments, each a death and a rebirth of a moment. This is similar to a film; it is made up of individual frames, each slightly different from the next. As the film is run through a projector, the frames blend together and create the illusion of flow. The same is true of our life. It is nothing but a collection of individual moments — moments that are born and then die. Our fascination with the ongoing drama obscures the true nature of what is happening.

The teachings of the Buddha are that we can end suffering permanently — every moment can be the source of true and lasting happiness. Many years ago Nissan had a TV commercial that said: “Life is a journey, enjoy the ride.” Many of us are waiting at the train station for the next train of happiness to arrive, but the problem with that is that it may never arrive. Or if it does, it most likely will be only temporary happiness — as in the case of the Turkish student. If, on the other hand, we recognize that happiness is in the journey then every moment can be precious.

The Buddha said, “This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance. A lifetime is like a flash of lightning in the sky, rushing by, like a

torrent down a steep mountain.”

When you contemplate just how short this life is, how can we possibly wait at the station for the train of happiness? Instead we must recognize that the seed of happiness exists in every moment, even in sorrow and loss. How? By seeing the nature of reality. Seeing things as they really are, seeing what “is.” It is in truly understanding impermanence and not being stuck in attachment. As the Buddha said, it is important that we see the continual ebb and flow of life. Recognizing that things are constantly changing and by not clinging to events, possessions or even people, because they are not the source of genuine happiness.

So, you may ask: “How do I do that?” It is by cultivating mindfulness. I know of no better way to cultivate mindfulness than through the practice of meditation.

The Buddha gave teachings 2,500 years ago known as the *Annapanasiti* sutra. Translated this means “mindfulness of breathing.” I have been fortunate enough to have received this teaching from many high lamas. Alan Wallace’s book *Genuine Happiness* teaches this meditation technique in great detail. There are four parts to this practice. They are refining one’s attention on:

- 1) mindfulness of the body;
- 2) mindfulness of the feelings;
- 3) mindfulness of the mind; and finally,
- 4) mindfulness of phenomena. This is a powerful practice that I highly recommend.

So, to summarize, our life is made up of nothing but moments. It is up to us how we use those moments. We all have the same 24 hours in a day. Are we going to let our lives be ruled by disturbing thoughts, feelings, emotions, people? Like my Turkish friend, are we going to limit our happiness only to those few moments when things are going our way? Or through our meditation practice we can develop the spaciousness in our lives to see the play of all phenomena for what it is: empty of inherent existence. If we can do that, every moment can manifest into enlightened activity.

I’d like to close with a poem that my dear friend, Alvin Brooks often recites:

I have only a minute, only sixty seconds in it.  
Forced upon me...can’t refuse it...Didn’t  
seek it, didn’t choose it.  
But it is up to me to use it...I must suffer if  
I lose it.  
Give account if I abuse it, just a tiny little  
minute, but eternity is in it.

**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:

**Gift Shop Committee**

Mary Stanford marystanford2000@yahoo.com

**Finance Committee**

Vickie Cumberland vacumberland@aol.com

**Membership Committee**

Jack Nelson jackliberty@hotmail.com

**Dharma School Committee**

Daniel Scharpenburg daniel.scharpenburg@gmail.com

**Library Committee**

Matt Rice palden.gocha@gmail.com

**Prison Outreach**

Lama Chuck Stanford lama108@aol.com

**Community Outreach**

Vickie Cumberland vacumberland@aol.com

**Program Committee**

Chairs: Kevin Mullin

Kevin@avalonmediaworks.com

**Volunteer Coordinator**

Lora Lee Reese shantideva@att.net

**Newsletter Team**

Michele Bartlett, Megan and Kevin Hull

**Rime Board Members**

Chuck Stanford, executive director

Gabriele Otto, board chair

Mary Stanford, vice chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice

**Grievance Committee**

Gabi Otto

Sistagsunsetreggae@gmail.com

**Special Thanks**

To Paul Kotz and FRD Communications for printing our newsletter.

**Permission**

Articles may be reprinted or reproduced with permission. Please contact Lama Chuck Stanford.

**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.

The Tibetan Uprising Day is marked every year in memory of the 1959 Tibetan uprising against the ruling of China in Tibet. The armed rebellion resulted in a violent crackdown on Tibetan independence movements and consequently led to the Dalai Lama's flee into exile. Every year, Tibetans around the world, organizations and individuals observe the day in ceremonies and events that show honor and support of the brave resistance.

