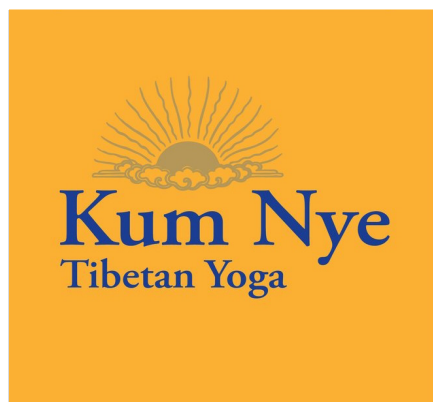


# Season Changes at the Rime Center

Increase your knowledge,  
check out the class  
schedule!



## Kum Nye – Tibetan Yoga Workshop with Santosh Philip

*September 22 - 24, 2017*

We are delighted to welcome to Kansas City and the Rime Center Santosh Philip, September 22nd through 24th. Santosh will be leading us in a system of Tibetan yoga called Kum Nye. Based on a traditional healing system, Kum Nye Yoga helps to relieve stress, transform negative patterns and promote balance and health. Developed by Tibetan Lama Tarthang Tulku, this presentation of Kum Nye practices is thoroughly modern and adapted specifically to suit modern needs. The practice of Kum Nye includes stillness, movement, postures, breathing exercises, self-massage and a little bit of visualization. These practices address the three kinds of tension held in the body – 1)

*Continued on Page 6*



## Ven. Phakyab Rinpoche: The Healing Power of the Mind

*October 13 – 15, 2017*

Mark your calendars as we welcome the return to Kansas City and the Rime Center the acclaimed Tibetan Buddhist lama and healer, Ven. Phakyab Rinpoche, October 13th & 15th. Ven. Phakyab Rinpoche will be teaching from his book *Meditation Saved My Life: A Tibetan Lama and the Healing Power of the Mind*.

In 2003, Ven. Phakyab Rinpoche was admitted to the emergency clinic of the Program for Survivors of Torture at Manhattan's Bellevue Hospital. After a dramatic escape from imprisonment in China, at the hands of authorities bent

*Continued on Page 7*



## Lama Rod Owens: Radical Dharma

*November 10 – 12, 2017*

We are extremely delighted to welcome to Kansas City and the Rime Center Lama Rod Owen, November 10th & 12th. Lama Rod will be teaching from his book *Radical Dharma*. Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. Bridging the world of spirit and activism, *Radical Dharma* urges a compassionate response to the systemic, state-sanctioned violence and oppression that has

*Continued on Page 7*

These teachings are available to everyone regardless of ability to pay. We offer partial and full scholarships to those in need, so don't let lack of finances prevent you from attending. Download and print out 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 or at the Center. Scholarship forms need to be submitted in advance of the event. We have "suggested" fees however, pay what you can afford. Everyone is welcome! It is our hope that some will pay more to cover the those who cannot afford the fee. We simply want everyone to come enjoy these wonderful teachings.



# meditations

by

*Lama Matthew Rice (Lobpon Palden Gocha)*

Lama Matthew Rice (Lobpon Palden Gocha) serves as the spiritual director of the Rime Buddhist Center that he administers on a day-to-day basis. In addition he teaches classes on meditation and Buddhism. He also serves as the Buddhist Director for the Greater Kansas City Interfaith Council. Lama Matt is very involved in homeless outreach. He works closely with other Rime members to ensure that the Homeless Outreach program runs smoothly and that it receives the needed supplies for those in need living on the streets.

## Facing the Challenge of Suffering and Injustice

Thanks to the news and social media we are more connected and informed than ever before. We are witnesses to constant suffering and injustice in our communities and our nation as a whole whether it is the increase in the confidence of racists who feel emboldened to openly spew their vitriolic speech in public spaces; the increase of xenophobia and islamophobia that feeds on people's fears and turns neighbors against each other; or the fear and hatred that target those who love differently or identify themselves differently. For those who choose to adhere to the Bodhisattva path, what are we to do? I personally struggle with this question every time I hear about the suffering and injustice that is happening in our nation. Sometimes it feels as though an avalanche of hopelessness is threatening to overwhelm me with its darkness. It is in those moments I turn to the words of the Buddha. In the Sudatta Sutra it says, "When Anathapindika the householder had left the city, the light vanished and darkness appeared. Fear, terror, and horripilation arose, and because of that he wanted to turn back. Then Sivaka the yakkha-spirit, invisible, proclaimed: A hundred elephants, a hundred horses, a hundred mule-drawn

carts, a hundred-thousand maidens adorned with jewels and earrings aren't worth one-sixteenth of one step forward. Go forward, householder! Go forward, householder! Going forward is better for you, not back!

