



# Keep Warm this Winter at The Rime Center

## 30th Annual World Peace Meditation

An Interfaith Gathering -- 6:00 a.m.

Thursday, December 31\*

The Rime Buddhist center will host the 29th Annual World Peace Meditation, an interfaith gathering, on Thursday, December 31, at 6:00 a.m. (\*please arrive by 5:30 a.m.). The program will consist of religious observances from various cultures and faith traditions including Native American smudging, Tibetan Buddhist chanting and meditation, Christian prayer, devotional music, Sufi dancing, and the Muslim "call to prayer."

## Holiday Sale and Open House-Saturday Dec. 5th

There's a holiday sale and open house at the Rime Buddhist Center! The event will be held on Saturday, December 5, from 1:00 p.m. until 5:00 p.m. Many books will be deeply discounted and the new 2016 calendars will be available to purchase. Cookies and hot tea will be offered. Please plan on stopping by and stocking up on items for the holidays!

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

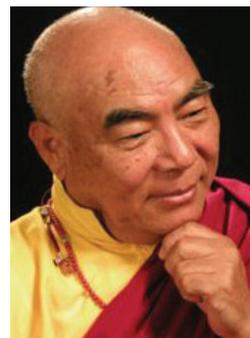
Members of the Greater Kansas City Interfaith Council will offer a prayer for peace from each of their faith traditions. A highlight of the event will be the presentation of the Bodhisattva Award.

Our award this year will be given to Lama Chuck Stanford, founder of the Rime Buddhist Center.



Increase your  
knowledge, check out  
the New Winter Class  
Schedule!

Save the Dates!



Lama Lodu Rinpoche returns to the Rime Center April 1st – 3rd to share teachings and an empowerment focused on 1,000 Arm Chenrezig (Avalokiteshvara), the Bodhisattva of Compassion. Lama Lodu Rinpoche is a renowned Vajrayana master, scholar and lineage holder of the Kagyu school of Tibetan Buddhism and currently is the spiritual director of Kagyu Drodren Kunchab located in San Francisco.



We are delighted to welcome back Tulku Yeshe Rinpoche May 13th - 15th and give the Yuthog Nyingthik empowerment and Tsalung Tulkor teachings. Tulku Yeshe Rinpoche is a Dzogchen master and has received teachings from over forty masters representing all five schools of Tibetan Buddhism, Nyingma, Kagyu, Sakya, Gelug, and Shiji (Chod).

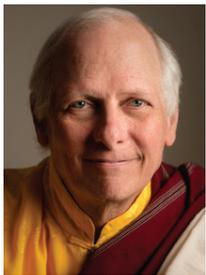


Photo by Mark Berndt

## 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.

As all of you know I'll be retiring at the end of this calendar year. So, this will be my final column. I simply wanted to share with you some thoughts and reflections about these past 20 years of Rime growth.

My first exposure to Buddhism was in the late 1980s where I attended the local Shambhala Center. It was really my first taste of Buddhism. And I am incredibly grateful for learning the basics there.

It is difficult to believe that it was 20 years ago that I had a vision for what today has become the Rime Buddhist Center. I envisioned a place where liked-minded people could meet, and that it would be incredibly welcoming. This concept in my mind went through many different permutations and names. I went so far as to even create a brochure as a proof of concept. I recently found a copy of that brochure and I was shocked to see that it contained much of what the Rime Buddhist Center is today. Things such as...

- A sanctuary in the heart of the city.
- An open non-sectarian spiritual center.
- A place to gather.
- A place to meditate.
- A place to do yoga.
- A place to learn about yourself.
- A bookstore.
- A café and coffee shop (that today we offer once a month)

- A place that offers a variety of holistic classes.
- A lending library.

I shared my vision with several people close to me, including my wife, Mary. All were very encouraging. But it is one thing to have a concept in one's mind, but quite another to actualize it.

So, in 1995 while owning and operating an event planning business I sent a mailing out to everyone I knew that we were starting a new non-sectarian Buddhist group. We began offering meditation and classes on Buddhism once a week at the Roeland Park Community Center. After moving to a couple of different locations, finally in 2000 we moved into our current location. A 125 year old building right in the heart of downtown Kansas City where we have been for the past fifteen years.

My vision only became a reality because there was an obvious need, but more importantly because of our amazing sangha and volunteers who helped actualized this vision into a reality. Today, I see the Rime Buddhist Center as a mosaic or mandala made up of our members each with unique talents and gifts whose sum is greater than the individual parts.

