

Come Enjoy Fall at The Rime Center

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

Santikaro - Retreat

Entering the Buddha's Path with Breathing and All Day Retreat
September 11-13, 2015

Santikaro, a former Theravada monk, returns to the Rime Buddhist Center to present the full range of practice of mindfulness with breathing.

Continued on Page 3

Drepung Gomang Monks

Sacred Art Tour
September 15 - October 4

The Rime Buddhist Center is once gain honored to host the Drepung Gomang Sacred Art Tour. This tour shares the compassion and wisdom of Tibetan Buddhist culture throughout the country.

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Karen Maezen Miller

Paradise in Plain Sight: Lessons from a Zen Garden
October 23 - 25 2015

Zen priest Karen Maezen Miller will lead an introduction to Zen practices and teachings on her newest book, *Paradise in Plain Sight*, during the weekend retreat October 23-25. Participants will receive a full taste of the Zen tradition. She will teach zazen (Zen meditation) with its emphasis on the breath, walking

Continued on Page 7



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. 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.

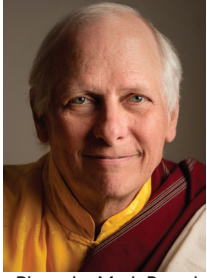


Photo by Mark Berndt

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.

Freedom - Living The Intentional Life

Dharma Talk Given By Lama Chuck Stanford on June 7, 2015

There is a great paradox in this country. We are the freest nation on earth. We can travel wherever we want, we can choose to pursue any career path we want, and we have religious freedom. Yet, why is it so many of us do not feel free – we feel trapped? We feel trapped by a relationship, or by a job or by some circumstance?

More than 150 years ago Henry David Thoreau wrote, “The mass of men lead lives of quiet desperation.” I believe that is as true today as it was back then. I know all of you are familiar with Thoreau. He lived from 1845 to 1847 at Walden Pond near Boston, Massachusetts. He wasn’t the first to live an intentional life, but he was certainly the first to write about it so eloquently. Thoreau wrote, “I went to the woods because I wished to live deliberately, to (confront) only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

But what is “freedom”? When you think of freedom do you think of physical freedom? Freedom from work? Freedom from restrictions? Freedom from obligations? Freedom from law? Freedom from duty? Is freedom just free of such restrictions? Or is it something more?

For example, I work with inmates some of whom feel very free. It was Mahatma Ghandi who said, “They can imprison my body but not my mind.”

Now I want you to think of a time that you didn’t feel free. A time you felt

stuck in a relationship? Or a time you felt stuck in a job? Or a time you felt stuck in a situation? In those situations did you feel you had no or few choices?

I believe there are some universal laws of what we call “reality”:

1. Reality is created in the moment.
2. In each moment there are multiple realities.
3. What you “choose” to focus upon becomes your reality.

So, what reality do you choose? Do you choose to feel stuck, to feel trapped? The first step to becoming truly free is to recognize how we “create” our own reality.

We have all known angry, nasty people who go through life and seem mad at the world. We can see they are in a hell of their own creation. Obviously these people are trapped and not very free.

In Buddhism we talk about freedom from the kleshas. Kleshas are that which muddies the stream of enlightenment. The kleshas are emotions and/or habitual patterns that defile or confuse the mind, such as anger, fear, and resentment. The kleshas are what bind us to the cycle of re-birth. Attainment of enlightenment signifies the extinction of all kleshas.

So I think of freedom as along a continuum. At one far end are those who are so stuck in suffering that are unaware that they even have choices. They simply respond to the world and events in a “knee jerk” sort of way.

And then, as you move along the continuum, you increase your awareness or insight. Maybe you become aware of

feeling trapped in a situation, as if you don’t have choices.

As you continue along the continuum and increase your insight even further you begin to see the world as more spacious. You begin to see a range of possibilities. You come eventually to the realization that in every situation there is endless potential for change. That everything is workable. And of course when you finally reach the other end of the continuum, of enlightenment, you arrive at place of non-duality. It transcends even choices, it is a choiceless state.

The point is if you want to feel more free, if you want to feel you have more choices, then you need to increase your awareness or your insight. This is accomplished through the meditation practice. It is through meditation that we cut through the kleshas.

Meditation can help us to gain insight into some of the reasons, or patterns, that cause us to keep making some of the same mistakes over and over again. This is true especially when we feel “stuck” and feel not free. The 10th century Tibetan master, Tilopa said,

“Let go of what has passed.
Let go of what may come.
Let go of what is happening now.
Don’t try to figure anything out.
Don’t try to make anything happen.
Relax, right now, and rest.”