Please make signs with slogans such as:

- Free Tibet
- Stop Human Rights Abuses
- China Leave Tibet
- Long Live His Holiness the Dalai Lama

Bring your signs and Tibetan Flags to the gathering at the JC Nichols Fountain on the Plaza on Tuesday, March 10, at 4:30 p.m. to bring attention to the observance of Tibetan Uprising Day.

*Alan Wallace, From Page 1*

The cultivation of highly focused, stable, clear attention is central to the Buddha's teachings on the path to spiritual awakening. As he declared, "The mind that is established in equipoise comes to know reality as it is." While this has always been an indispensable foundation for the cultivation of insight, the training of attention is all the more important in today's world. Now, more than ever before, our attention is fragmented by multitasking and thrown into disarray by the modern pace of life and the over stimulation of our senses.

The cultivation of insight into the nature of reality is central to the Buddha's teachings and the primary factor that leads to liberation and spiritual awakening. But such insight is obstructed by the cognitive imbalances of failing to apprehend what is untrue as being true. In daily life, it is not uncommon for us to project ideas onto people and situations that aren't there and to unconsciously turn a blind eye to aspects of reality that are right in front of us. On a deeper level, we commonly misapprehend that which is impermanent for something lasting and stable, that which is by nature unsatisfying as a true source of happiness, and that which is neither I nor mine as being I or mine. On the deepest level, there is a general tendency to imagine that phenomena have a more independent existence than they have, while in face all things exist as dependently related events.

In this full day meditation retreat (9:00 a.m. until 5:30 p.m.), Alan Wallace will explain the importance of sustained voluntary attention in everyday life as well as spiritual practice and how to train the attention. Drawing on modern Western and classic Buddhist sources to illuminate this important aspect of intelligence and mental balance, the workshop will consist of lectures, guided meditations, and discussion.

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.

A light vegetarian lunch will be included on Saturday or you are welcome to bring your own food. You are encouraged not to leave during the full-day intensive retreat, and you may also choose to 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.

**Schedule (Full Day Meditation Retreat and Teachings)**

Friday, April 24:	7:30 p.m.
	Introductory Talk
Saturday, April 25:	9:00 a.m. -noon*
	2:00 p.m.-3:30 p.m.
	4:00 p.m.-5:30 p.m.
Sunday, April 26:	10:30 a.m. Sunday Service Dharma Talk

\* A light vegetarian lunch will be included (or you can bring your own food). You are encouraged not to leave during this full-day retreat.

**Fee:**

\$175 in advance; \$195 at the door  
\$25 per person for overnight stay at the Center

# illuminations

## 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 this group of new members to the sangha. If you are interested in becoming a member of the Rime Center, look in the class schedule for information on new members' classes.



Left To Right: Dani Dyal, Sam Strickland, and Andrea VanBecelaere



Left to Right: RJ Sanders, Dinie Belknap, Jamie Lopez, Erin Corriveau, Christen Napier, Matthew Niles, and Jennifer Smith

## PRISON BODHI DAY EVENT DECEMBER 9, 2014



Not in any order: Kathy Ellis, Frank Bartlett, Andrea VanBecelaere, Gene Felling, David Slavin, Thomas Browy, Anna Sik, Gabi Otto, Madeline Cumings, Josha Bond, Melissa Batson, and Rick Cooper

## REFUGE VOW CEREMONY DECEMBER 21, 2014



Left to Right: Brian Powell, Jason Lamb, and Daniel Sumrall

## BODHISATTVA VOW FEBRUARY 15, 2015



Left to Right: RJ Sanders, Dinie Belknap, Todd Brandl, Christen Napier, and Beniah Leuschke

29TH ANNUAL MEDITATION FOR  
WORLD PEACE  
WEDNESDAY, DECEMBER 31, 2014



KCMO Police Chief Darryl Forte was recognized at the 29th annual World Peace Meditation with the Bodhisattva Award, given for selflessness and the pursuit of peace.