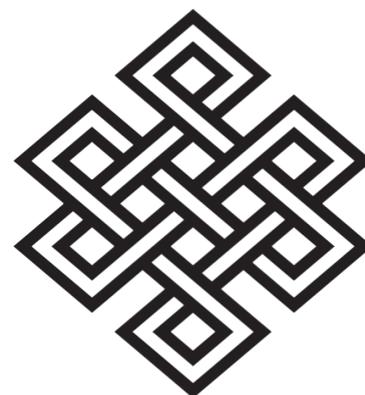
I am continually told by a wide variety of our members of how much

the Rime Buddhist Center has helped them through very difficult times. You may, very well, be one of them. I also often hear, "You know I don't come to the Rime Center very often, but you have no idea how much it means me, just knowing it is there."

People have asked me who will take over my duties? I feel very confident in our leadership. Most of you know Gabi Otto, the chair of our board for many years, will become our Executive Director, responsible for all of the administrative parts of the Center; and, Lama Matt Rice who will become our spiritual director.

I have so many positive memories from my time at the Rime Center. It has been one of the most profound experiences of my life. I'm leaving with a humble sense of accomplishment knowing that it was only possible with the help of all of you. My heart will always be with the Rime Center and I hope to remain spiritual friends with all of you.

I pray for each of you - for your health, happiness and long life.



# Reflection and Gratitude: Looking to the Past and Moving Toward the Future

By Lama Matt Rice, Lobpon Palden Gocha



As 2015 winds to a close, the Rime Center is in a state of transition. This is an opportunity for both reflection and gratitude. With the retirement of our founders Lama Chuck and Mary Stanford we are called to reflect on and celebrate all that they have done for the Buddha Dharma in Kansas City. Their initial vision of a non-sectarian Buddhist Center in the heart of Kansas City is manifest today as a thriving community that takes to heart the mission of achieving peace through compassion. Central to this mission is a refuge that strives to be the most welcoming community in Kansas City. But the Rime Center's mission of compassion reaches beyond our walls and into the community with our homeless outreach and prison outreach programs as well as our partnership with Harvesters. It extends internationally, too, as we connect sponsors with Tibetan refugees living in India and Nepal. We can be grateful for the numerous teachers that Lama Chuck and Mary have brought to Kansas City to allow us to grow on our path. Teachers like B. Alan Wallace, and Lama Lena. Teachers from other Buddhist traditions like Karen Maezen Miller and Santikaro. With such a diverse assembly of teachers we are blessed to have these opportunities and all of this thanks to the vision and determination of Lama Chuck and Mary Stanford. I call on all members of our community to take a moment for reflection and gratitude. I am

also grateful to the Sangha. With their strength, the initial vision has become a reality. Everything you see at the Rime Center is due to the efforts of the Sangha. It is our volunteers who lead meditations and weekly classes. It is volunteers who run the gift shop and the Dharma School on Sundays. When we have events it is our volunteers who are there to welcome guests and teachers and make them feel at home. Again I call on all members of our community to take a moment for reflection and gratitude for our amazing Sangha. As a new chapter begins at the Rime Center let us look forward to what more we can do for our community. My vision for this next chapter is one of growth based on our core mission and values. This growth will take place by focusing on the following areas...

## 1.SERVING OUR

COMMUNITY - The Rime Center will become a place of dialogue and action that brings peace to our Kansas City metro area community. Whether we are expanding our outreach programs or working on social justice issues, Buddhism calls us to action.

## 2.SPIRITUAL

DEVELOPMENT - Having teachers come for extended visits and giving Sangha members opportunities to spend time with those teachers in an informal setting is key for personal spiritual development along the path. The Rime Center will continue to bring the Buddha Dharma to our

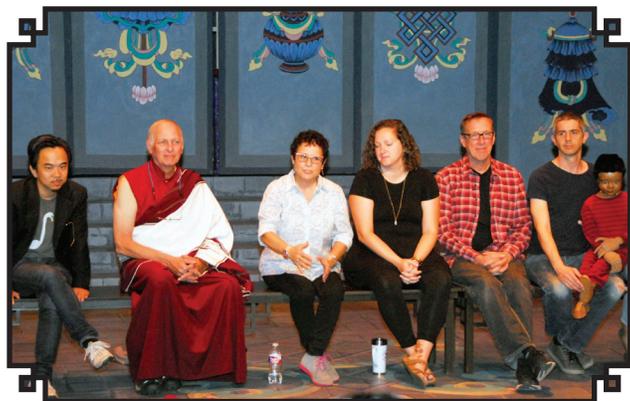
region, but we will provide even more opportunities for Sangha members to develop relationships with spiritual teachers.