The darkness then vanished for Anathapindika and the light appeared. The fear, terror, & horripilation he had felt subsided."

In those moments when the light is but a mere flicker, there in the darkness, recall what the Buddha teaches us to do. To take one step and then another and then another. "Go forward, householder. Go forward!"

How do we confront suffering and injustice? Do we rise up and attack those who are responsible for the suffering? Martin Luther King, Jr said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." We can look to our own tradition and the methods taught in Lojong. An example is in Gyalse Tokme Zangpo's the Thirty Seven Practices of the Bodhisattvas,

The practice of all the bodhisattvas is to subdue the mind, With the forces of loving kindness and compassion.

For unless the real adversary—my own anger—is defeated, Outer enemies, though I may conquer them, will continue to

appear.

The Buddha gave us many methods for confronting suffering and injustice. In a recent article by Krishnan Venkatesh in Tricycle Magazine titled, "The Buddha Talks to a Brahmin Supremacist", the Buddha uses a method of asking questions that unravel the deep-rooted prejudice of a Brahmin. It is also inspiring to see others like authors Jasmine Syedullah, Lama Rod Owens, and Angel Kyodo Williams who in their book, *Radical Dharma*, discuss methods of responding to injustice with a fearlessness and compassion. That is why I am delighted that Lama Rod will be visiting the Rime Center the weekend of November 10 – 12th.

Finally, there is the question of where to start when there is overwhelming suffering? How can we as just one person truly help sentient beings? Lama Chuck once shared a story about a boy who was throwing starfish in the sea. An old man, early one morning, was walking along the shore after a big storm had passed and found the vast beach littered with starfish as far as the eye could see, stretching in both directions. Off in the distance, the old man noticed a small boy approaching. As the boy walked, he paused every so often bending down to pick up an object and throw it into



### 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 [vickie.cumberland@rimecenter.org](mailto:vickie.cumberland@rimecenter.org)

#### Membership Committee

Sergio Moreno [membership@rimecenter.org](mailto:membership@rimecenter.org)

#### Dharma School Committee

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

#### Library Committee

William Hunter [williamhunterkc@icloud.com](mailto:williamhunterkc@icloud.com)

#### Prison Outreach

Andrea VanBecelaere [prison.outreach@rimecenter.org](mailto:prison.outreach@rimecenter.org)

#### Community Outreach

Vickie Cumberland [vickie.cumberland@rimecenter.org](mailto:vickie.cumberland@rimecenter.org)

#### Program Committee

Chairs: Matt Rice [spiritualdirector@rimecenter.org](mailto:spiritualdirector@rimecenter.org)

#### Volunteer Coordinator

Lora Lee Reese [volunteers@rimecenter.org](mailto:volunteers@rimecenter.org)

#### Newsletter Team

Nicole Esquibel, Matt Rice

#### Rime Board Members

Gabriele Otto, executive director and board chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice, spiritual director

Beniah Leuschke

Andrea VanBecelaere

#### Grievance Committee

Gabriele Otto

[gabi.otto@rimecenter.org](mailto:gabi.otto@rimecenter.org)

### 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 Lama Matt at [spiritualdirector@rimecenter.org](mailto:spiritualdirector@rimecenter.org) for details.

### Radical Dharma Cont.

persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, Radical Dharma demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. In the book *Radical Dharma* Lama Rod as well as his co-authors Rev. Angel Kyodo Williams and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, Radical Dharma recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

### Radical Dharma Cont.

Considered one of the leaders of the next generation of Dharma teachers, Lama Rod Owens has a blend of formal Buddhist training and life experience that gives him a unique ability to understand, relate and engage with those around him in a way that's spacious and sincere. His gentle, laid-back demeanor and

*Continued on Page 7*



## Lha Bab Düchen, the 'Festival of the Descent from Heaven'

*November 10, 2017*

Lha Bab Düchen occurs on the 22nd day of the ninth Tibetan month. Buddha's mother Mayadevi was reborn in Indra's heaven. To repay her kindness and to liberate her, and also to benefit the gods, Buddha spent three months teachings in the realm of the gods. When he was about to return to this world, Indra and Brahma manifested three stairs of 80,000 yojanas each reaching this world in Sankisa. As the Buddha walked down the central one, they accompanied him to his left and right carrying umbrellas to honor him. He descended to earth in Sankisa, which is located in modern Uttar Pradesh, and which is counted among the eight holy places. The Rime Center will be hosting