INTERFAITH PROJECT

TULKU YESHI  
NOVEMBER 8, 2014



Thomas Nelson and Cere Carriger married by Lama Chuck Stanford, December 6, 2014



Dianne Fox and Laura MacCracken were married by Lama Chuck, November 11, 2014  
Dianne Fox-MacCracken  
Laura Ann MacCracken-Fox



Re-marriage of Vickie and Bobby Cumberland by Lama Chuck Stanford

slip away. As the meditation practice deepens, the space between thoughts becomes greater and more profound, making room for our true inner nature of unconditional love, peace, and healing to arise and expand.

The weekend teaching includes Vajrapani Empowerment. Vajrapani is a Buddha whose function is to destroy the delusions of living beings by bestowing special power upon their body and mind. Through his blessings and inspiration we can gain the inner strength to face our daily problems and sufferings and to eliminate our delusions, especially our self-grasping ignorance which is the root of our suffering. Delusions are the true enemies of living beings; they continually rob us of inner peace and destroy our happiness. Receiving this empowerment connects us directly with Buddha Vajrapani, giving us the inspiration and confidence to progress successfully on this spiritual path.

Phakyab Rinpoche is a ranking Tibetan Buddhist lama in the Gelugpa order. Born

in Kham, Tibet, in 1966, and ordained at the age of thirteen, Rinpoche began his monastic training at Ashi Monastery in Eastern Tibet before transferring to Sera Mey Monastery in South India where he trained under the tutelage of Ven. Khenpo Lobsang Jamyang and Ven. Khensur Geshe Tindle Topgye. In 1994, he was recognized as the eighth reincarnation of the Phakyab lama, a renowned Buddhist teacher from Eastern Tibet.

Rinpoche is a powerful exemplar of the potential we all have to cultivate the life of the Bodhisattva or spiritual hero. A steadfast advocate of the non-violent resolution of conflict, Rinpoche brings humility, cheer, and boundless compassion to his teaching. His personal story of self-healing from several severe medical conditions vividly demonstrates our inherent potential to heal ourselves physically, mentally, and emotionally. His radical healing has astonished his doctors, friends and students alike and serves as a vivid reminder that we all have the ability

to transform obstacles into resources for spiritual awakening.

Rinpoche currently resides in Queens, New York, where he is learning English and establishing a Buddhist Dharma center. He aspires to teach Buddhism widely and to foster ecumenical dialogue between practitioners of Buddhism and other spiritual and healing traditions. Rinpoche welcomes questions and requests from students of all faiths and backgrounds.

**Schedule:**

Friday, May 29:	7:30 p.m.
	Introduction
Saturday, May 30:	10:00 a.m.-noon
	Healing through Shamatha Meditation
	2:00 p.m.-4:00 p.m.
	Vajrapani Empowerment
Sunday, May 31:	10:30 a.m.
	Sunday Service Dharma Talk

**Fee:**

\$120 in advance; \$140 at the door.

## Member Profile

### Sergio Moreno



**Hometown:**

Technically speaking, Mexico City (Mexico), because that's where I was raised. But because I was born here and because I've called this my home for the past 12 years, I like to say Kansas City is my hometown.

**Your role at the Rime Buddhist Center?**

My involvement at Rime since becoming a member in 2011 has been mostly as a preceptor. I also have helped organize our Inmate Holiday Card program over the past few years. This year I'm facilitating the Ocean of Wisdom Book Club.

**Day Job:**

I'm a Creative Strategist at Hallmark Cards.

**Description of your hobbies.**

Music, books, and world religions.

**What led you to the Dharma?**

I was searching for a spiritual practice and because I lived downtown I used to drive by the Rime Center every day. One day I decided to check it out. After attending a few Sunday services and completing Basics of Buddhism, I felt very much at home in the Dharma.

**Tell us something that most people don't know about you.**

I collect extreme metal music on vinyl.

**What Buddhist Book would you recommend and why?**

*The Way of the Bodhisattva (Bodhicaryavatara)* by Shantideva. In my beginner's approach to this treasure of the Dharma, I have found it to be a source of endless wisdom and compassion. In addition, its poetic and lyrical beauty are unmatched; and I've only read it in translation!