## 3.SUSTAINING OUR

SANGHA - The Rime Center must do more to build an inclusive sense of community within our Sangha. Celebrating as a community and having activities as a community can help bring a sense of closeness. A community that rejoices when we succeed and supports us when we stumble. A community that allows us to be who we are without the need of pretense. A community that celebrates our diversity nevertheless acknowledges any obstacles to that diversity and with skillful means works to overcome those obstacles in a positive and supportive ways. Moving forward I call upon you, the Sangha members of the Rime Center, to join me in bringing this vision to life as we write our next chapter. Let us all take a moment for reflection and gratitude for the great work of Lama Chuck and Mary Stanford over the past 20 years. I personally want to thank them as well as the Board for putting their trust in me. I am also grateful to our Executive Director Gabi Otto; with her strength and expertise I know that I have incredible support on this journey. I am also grateful for you, the Sangha. You have demonstrated time and time again why you are a part of the Noble Jewels.

# illuminations

Lama Chuck and the cast of  
"The Oldest Boy" at the Unicorn  
Theater September 13, 2015



Sangha Celebrating HH Dalai  
Lama Birthday

24-hour Meditation  
for the Earth



Refuge Vows  
August 30, 2015



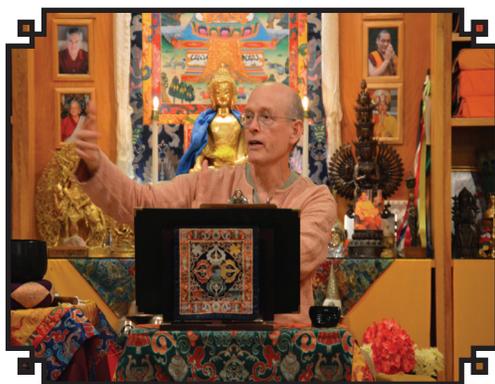
Rime Members Visit  
the Great Stupa of Dharmakaya



BACK ROW (STANDING), Left to Right:  
Michael Brown, Adrian Aguirre, Tucker Poling, Dani Dyal, Pooya Naderi, Matthew Walsh, Antonio Mendez  
MIDDLE ROW (CHAIRS), Left to Right:  
Lindsey Tepfer, Valeria Higinio, Kelly Kibirige, Tina Wolf, Christina Maenle, Georgia Copeland  
FRONT ROW (FLOOR), Left to Right:



Drepung Gomang Monks  
Sacred Art Tour  
September 15-October 4th, 2015



Santiakaro Retreat  
September 11-13, 2015



Karen Maezen Miller Visit  
October 23-25, 2015



# Tibetan New Year Celebration

## Saturday February 5, 2015

Please join us Saturday, Feb. 6th at 5 p.m. as we celebrate the Tibetan New Year or Losar. This new year is designated as the year of the Male Fire Monkey.

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.

The Rime celebration will include a potluck, Tibetan food, Tibetan Mo divination, linked verse, tsa tsa and prayer flag making. Be sure to bring a vegetarian dish to share.



## Member Profile

Dinie and RJ Sanders



*Hometown?*

Dinie: Palmyra, MO (it's by Hannibal).

R.J.: Kansas City, MO.

*Your role at the Rime Buddhist Center?*

Dinie: I helped reorganize the lending library. I volunteered with the Drepung Gomang Tour.

R.J.: I don't quite know my role at the Rime is. I do know that everyone at the Rime (are) good role models.

*Day job?*

Dinie: An Office Administrator.

R.J.: Apprentice sheetmetal worker.

*Description of your hobbies.*

Dinie: Anything from motorcycle riding to recently starting a knitting class.

R.J.: I'll get back to ya on that one.

*What led you to the Dharma?*

Dinie: I have been in a 12 Step Recovery program since 11/29/97. In my search for "a higher power of my own understanding", I found Buddhism to be closest to the spiritual principles I want to emulate.

R.J.: Finally grasping an understanding of forgiveness.

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

Dinie: I'm an open book and usually provide too much information. I wanted to be a vet when I was little.

R.J.: I took ballet because the middle school didn't have a football team.

*What Buddhist book would you recommend and why?*

Dinie: The Way of the Bodhisattva by Shantideva. I've been studying this book for 7 years.

#### 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 [info@rimecenter.org](mailto:info@rimecenter.org) or 816-471-7073.