*Continued on Page 7*

# 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.



# Lama Chuck and Mary Farewell



# Tulku Yeshe Rinpoche Retreat



# Younge Khachab Rinpoche Retreat



## Lama Lena Retreat



## His Holiness Dalai Lama's Birthday Celebration

# Charlottesville: True Spiritual Teachers

Sergio Moreno  
Ngakpa Tenpa Dhargye

There is an expression in Mexico: “El que calla o se gana o se pierde.” I grew up with this notion that to be neutral was to win. When I came to the Dharma, I was taught to avoid attachment. I was taught to respond, rather than react. I was taught not to be swayed by them. I learned that I could in fact observe strong emotions without being hooked by them. Practicing and cultivating equanimity was about not being attached or reacting. However, we must remember

I awoke on August 12th, like many of you, to the news of the death of George Floyd in Minneapolis, Minnesota. As reports came in, my feelings of sadness, grief, and frustration. Racism and white supremacy have been with us for centuries, but in recent months, these demons of our collective consciousness have taken on more vigor and vitriol. Only now, after hiding behind a veil of respectability and self-motivated hatred and violence into a public spectacle, we have seen the supremacists and counter protesters, we learned that the protests had resulted in the death of Heather Heyer and several others.

Like many of you, I look to the Dharma for guidance. I feel conflicted. It's incredibly difficult to respond from a place of blind hate and violence. But that's precisely why, after these terrible events, I was scheduled to preach Thangpa's Eight Verses of Training the Mind. Even though I placed great hopes Mistreats me very unjustly,

I had spent time with the teachings and had prepared myself. I was troubled, nervous, shaking. How could I speak with these teachers? How could I say that the Dharma asks us to see beyond our differences? How could I say that we are all teachers? It was very difficult to find the conviction to speak. I am a Jewish name, some think I speak with an accent. So I had to overcome the receiving end of prejudice. How am I supposed to speak with my true spiritual teachers? That's the challenge.

So I shared what I'm learning as I've contemplated loving and kind as I like to think I am ... that wish said than done ... that I have a long way to go. A great teacher for me. I'm not saying this is easy time.

One of the causes of racism is xenophobia, an irrational fear of the "other." They don't look like me. They don't talk like me. Through my own experience, the Dharma offers a powerful antidote. When we rid ourselves of delusion, we begin to realize that the hate isn't actually there.

This is the practice, to remind ourselves that have brought us face to face with our shortcomings and our delusions that still cloud our mind, that keep us from regarding those who hurt us the most in the same way. We see that in fact there is no difference between the



# Sangha Voices

otorga.” In English we might say, “Silence is complicity in the face of injustice was to be complicit. I avoided extremes, to seek the middle way. I was taught to suppress my emotions, but rather to observe my emotions as they arose without being triggered or reacting. Equanimity enables us to observe these emotions without attachment. I remember that equanimity is not indifference. Far from it.

The news of violence and conflict in Charlottesville, the sadness and grief turned to feelings of anger and frustration. The scourge of our nation for far too long. And in the face of these events, our consciences have reared their ugly faces with renewed vigor. On computer screens, people had brought their racial hatred to the public space. Following reports of clashes between white supremacists and the act of terror by a white supremacist had caused serious injuries to others.

Peace and comfort in times like these and I find myself in a place of compassion and equanimity in the face of what the Dharma challenges us to do. The Sunday I presented a talk on the sixth verse of Geshe Langri Thangka when someone I have helped, Or in whom I have helped, I will view that person as a true spiritual teacher.

I compared my remarks. But everything was different now. To speak on this verse in the midst of Charlottesville? To speak of white supremacists and racists as our true spiritual teachers? I am not saying this. My skin is brown, I have a Spanish heritage, I have a bit of an idea of what it's like to be on the receiving end of racism. To hold those who mistreat me in the same light I hold myself.

I read this verse. I'm learning that I am not as patient, I'm learning that the happiness of all sentient beings is easier to attain. And I am realizing that one who mistreats me is truly a person of great merit. I never will. I'm just saying it's the practical path.

Irrational fear or aversion to those we see as other. They don't think like me. They are other. And, in my mind, I am clinging to this delusion. You see, as we practice, as we practice, there isn't an other. Therefore, what we fear and what we hate.

Harmful people can be our true teachers because they show us our weaknesses. These people reveal the obscurations that prevent us from seeing true nature. And if we are able to see them as we regard our true spiritual teachers, we can learn from them. The two.