**Special Note about Sergio:**

Sergio is the 2014 recipient of the Barbara Marshall Award at Hallmark Cards. A judging panel grants the award to one of a number of applicants from the creative community who have submitted proposals. The winner receives a six-month sabbatical to pursue their proposed project. As a result, he spent the second half of last year working on a project entitled Stories of Devotion in which he explored the rich variety of religious traditions in America today. He spent time in New York, San Francisco, New Orleans, and Kansas City, having personal interviews with people of different faiths and collecting their stories. He also visited churches, synagogues, mosques, temples, and other places of worship where he experienced and observed religious services and rituals. The project is documented at [www.storiesofdevotion.com](http://www.storiesofdevotion.com), and an exhibit of the work was on display at Hallmark headquarters. He also delivered a presentation about this journey and facilitated conversation circles, giving people the opportunity to engage in interfaith dialogue. He considers this time and project to be a transformational and deeply moving experience, and it has fueled his passion for world religions and interfaith work.

## Lama Lena

Dzogchen from a Wandering Yogini  
June 26 - 28, 1915

We are delighted to welcome back Lama Lena to the Rime Center on June 26 - 28. Lama Lena is a highly accomplished yogini in the Dzogchen tradition who will deliver very clear and accurate teachings on "Dzogchen from a Wandering Yogini." She is accessible, easy to relate to, open to questions and willing to deal directly with many of the questions to which we are seeking answers.

Dzogchen is a Tibetan word that means Great Perfection. On the outer level it refers to a method of meditative practice that enables us to recognize our true nature. Ultimately, great perfection is that very nature: the natural, primordially pure nature of mind.

Over her nearly 40 years of dharma study and practice in this lifetime, Lama Lena spent three years studying with Lama Thubten Yeshe at his monastery in Nepal, and seven years in retreat and practice in a small cave above Tso Pema (home of the Holy Caves of Guru Rinpoche) under the tutelage of her root teacher, Ven. Wangdor Rimpoche. For the past 25 years she has traveled extensive with Wangdor Rimpoche as his translator and assistant. In 2005, she returned to Tso Pema to assist Wangdor Rimpoche. She currently lives on the mountain above Lotus Lake with her two kandros. When she is not traveling, teaching or translating, she works providing medical assistance to the Tibetan refugee community as well as the local Indian villagers and mountain tribespeople. At the request of H.E., Zigar Choktrul Rimpoche and Ven. Wangdor Rinpoche — as well as many Western and Tibetan dharma students — she has been traveling and teaching from the lineages she holds in an informal style that is humorous, artful, and well worth experiencing.

### Schedule:

Friday, June 26:	7:30–9:30 p.m.
Introduction	
Saturday, June 27: ]	10:00 a.m.–noon
	2:00 – 4:00 p.m.
<b>Dzogchen from a Wandering Yogini</b>	
Sunday, June 28:	10:30 a.m.
Sunday Service Dharma Talk	

### Fees:

\$120 in advance or \$140 at the door

## Ocean of Wisdom

### Book Club

First Wednesday of each month,  
7:30 p.m. - 8:30 p.m.

This book club meets on the first Wednesday of each month and is open to anyone who would like to participate. Each month we will read and study one book written by His Holiness the Dalai Lama. A new book by His Holiness will be selected by the group each month.

Over the years, His Holiness has written and co-written a great number of books not only on teachings from the Dharma, but also on subjects such as science, interfaith dialogue, and human emotions.

Copies of the current book will be available for purchase at the Rime gift shop. If you are interested, please add your name and e-mail to the sign-up sheet on the literature table at the Rime Center.

### Summer Classes

#### Beginner Meditation Series

This is a beginners' course designed both for individuals who want to start a meditation practice and for those who want some guidance on how to connect their meditation practice with their everyday life.

#### The class will focus on:

What meditation is all about: its potential benefits, preparations for a meaningful meditation practice, and the practice of concentration.

The breath as an important meditation technique for concentration and calm abiding.

How to bring insights during meditation into everyday life.

Three to four meditation techniques.

The text for this class is *Expand This Moment* by John Selby, a psychologist and student of Alan Watts. It provides easy and practical, yet inspirational, techniques that brings meditation into one's everyday life and relationships.

Instructor: Nora Quiason

Dates & Times: Session 1

Wednesday March 4, 11, 18, and 25

#### Session 2

Wednesday, April 1, 8, 15, and 22

Class Fee: \$15.00 Class Fee; \$14.95 Text fee

Text Title: *Expand This Moment: Focused Meditations to Quiet Your Mind, Brighten Your Mood and Set Yourself Free* by John Selby

#### Rime Beginners' Tibetan Language Class

Learn to say Buddhist prayers in Tibetan.