#### 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

Stephanie Shirazi [Sshirazi@gmail.com](mailto:Sshirazi@gmail.com)

#### Finance Committee

Vickie Cumberland [vacumberland@aol.com](mailto:vacumberland@aol.com)

#### Membership Committee

Sergio Moreno [seacamode@gmail.com](mailto:seacamode@gmail.com)

#### Dharma School Committee

Leslie Aguirre [leslieaguirre321@gmail.com](mailto:leslieaguirre321@gmail.com)

#### Library Committee

Matt Rice [palden.gocha@gmail.com](mailto:palden.gocha@gmail.com)

#### Prison Outreach

Lama Chuck Stanford [lama108@aol.com](mailto:lama108@aol.com)

#### Community Outreach

Vickie Cumberland [vacumberland@aol.com](mailto:vacumberland@aol.com)

#### Program Committee

Chairs: Kevin Mullin

[Kevin@avalonmediaworks.com](mailto:Kevin@avalonmediaworks.com)

#### Volunteer Coordinator

Lora Lee Reese [shantideva@att.net](mailto:shantideva@att.net)

#### Newsletter Team

Michele Bartlett, Nicole Esquibel

#### Rime Board Members

Gabriele Otto, executive director/board chair

Mary Stanford, vice chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice, spiritual director

#### Grievance Committee

Gabi Otto

[Sistagunsetreggae@gmail.com](mailto:Sistagunsetreggae@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 Matt Rice.

#### 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 [info@rimecenter.org](mailto:info@rimecenter.org) for details.

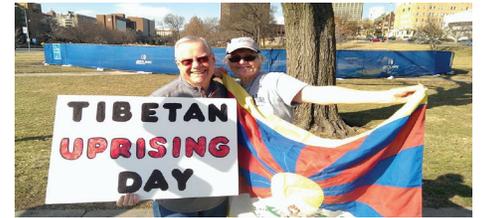
## Tibetan Uprising Day

### JC Nichols Fountain on the Plaza-March 10, 2016

The Rime Buddhist Center will gather at the JC Nichols Fountain on the Plaza to observe Tibetan Uprising Day on Tuesday, March 10, 2016. 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 solidarity with Tibetans inside Tibet in honor and support of the brave resistance. Join us at the JC Nichols Fountain on the Plaza on Tuesday, March 10, 2015, at 4:30 p.m. to bring attention to the observance of Tibetan Uprising Day.



## 2015 Parliament of World's Religions Review

By Sergio Moreno, Tenpa Dhargye

Nearly 10,000 people from 80 nations, representing 50 different faith traditions gathered at the sixth Parliament of the World's Religions in Salt Lake City, Utah in October of this year. Members of the Greater Kansas City Interfaith Council were in attendance, and the Rime Center was well represented as Lama Matt Rice and Sergio Moreno, membership chair, were among them.

The Parliament cultivates harmony among religious and spiritual communities and fosters their engagement with world institutions in order to achieve a just, peaceful and sustainable world. This year was historic in many regards. Women were at the forefront, with the first Inaugural Women's Assembly and with a concerted effort to "break the stained glass ceiling."

Other areas of focus were indigenous peoples, climate change, extreme poverty, racial inequality, and social justice. Attendees were commissioned

to be a force for change, to take charge, and to be actively engaged in leading faith communities forward in all of these regards.

His Holiness the 14th Dalai Lama has long been an advocate for interfaith work and he was scheduled to be a keynote speaker in this event, but had to cancel given the advice of his doctors. In a recorded message, speaking about violence, poverty, and climate change, His Holiness' words were unequivocal, "These are problems we created, so we have to solve them ourselves."

The spirit was one of urgency and action, but also one of hope. People of all faiths, races, ages and nationalities, gathered to learn, to be inspired, and to commit to action. But they also gathered to enjoy each other's company and to get to know one another better. "I was inspired by all the different faiths coming together and would love to see the Rime Center adopt a few of the Parliament's 2105 Declarations," said Lama Matt.



Rime Buddhist Center  
 www.rimecenter.org  
 816-471-7073

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# calendar

December  
 January  
 February

S	M	T	W	T	F	S
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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	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	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	1	2	3	4	5

## 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

### December

December 5  
 Holiday Sale and Open House  
 December 31  
 Meditation for World Peace

### January

### February

February 6  
 Tibetan New Year/Losar

### March

March 10  
 Tibetan Uprising Day

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

Find us on Facebook!  
 "Rime Buddhist Center Community"