



# Ring in the New Year With Meditation for World Peace.

It's time for the  
Annual Campaign  
Watch Your Mail  
for details

## 29th Annual World Peace Meditation

**An Interfaith Gathering**

December 31, 2015 5:30 AM

The Rime Buddhist Center will host the 29th Annual World Peace Meditation, an interfaith gathering, on Wednesday, 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 turning and the Muslim "call to prayer."

*Continued on Page 6*



Malika Lyon, Sufi  
Turning in the tradition  
of Rumi and the  
Whirling Dervishes

## Tibetan Uprising Day

JC Nichols Fountain on the Plaza

Tuesday, March 10, 2015

The Rime Buddhist Center will gather at the JC Nichols Fountain on the Plaza to observe Tibetan Uprising Day on Tuesday, March 10, 2015.

*Continued on Page 6*



## 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. In this workshop Dr. B. Alan Wallace will discuss how to cultivate the cognitive intelligence that enables us to free ourselves of those cognitive imbalances.

*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](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.

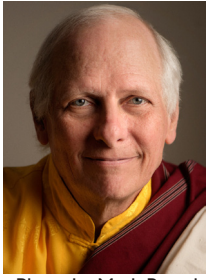


Photo by Mark Berndt

## 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.

# How to Discover your Purpose by Connecting the Dot

*Dharma Talk Given By Lama Chuck Stanford on July 7, 2014*

I just recently happen to run across the commencement address that Steve Jobs gave to the graduating class of Stanford University in 2005. His talk was not your typical commencement address, and I thought it had some very Buddhist elements I wanted to share with you.

As all of you know, Steve Jobs was the CEO and one of the founders of Apple Computer. You may not be aware of this, but Apple Computer is the largest company in the world today. It is ahead of Coca Cola, Microsoft, Google, IBM, and McDonalds. It has been evaluated to be worth 500 billion dollars – that’s billion with a “B.” It has more cash on hand than the U.S. Government, approximately 100 billion dollars.

His talk consisted of three short stories and was really a kind of Dharma talk. As far as I know Jobs wasn’t Buddhist, but he did seem to express some interest in the Dharma. In any case his stories were each powerful illustrations of the core of Buddhism.

His first story was called “Connecting the Dots,” and was basically about how he dropped out of college. He was not advocating dropping out of college, but rather the importance of “dropping in” on one’s interests. After six months he could no longer see the value of continuing to spend his working class parent’s money on college when he had no idea of what he wanted to do with his life and no idea how college was going to help him figure that out. Jobs said, “It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn’t interest me and begin dropping in on the ones that looked more interesting...and I loved it.”

He said it wasn’t all that romantic because he no longer had a dorm room, so instead he slept on the floor of his friends’ rooms. He returned Coke bottles for the 5 cent deposit to buy food with, and would walk the 7 miles across town every Sunday night for one good meal a week at the Hare Krishna temple. He said much of what he stumbled into by following his curiosity and intuition turned out to be priceless later on.

For example he decided to take a calligraphy class and learned all about what makes great typography. He learned about serif and sans serif and about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can’t capture, and he found it fascinating.

He said none of this had any practical application in his life, but 10 years later when designing the first Macintosh computer it all came back to him. He said they designed it all into the Mac. It was the first computer with beautiful typography. He said, “If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it’s likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later – to see how clearly the dots connected.”

The story is interesting for two Buddhist themes it contains:

1. One is what Jobs called “connecting the dots,” which illustrates the Buddhist teaching known as Dependent Origination. All things including who we are, arise dependently due a myriad of causes and conditions. Things do not arise independently as we tend to think. Nothing arises completely due to its own power. In his story, Jobs recognized that the creation of the Macintosh’s highly influential and innovative, typography was not due only to his inventiveness, but due to a complex web of factors such as his parent’s inability to afford his tuition, his college’s unusual offering of a calligraphy class, and the instructor of that class, who left a lasting impression on the young Jobs.