## *What do I want to share with my Sangha about Social Justice and Racial Justice?*

For me, the discussion of social and racial justice is very personal. I grew up in Germany and was born not too long after Hitler's dream of controlling the world came to an end in 1945. The savage legacy of the Holocaust has taught me the importance of denouncing and calling out injustice whenever and wherever it takes place. It is my responsibility to speak out against racism and injustice and I cannot be silent and turn a blind eye. Imagine how many lives could have been saved, if more people would have had the courage to speak out against the hatred propagated by the Nazis. Imagine how much suffering could have been averted.

During my teenage years, I came across the book, “Soul on Ice” by Eldridge Cleaver and began to learn about racism in the United States. Eldridge Cleaver wrote about his life in America where he suffered, living as a second-class citizen under the cloak of white supremacy. He described this America, the “land of the brave”, where black people were kidnapped from the African continent and enslaved. America, where Africans were deemed to be only 3/5 of a human being. Despite it being written in the constitution that all human beings were given the right to liberty and the pursuit of happiness. He made me feel the pain of living in a society that treats you with utter contempt and doesn't recognize your humanity. I never forgot this book.

Now that I have lived in Kansas for many decades, I recognize the anguish racism has caused in people's faces. I see the pain etched in the faces of Black women and men. I often hear stories of their suffering endured every day, just doing mundane things like: buying groceries or driving to work. Danger literally lurks every time African-Americans step outside their home. I see poverty ranking high in African American communities and fewer opportunities for children to access the education they deserve. I see children grow up without their fathers, many who have become victims of an unjust justice system, steeped in racism, that incarcerates Black men at five times the rate of whites. This same unjust system permits the killing of innocent black men without punishing those who committed the murder.

I cannot turn a blind eye to these prejudices and sufferings. I have learned from my history that I must speak up.

~Gabi Otto

superficial tensions, 2) blockages in the energy channels, and 3) knots in the chakras. Kum Nye exercises melt these tensions and life's energies begin to flow more completely through the body. In the process the flowing of energy "washes" the filters in the senses, and we begin to sense more purely again instead of filtering experience through thoughts and memories. Thus, Kum Nye is both a healing practice and an exquisite preparation for establishing and sustaining internal calmness and clarity, the basis for samatha and vipassana practice. Kum Nye establishes a sense of wholeness in which it is easy to detect calmness. When we enter the calmness, meditation begins. The exercises of Kum Nye can be practiced safely by anyone, young or old. Anyone who is interested in deepening their relation with their own body, in living a more balanced, joyful life style, exploring meditation, easing emotionality and stress in daily life, and/or understanding the body, mind and experience better are all possible candidates for Kum Nye study. As a guide to the pleasure of a healthy and balanced life, rich in beauty and enjoyment, leading to harmony for all beings, the practice of Kum Nye is open to all backgrounds and interests, and will assist in developing and continuing the experience of inner relaxation. Santosh Philip, M.Arch, who designs high-performance and sustainable buildings, has studied Nyingma teachings since 1995. His primary teaching area is Kum Nye, where he conveys his considerable love and respect for Tibetan Yoga self-massage

and movement practices to his students, both at the advanced and introductory levels. Nearly every Sunday throughout the year, Santosh and fellow Kum Nye instructor, Jack van der Meulen, alternate teaching a drop-in Kum Nye morning class at the Nyingma Institute in Berkeley California. Santosh also teaches Nyingma Practices classes, including classes in dream yoga.

#### Schedule

Friday, September, 22

7:30 pm – 9 pm Introductory Teaching

Saturday, September, 23

10:00 a.m. – 12:00 pm KumNye Workshop

2:00 – 4:00 pm

Sunday, September 12

10:30 am – 12:00 pm Public Talk

#### Suggested Fees

\$140 pre-registration, \$160 at the door

These teachings are available to EVERYONE. We have

"Suggested Fees," however pay whatever you can afford.

Everyone is welcome! It is our hope that some will pay more to cover those who can't afford the usual fee. We simply want everyone to come this weekend for these wonderful teachings.

**Save the Date!!!**

Meditation for World

Peace

Dec 31st, 2017

6:00 am

## Member Profile

Nicole Esquibel



#### Hometown:

Denver, but I call Kansas City home now.

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

Newsletter committee, Social Justice Committee member, Service Guild member, and a long time ago I worked the gift shop.

#### Day Job:

Professor of Film and Digital Media and the Dean of the School of Visual and Communication Arts at Avila University.

#### Description of your hobbies:

Riding motorcycles, cooking, live music, going to the movies, jigsaw puzzles.

#### What led you to the Dharma?

In my early 20's I was looking for spiritual answers and the Dharma showed me a path to understanding.

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

I went to Culinary School.