Every session you will be introduced to the fundamentals of Tibetan language while learning one of the standard prayers chanted at Namgyal

## Wesak Celebration

Prison Visit

USDB prison at Ft. Leavenworth

Tuesday, May 19, 7:30 - 9:00 pm

Wesak is the most important of the Buddhist festivals and is to be celebrated on the full moon in May. It celebrates the Buddha's birthday, and, for some Buddhists, also marks his enlightenment and death.

We celebrate this important festival by visiting our Buddhist brothers at the United States Disciplinary Barracks at Ft. Leavenworth. The prison allows one-time visitors, who sign-up in advance, to visit with the Buddhist inmates. The visit includes a Thai food dinner catered by a local restaurant. It is a richly rewarding experience and means so much to them.

The deadline for sign-up is April 29, so please look for the sign-up sheet at the Rime Center and join us in the Wesak celebration.

Monastery.

**Week One:** Introduction to the Tibetan alphabet, the Wylie transliteration system, pronunciation, and meaning of the Refuge Prayer.

**Week Two:** The Four Immeasurables, Tibetan pronunciation, meaning, and spelling

**Week Three:** The Short Mandala Offering, the offering mudra, pronunciation, meaning, and Tibetan word order

**Week Four:** The Short Seven Limbed Prayer, pronunciation, meaning, and Tibetan verb patterns part one

**Week Five:** Dedication Prayer pronunciation, meaning, and Tibetan verb patterns part two

**Week Six:** Long Life Prayer pronunciation, meaning, and Tibetan cases

Instructor: Dianne Fox-MacCracken

Dates and Times: Six Sessions;

Tuesdays March 3 - April 7, from 7:00 - 8:30 p.m.

Class Fee: \$15.

Text fee: none. All materials will be provided or are available for download.

Pre-requisite: none

About the instructor:

Dianne Fox-MacCracken spent seven years studying at Namgyal Institute for Buddhist Studies, a North American branch of the personal monastery of His Holiness the Dalai Lama. Coursework at NIBS included colloquial Tibetan, Lam Rim, tantric, mind training, and meditation. She also studied Classical Tibetan for three years with Craig Preston. She has been a practicing Buddhist since 1990. For information about Namgyal or Craig Preston, see:

<http://www.namgyal.org/event-type/core-classes/>  
[http://en.wikipedia.org/wiki/Namgyal\\_Monastery\\_Institute\\_of\\_Buddhist\\_Studies](http://en.wikipedia.org/wiki/Namgyal_Monastery_Institute_of_Buddhist_Studies)  
<http://fpmt.org/mandala/archives/mandala-for-2012/october/an-interview-with-craig-preston/>



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Kansas City, MO 64108

**Return Service Requested**



**calendar**

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

**Remember the many Rime scheduled meditations: Monthly Half-day Retreats, Noon Meditations, Sunday service, Tuesday, Wednesday & Thursday evening practices.**

**Sunday** Service with Meditation: 10:30 a.m.–12 p.m. *Childcare & Sunday School available.*  
**Tuesday** Green Tara Tantric Practice: 7-7:30 p.m. (upstairs)  
**Wednesday** Meditation Instruction: 6:00 p.m.  
**Wednesday** Meditation: 7–7:30 p.m.  
**Thursday** Meditation: 6:00-6:45 pm (upstairs)  
**Medicine Buddha Tantric Practice:** 7–7:30 p.m.  
**Noon Meditation:** Monday - Friday, 12–12:30 p.m.  
**Bodhi Bag prep:** Wednesday 6:00pm **Delivery:** Sunday after Service 12:15pm  
**Second Saturday of Each Month:** Half-Day Meditation retreat 9 a.m. - noon

**March**  
 March 10  
 Tibetan Uprising Day

**April**  
 April 24-26  
 Alan Wallace Retreat

**May**  
 May 29-31  
 Phakya Rinpoche

**June**  
 June 26-28  
 Lama Lena

**Rime Weekend  
 Residential Retreat  
 May 22 - 24  
 (3 day retreat)**

**Heartland Center  
 16965 NW 45  
 Highway, K.C., MO**

**Cost: \$125**

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

Find us on Facebook!  
 "Rime Buddhist Center Community"