2. I think the other Buddhist theme that this story references is the idea of trust. As Jobs says, “You have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever.” I think Jobs’ understanding of how the “dots connect” reflects an appreciation of this truth of dependent origination—that there is an interdependent reality that is much greater than the self. It is of realizing our ego-self doesn’t possess the kind of control it thinks it has. When Jobs says, “You have to trust in something,” that “something” is ultimately a power that is beyond our self-control.

The second story is what Jobs calls “love and lost.” And as you might expect the love here is not a woman, but rather computers. He said that early in life he discovered his love for computers. At the age of 20 he started Apple out of his parent’s garage with his best friend Woz. And with hard work, in just 10 years they developed Apple into a 2 billion dollar company with over 4,000 employees. But just 10 years later at the age of 30, he had a falling out with the Board of Directors and he was fired.

He says, “At the age of 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating. I really didn’t know what to do for a few months...I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me—I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.”

He continues...

“I didn’t see it then, but it turned out that



### 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

Indira Grace diane.winona.1971@gmail.com

#### 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.

getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.” He explains how he started a company named NeXT (from which the Macintosh’s very successful OS X was later derived) and Pixar. Pixar, of course, created *Toy Story*, *Monsters Inc.*, *Cars*, *Finding Nemo*, etc. As it turned out, Apple without Jobs had been floundering and, about 10 years after they had fired him, Apple bought NeXT and with that acquisition, Jobs returned to Apple. The rest is history; after Jobs returned to Apple, he launched one mega-success after another.

Jobs analyzes the turn of events this way: “I’m pretty sure none of this would have happened if I hadn’t been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don’t lose faith. I’m convinced that the only thing that kept me going was that I loved what I did. You’ve got to find what you love... Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle.”

His third story is about death. In 2004, a year before giving this talk, he was diagnosed with pancreatic cancer, one of the most deadly forms of cancer. His doctor told him he had 3 to 6 months to live. His doctor advised him to go home and get his affairs in order - which is doctor’s code for ‘prepare to die. Jobs said, “It means to try to tell your kids everything you thought you’d have the next 10 years to tell them in just a few months... It means to say your goodbyes.”

But later that day, his doctors did a biopsy and discovered he had a rare form of pancreatic cancer that is curable with surgery. Jobs did have the surgery, and at the time of this speech, he thought he was cured.

But as we know the cancer came back. For several years he looked very thin in his public appearances at Apple events. And he died in 2011.

But having come so close to dying, his words to the Stanford graduating class regarding his brush with death were very powerful and to the point. He said, “No one wants to die. Even people who want to go to heaven don’t want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as

it should be, because death is very likely the single best invention of life. It is life’s change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true. Your time is limited, so don’t waste it living someone else’s life.”

Jobs is of course sharing the Buddhist teaching on impermanence. Impermanence is the truth of constant change – nothing stays the same. All of us will experience old age, sickness, and eventual death. However impermanence doesn’t have to be a negative thing, because if we can accept this truth, then it can become a wonderful gift because it enables us to truly appreciate and enjoy each moment of our lives and to live life to the fullest.

All three of Jobs’ stories relate in one way or another to core Buddhist teachings. Thus, connecting the dots really means understanding we do not live separate lives but are actually all part of one interdependently, co-arisen, ever-changing reality. And that in order for this dynamic and creative truth to energize our lives, we often need to be “hit in the head with a brick.”

Jobs said that when he was 17 he read a quote that went something like: “If you live each day as if it was your last, someday you’ll most certainly be right.” He said, “It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: ‘If today were the last day of my life, would I want to do what I am about to do today?’ And whenever the answer has been “no” for too many days in a row, I know I need to change something.”

He lived life fully. In his short time after returning to Apple, his creativity was amazing: He was responsible for the creation of the: iMac, iPod, iTunes, MacBook, iPhone, and iPad. Essentially, I think Jobs lived a life aware of the truth of his mortality. Living with that truth energized his creativity.

Long after Apple Computer ceases to exist, Jobs will be remembered for his Stanford Commencement Address. In this talk he shared the Buddha-dharma itself.