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

Cutting Through Spiritual Materialism by Chogyam Trungpa. This book still blows my mind many years later.



on uprooting Tibet's traditional religion and culture, his ordeal had left him with life-threatening injuries, including gangrene of the right ankle. American doctors gave Rinpoche a shocking choice: accept leg amputation or risk a slow, painful death. An inner voice, however, prompted him to try an unconventional cure: meditation. He began an intensive spiritual routine that included thousands of hours of meditation over three years in a small Brooklyn studio. Against all scientific logic, his injuries gradually healed. In this vivid, passionate account, author Sofia Stril-Rever relates the extraordinary experiences of Phakyab Rinpoche, who reveals the secret of the great healing powers that lie dormant within each of us.

Phakyab Rinpoche is a member of the Gelugpa order of Tibetan Buddhism and was recognized as a Reincarnate Lama by the Dalai Lama in 1994. He was enthroned as the abbot of Ashi Monastery in Tibet. Rinpoche teaches Buddhism and to foster ecumenical dialogue between practitioners of the Buddhadharma and other spiritual and healing traditions throughout the United States, France, and the world.

#### Schedule

Friday, October 13

7:30 pm – 9 pm Introductory Teaching

Saturday, October 14

10:00 a.m. – 12:00 pm

2:00 – 4:00 pm

Sunday, October 15

10:30 am – 12:00 pm Public Talk Suggested Fees

\$140 pre-registration, \$160 at the door

willingness to bare his heart and soul makes others want to do the same. Even when seated in front of a room, he's next to you, sharing his stories and struggles with an openness vulnerability and gentle humor that makes you genuinely feel good about who you are, with all your flaws and foibles, you're lovable and deserving of happiness and joy. He invites you into the cross sections of his life as a Black, queer male, born and raised in the South, and heavily influenced by the church and its community. Lama Rod Owens was officially recognized by the Kagyu school of Tibetan Buddhism after receiving his teaching authorization from his root teacher the Venerable Lama Norlha Rinpoche (below) when he completed the traditional 3-year silent retreat program at Kagyu Thubten Chöling Monastery (KTC) outside of New York City. It was during this time that he dealt with years of past pain and trauma and found forgiveness and compassion for himself, what he views as a critical step before truly being able to help others.

#### Schedule

Friday, November, 10

7:30 pm – 9 pm Introductory Teaching

Saturday, November, 11

10:00 a.m. – 12:00 pm

2:00 – 4:00 pm

Sunday, November 12

10:30 am – 12:00 pm Public Talk Suggested Fees

\$140 pre-registration, \$160 at the door

These teachings are available to EVERYONE. We have "Suggested Fees," however pay whatever you can afford. It is our

a series of pujas ceremonies and open meditation sessions as an opportunity for you to come in and meditate throughout the day at your own pace and time limit. The morning will start with participants receiving the 24 hour Mahayana vows and will have available open meditation sessions as an opportunity for you to come in and meditate throughout the day at your own pace and time limit. The evening will end with a special puja lead by Geshe Thinley.

#### Schedule for Puja Ceremonies

5:30 am - 24-Hour Mahayana Vows Given

6:30 am - Shakyamuni Water Offering

10:30 am - Shakyamuni Buddha Puja

12 pm - Green Tara Sadhana

2 pm - Shakyamuni Buddha Puja

5:30 pm - Special Puja by Geshe Thinley

#### Meditations From Page 2

the sea. The boy came closer still and the man called out, "Good morning! May I ask what it is that you are doing?"

The young boy paused, looked up, and replied "Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves," the youth replied. "When the sun gets high, they will die, unless I throw them back into the water."

The old man replied, "But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, "It made a difference to that one!"



## Rime Buddhist Center

[www.rimecenter.org](http://www.rimecenter.org)

816-471-7073

700 West Pennway

Kansas City, MO 64108

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## calendar

November  
October  
September

S	M	T	W	T	F	S
	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
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	30	1	2

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

Find us on Facebook!  
"Rime Buddhist Center Community"

**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.

Monday Zen Meditation 7-8 p.m.

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)

Thursday 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**

### September

### October

**Ven. Phakyab Rinpoche: The Healing Power of the Mind – October 13 – 15, 2017**

### November

**Lha Bab Düchen, the 'Festival of the Descent from Heaven'**

**November 10, 2017**

**Lama Rod Owens: Radical Dharma –**

**November 10 – 12, 2017**

## Social Justice Book Club

The Social Justice Committee is pleased to announce the next book will be *Radical Dharma* by Rev. Kyodo Williams and Lama Rod Owens. discussion will take place on October 24 @ 7:30 pm. The book will be for sale in the bookstore. All are welcome to participate.