When you are truly free, you are free of the kleshas of desires, attachments, and aversions. Then you reside in a completely non-dualistic state that transcends choices all together. It transcends also hope and fear, it is what is called the choiceless state. Why? Because it is free of even choices. So if you really want to experience freedom you must train your mind to be free of the self or the ego.

So, I believe the degree to which you feel free is a good indication of your progress along the spiritual path.

If you would like to feel more free, then do more spiritual practice. It is through the meditation practice that you free yourself of ego driven by the kleshas.

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

Stephanie Shirazi Sshirazi@gmail.com

Finance Committee

Vickie Cumberland vacumberland@aol.com

Membership Committee

Sergio Moreno seacamode@gmail.com

Dharma School Committee

Leslie Aguirre leslieaguirre321@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.

Mindfulness with Breathing is the primary meditative system of Early Buddhism. In it, the Buddha outlined a series of mindful contemplations that begin with the breathing body and work up through insight into the nature of Mind and Dhamma culminating in true knowing and liberation. Santikaro will offer an overview of this system Friday evening, September 11, along with guided practice in the basics of mindful breathing. Saturday's workshop will explore further developments, primarily through guided practices, discussion, and silent meditation.

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

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 lay life. He continues to teach in the Buddhist tradition with an emphasis on the early Pali sources.

Schedule:

Friday, September 11, 7:30 - 9:00 p.m. Guided Meditation

A guided meditation will introduce the beginning steps of Mindfulness with Breathing. The talk that follows will survey the full range of the practice, which balances samatha (calm abiding) and vipassana (insight).

Saturday, September 12, 9:00 a.m. - 6:30 p.m. Day of Practice

A day of practice will go deeper into Mindfulness with Breathing with more guided meditation, sessions of sitting and walking meditation, and opportunities of Q&A.

Sunday, September 13, 10:30 a.m. Sunday Dharma Talk

Dhammic Socialism - This theme was Ajahn Buddhadasa's engaged response to the cold war violence in Southeast Asia in the 1960s and '70s. Drawing upon Buddhist ethics and insights, especially concerning the cooperation inherent in nature and necessary for society, he advocated compassionate responsibility for the good of society. This socialism is neither materialist nor otherworldly spiritual. Perhaps Dhammic Socialism can give us guidance in addressing the polarization and ethical vacancy of modern American politics.

Non-residential Retreat: \$135 in advance of \$155 at the door, which includes all sessions and a light vegetarian lunch on Saturday. Retreatants may bring their own lunch, but are encouraged not to leave during the full-day intensive retreat.

Residential Retreat: \$25 per night stay at the Rime Buddhist 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: Rick Goodvin, Bonnie Goodvin, Michael Adamson, and Ann Adamson



First Row, Left to Right: Ruth Johnson, Bonnie Goodvin, M.J. Poehler, Brittani Kikpatrick, and Samantha Hazell
Back Row, Left to Right: Matt Wehrly, Rick Goodvin, Steve Palmer, Susan Boring Van Unen, Bryan Boring Van Unen, Brent Crawford, and David Slavin

REFUGE VOW CEREMONY DECEMBER 21, 2014

U.S.D.B. PRISON WESAK BANQUET MAY 10, 2015



Left to Right: Kathy Ellis, Lora Reese, Oanh Blake, Andrea VanBecelaere, Frank Bartlett, Gabi Otto, and Pam Gerould

LAMA LENA JUNE 26-28, 2015



ALAN WALLACE APRIL 24-26, 2015



VEN. PHAKYAB RINPOCHE
MAY 29-31, 2015



ADOPT-A-CUSHION
SUCCESS RAISED \$3,416 FOR
NEW CUSHION COVERS



Lama Chuck presents Rime member, Elise Del Viccho, with a service award for her volunteering countless hours in completely redesigning and recoding the Rime website. Please see our all new website at: www.rimecenter.org

RIME CENTER 20TH ANNIVERSARY
SATURDAY, JULY 25, 2015



The Rime Board and sangha presented Lama Chuck and Mary the following award: "In recognition of 20 years of leadership and service Lama Chuck and Mary Stanford • The sangha wish you both blessings in your retirement and bestows Chuck Stanford the title of Lama Emertius • Rime Buddhist Center • Achieving Peace Through Compassion • 2015"



The Monks will be in Kansas City, September 15 through October 4. Events planned include a Sand Mandala creation, cooking classes, cultural performances, in addition to Pujas and Dharma Teachings at the Rime Center. Please visit the KC tour Facebook page for event details, www.facebook.com/DrepungGomangKC.