The Buddha-dharma is the truth that is eternally working to bring us to Buddhahood, to live awakened to the impermanent and interdependent nature of all life. All we have to do is listen to it; all we have to do is “connect the dots.”

# 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: Caniel Sumrall, Susan Boring Van Unen, Bryan Boring Van Unen, Anna Sik and William Sapanas Not pictured: Alison Rosenbarger

## MEDITATION RETREAT USDB PRISON OCTOBER 25TH, 2014



Left To Right: Frank Bartlett, Andrea VanBecelaere , and Gene Felling

Rime Membership Class – Demonstrating Your Support of the Sangha and the Rime Buddhist Center:

In simply 4 half-hour sessions, you can become an official member of the Rime Buddhist Center. During this time you will learn about the Three Jewels; Meditation; the organizational structure of the Rime Buddhist Center; an explanation of our Sunday service, and retreats/empowerments, program events, and service opportunities. You are also presented with a mala personally blessed by His Holiness the Dalai Lama.



## BLESSING OF THE ANIMALS SUNDAY, OCTOBER 5TH SOUTHMORELAND PARK





Daily closing ceremony during Green Tara Mandala Construction, Rime Buddhist Center



Fire Puja at Aquarius Books



Sacred sand dissemination ceremony at Missouri River, Parkville, following Green Tara Sand Mandala at Rime Buddhist Center



Completed Green Tara Mandala at Rime Buddhist Center



Sacred sand dissemination ceremony at Brush Creek, following Chenrezig Sand Mandala at Temple Buddhist Center



Each of the 15 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 KCMO Police Chief Darryl Forte. Darryl Forte was appointed as the 44<sup>th</sup> Chief of the Kansas City Missouri Police Department on October 12, 2011. He oversees a department that employs about 1,400 police officers and 600 non-sworn staff, and serves nearly half a million residents across 319 square miles. He is the first African-American chief in the city's history.

Kansas City, Missouri, is a diverse place. As an organization charged with serving such a diverse city, the Kansas City Missouri Police Department should reflect the community it serves. But it didn't, and Chief Forte was not satisfied with that. "It's imperative that we improve recruitment, retention and promotion of a diverse workforce. We care about diversity on our staff, and that means diversity of education, background, culture, military experience, life experiences and more."

He created the new Diversity Office to identify, develop, and position talented members of the police department to afford all an opportunity to contribute and advance in the organization. "It's where they were raised, experiences, religion, and physical disabilities," he said.

We have fantastic officers who come from all types of different backgrounds. But having more police who look like the residents of Kansas City shows we desire a police department that actually reflects the community we serve and that we respect all cultures. He examined every area of the police department to determine how diverse the areas were and where improvement was needed.

He also identified and initiated a plan to better accommodate the environment for those who have to be detained. The goal is to continue to seek opportunities to increase efficiencies as well as improve how we treat others, which includes compliance with the American's with Disabilities Act and allowing inmates to be screened by a social worker for everything from substance abuse to mental illness problems.

Faith drives his energy and enthusiasm. Chief Forte has said, "My faith-based supporters are very much appreciated as they have prayed for me regularly as well as remind me that I work for God and not

for man. Often times I have made decisions that others question, which I encourage and welcome, but please know that I pray before making most major decisions and will follow the guidance of my heavenly Father. Thus far, when I have listened to him, many crises have been averted."

He has earned many community recognitions, including the Ad Hoc Group Against Crime's Dedication and Distinguished Service Award, Boys & Girls Club Role Model of the Year, Patriotic Employer for National Guard and Reserve Force, Ad Hoc's Community Guardian Award, NAACP Diversity in Law Enforcement Award, Distinguished Alumni for Metropolitan Community College, and the Annual Community Service Award from the Southern Christian Leadership Conference.

The Bodhisattva Award is presented to those who work for the benefit of others.

State greetings will be given by The Honorable Dr. Charles B. Wheeler, former Missouri State Senator. Former Mayor Pro Tem Alvin Brooks will give community greetings. This year's event is endorsed and co-sponsored by the American Friends Service Committee — Kansas City Program and the Greater Kansas City Interfaith Council. The event is free and open to the public. This year's keynote speaker will be Rev. Wallace Hartsfield II of the Metropolitan Missionary Baptist Church.

\*Please arrive by 5:30 a.m. and bring self-opening canned goods (protein, vegetables, or fruit) for our Feeding the Homeless Outreach program.

*Tibetan Uprising Day, From Page 1*

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.

## Member Profile

### Barbara Cowan



**Hometown:**

Liberty, MO

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

Working with Rime Community Outreach – Feeding the Homeless; preceptor; and, helping whenever needed.

**Day Job:**

The health field, working with mentally challenged adults.

**Description of your hobbies.**

Hiking around the river and in the mountains. Kayaking on nearby lakes.

**What led you to the Dharma?**

The teachings of the Buddha; cultivate good, purify one's mind, compassion, patience. All this and much more to share with others.

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

My husband and I have the honor to fix Bodhi Bags for a group of homeless men and women. I love animals and connecting with Mother Earth.

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

There are so many books. The special book that I would recommend to others is, "The Tibetan Book of Living and Dying." Since the loss of my mother, the week of October 13, 2014, I have been reading sections on dying, death, and rebirth. This is helping me to understand and help my mother's spirit.

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 true and of misapprehending that which 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 fact 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:  
10:00 a.m. until noon\*  
2:00 p.m. until 3:30 p.m.  
(break 3:30 – 4:00)  
4:00 p.m. until 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

## **Losar To Be Commemorated with Tonglen Meditation at Rime Center Thursday, February 19th**

The Tibetan New Year, or Losar, follows a lunar calendar whose date changes each year. For that reason it typically occurs in either February or March. The Tibetan calendar runs in 60 year cycles, each year represented by one of the twelve animals and one of the five elements (water, fire, wood, metal, and earth). In 2015, Losar will occur on Thursday, February 19th and will be the year of the Wood Sheep, year 2141, on the Tibetan calendar.

For Tibetans, the start of the New Year is a sacred time, a time to be with family and with one's faith. It is also a joyous time of feasting and celebration. However since 2008 His Holiness the Dalai Lama has advised Tibetans not to celebrate Losar publicly but rather to do so privately in one's home. This is to honor the more than one hundred and thirty-three Tibetans who have self-immolated and others who have lost their lives protesting human rights abuses by the Communist Chinese, as well as the occupation of their country.

For that reason the Rime Buddhist Center will be hosting a special "tonglen" meditation for all Tibetans who have lost their lives and the many more who continue to suffer under the repressive Chinese Communist rule. Please join us on Thursday, Feb. 19th from 7:00 – 7:30 p.m. for this special tonglen meditation practice for our Tibetan brothers and sisters who are suffering.

The New Year, 2141, will be the Year of the Wood Sheep.

## **Ven. Phakya Rinpoche: May 29 – 31 Healing through Shamatha Meditation Vajrapani Empowerment**

The acclaimed Tibetan Buddhist lama and healer, Ven. Phakya 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 thoughts 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 also 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 the spiritual path.

## **Lama Lena Dzogchen from a Wandering Yogini June 26 – 28**

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.

We are delighted to welcome back Lama Lena to the Rime Center June 26 through 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.



**Rime Buddhist Center**

www.rimecenter.org  
816-471-7073

700 West Pennway  
Kansas City, MO 64108

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calendar

December  
January  
February

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22	23	24	25	26	27	28

**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 31  
Meditation for world Meditation

**June**

June 26-28  
Lama Lena

**February**

February 19th  
Tonglen Meditations for Losar

**March**

March 10  
Tibetan Uprising Day

**April**

April 24-26  
Alan Wallace Retreat

**May**

May 29-31  
Phakyab Rinpoche

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

Find us on Facebook!  
"Rime Buddhist Center Community"