Refugee-made goods, including jewelry, clothing, and artwork, as well as traditional Tibetan items such as singing bowls, will be available for purchase at all events. Tour proceeds assist the Drepung Gomang Monastery in South India, which strives to house, feed, and educate any monk wishing to study at this center of higher learning, including orphans and refugees fleeing Chinese-occupied Tibet.



meditation, and an introduction to Zen chanting. These are the traditional mindfulness practices that are incorporated into a Zen retreat. This retreat will also teach on Zen lessons in fearlessness, forgiveness, presence, acceptance, and contentment. The teachings are personal and informal, appropriate to all practitioners who, like Maezen Miller, gathers inspiration from the ground beneath her feet to remind us that paradise is always here and now.

Karen Maezen Miller is a sensei (teacher) at the Hazy Moon Zen Center in Los Angeles and the author of two books on spirituality in everyday life, *Hand Wash Cold* and *Momma Zen*. A frequent guest at the Rime Center, she leads workshops and retreats around the country.

Schedule:

Friday, October 23, 7:30 - 9:00

p.m.

Introductory Talk, "Paradise in Plain Sight"

Saturday, October 24, 9:00 a.m. - 4:00 p.m.

Daylong retreat including meditation, walking meditation, practice of silence, mindful eating, and teaching talk.

Sunday, October 25, 10:30 Sunday Service

Fees:

Non-residential Retreat: \$135 in advance, \$155 at door, which includes all sessions and a light vegetarian lunch on Saturday. Retreatants may bring their own lunch, but are encouraged not to leave during the full-day intensive retreat.

Residential Retreat: \$25 per night stay at the Rime Buddhist Center

Member Profile

Al'an and Eden Clevenger



Hometown:

A: Independence, MO

E: Independence, MO

Your role at the Rime Buddhist Center?

A: Primarily member, but I also help with packing the bags for the homeless outreach program on Wednesdays.

E: I am a student at the Dharma School, but also on Wednesdays I go to the homeless outreach with my mother where I am the "Art Director." I make little notes to put in their bags to cheer up their days.

Day Job:

A: I am an Account Manager at All-Pro Fasteners. I sell fasteners wholesale and run fastener programs for companies.

E: I am a student at Abraham Mallinson Elementary.

Description of your hobbies.

A: Gardening and Crocheting

E: I like to sew, play with "Moshi Monster" Vanessa [computer game], and play with my puppy. I also like T.V.

What led you to the Dharma?

A: I read the Tibetan Book of the Dead, and really appreciated the philosophies. I went searching for a community via Google, and felt right at home as soon as I walked in the door.

E: My mom took me once and I kept wanting to come back because it was so fun, and when I get to the adult class I'm really going to learn a lot more about Tibetan Buddhism.

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

A: I used to be first chair bass in my high school orchestra. I am very rusty, but I still pick at it from time to time.

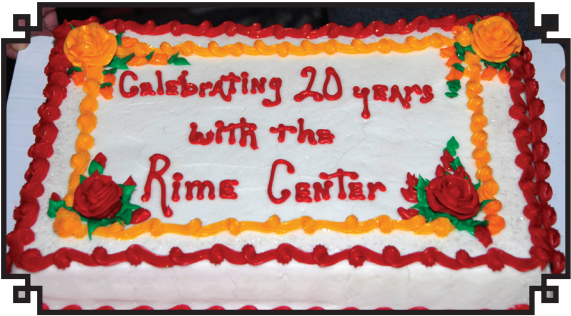
E: My American Girl Doll Ashante' is the apple of my eye. She's like my doll-ter[daughter]!

What Buddhist Book would you recommend and why?

A: Anything by the Dalai Lama. He is very relatable, regardless of your religious or philosophical background.

E: *Kindness: A Treasury of Buddhist Wisdom for Children and Parents*. It is basically self explanatory. It's a wonderful book, really. The stories take you to a new place.

RIME CENTER 20TH ANNIVERSARY
SATURDAY, JULY 25, 2015





Rime Buddhist Center

www.rimecenter.org

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700 West Pennway

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calendar

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

August

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September

September 11-13

Santikaro Retreat

September 15 - October 4

Drepung Gomang Monks

October

October 23-25

Karen Maezen Miller Retreat

December

December 31

Meditation for World Peace

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

Find us on Facebook!

"Rime Buddhist Center Community"

www.rimecenter.org

Dharma talk podcasts: <http://lama108.libsyn.com/>