

Spring has Sprung at The Rime Center

Increase your knowledge, check out the class schedule!

Lama Lodu Rinpoche

1000 Arm Chenrezig Teachings
April 1st-3rd, 2016

We are delighted to welcome back Lama Lodu Rinpoche to the Rime Center to share teachings and an empowerment focused on 1,000 Arm Chenrezig, the Bodhisattva of Compassion.

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Venerable Tulku Yeshe Rinpoche

Yuthog Nyingthik Empowerment and
Tsalung Trulkor Teachings
May 13 - 15, 2016

The Rime Buddhist Center is once again honored to host Tulku Yeshe Rinpoche May 13th - 15th and give the Yuthog Nyingthik empowerment and Tsalung Trulkor teachings. Tsalung trulkor is a practice that works intensively with our subtle body. By combining special breath retention techniques with physical

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Saga Dawa Duchen

Saga Dawa Duchen and Sutra Resounding
May 21, 2016

Saga Dawa Duchen is one of the most important sacred Buddhist days. The full moon day of fourth Tibetan month commemorates Lord Buddha's birth, enlightenment and parinirvana (passing away). All the merits of

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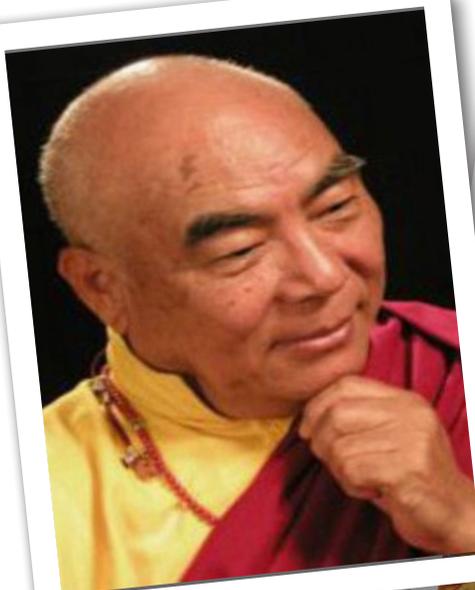


Photo: Pawo Choyning Dorji

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. 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 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.

“I consider these three principles of compassion, generosity, and equanimity to be key when working for the benefit of others.”



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.

Rime Children and Youth Outreach

The Rime Center’s outreach programs work to engender the Buddhist ideals of compassion (karuṇā), generosity (dāna), and equanimity (upekṣā), while giving opportunities to Rime members and community members to act on these ideals by volunteering in the various programs or supporting them financially. This April we are focusing our outreach on the children and youth of the Rime Center. We will be having various activities throughout the month that will allow children and youth to engage in these Buddhist ideals while volunteering in our communities. I consider these three principles of compassion, generosity, and equanimity to be key when working for the benefit of others. But what are these ideals and how do we go about acting on them? In Buddhism we have the concept of skillful means. By incorporating wisdom of emptiness into our actions we can work to benefit others. We see this expressed in Maitreya’s Ornament of Mayahana Sutras. Always non-conceptual, they never conceive in terms of agent, object, and action. Therefore, as they embrace the authentic methods, their perfectly pure acts are infinite and transcendent. So let us look at

the three Buddhist ideals that are our focus for outreach. The first is compassion (karuṇā) which is defined as the wish that others may be free from suffering and its causes. Shabkar Rinpoche in his *Song of Compassion* sings, “My heart goes out to all those who are now suffering, my very own mothers who have cared for me so kindly, throughout the whole of time, from its very beginnings until now.” It is this feeling of empathy that we have for others that gives us the drive to work for the benefit of others. The next ideal is generosity (dāna). Generosity is defined as giving away an object that you possess because it will benefit another. There are usually three types of generosity taught: giving of material objects, giving of fearlessness, and giving of the Dharma. For the Rime outreach we see generosity as giving of our time and effort to benefit others. The third ideal is equanimity (upekṣā). Equanimity is the attitude that wishes for all beings to be free from the attitude of attachment to some and aversion to others. Kangyur Rinpoche says that, Equanimity is the ability to see that all beings, regardless of their associations and alignment,

are equal, and to consider them all – friend, enemy, or neither with the same benevolence. What a wonderful opportunity we have in April to give our children and youth at Rime a chance to learn these ideals and to incorporate them into their lives. Check out the following dates and activities and sign your child or youth up for any or all of them.

- **Sunday April 3rd**
10:30am – Noon
Homeless Outreach Workshop
- **Saturday April 16th**
9:30am – 11:30am
Global Youth Service Day at Harvesters
- **Saturday April 23rd**
10am – 11:30am
Earth-walk for Peace and Picnic
- **Saturday April 30th**
10am – Noon
Planting a Butterfly Garden at the Rime Center

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 palden.gocha@gmail.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 vickie.cumberland@rimecenter.org

Membership Committee

Sergio Moreno membership@rimecenter.org

Dharma School Committee

Leslie Aguirre leslieaguirre321@gmail.com

Library Committee

Matt Rice spiritual.director@rimecenter.org

Prison Outreach

Lama Chuck Stanford lama108@aol.com

Community Outreach

Vickie Cumberland vickie.cumberland@rimecenter.org

Program Committee

Chairs: Matt Rice palden.gocha@gmail.com

Volunteer Coordinator

Lora Lee Reese shantideva@att.net

Newsletter Team

Michele Bartlett, Nicole Esquibel, Matt Rice

Rime Board Members

Gabriele Otto, executive director and board chair

Teri Brody, secretary

Vickie Cumberland, treasure

Matt Rice, spiritual director

Grievance Committee

Gabriele Otto

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 palden.gocha@gmail.com for details.

Chenrezig (Avalokiteshvara) is said to be the essence of the speech of all the buddhas and incarnation of their compassion. As one of the Eight Great Close Sons, he is usually depicted as white in colour and holding a lotus. He is of special importance to Tibetans, so much so that he is sometimes described as the patron deity of Tibet Lama Lodu Rinpoche was appointed resident lama of Kagyu Drodan Kunchab in San Francisco in 1976 by His Holiness the Gyalwa Karmapa and His Eminence Kalu Rinpoche. Lama Lodu's teachings are very clear, unique, and profound. They touch the heart of everyone who listens. For example, during an initiation ceremony, Lama will explain every detail. This makes a definite difference in the students understanding of the method and makes it easier to experience the simplicity of the nature of mind. For every initiation Lama Lodu provides a translated sadhana, daily practice text, which previously were not available or had not been translated into English. The translated texts make it easier to understand and practice. Lama Lodu is very accommodating to anyone who wants to seriously practice meditation.

Schedule:

- Friday, June 26 7:30 – 9:30 p.m. Introduction to Chenrezig
 - Saturday, June 27 10:00 a.m. – 12:00 p.m. Chenrezig Teaching 2:00 – 4:00 p.m. Chenrezig Empowerment
 - Sunday, June 28 10:30 a.m. Sunday Service Dharma Talk
- Suggested Fees \$120 in advance; \$140 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!!!

Lama Lena
June 24-26th
Dzogchen Teachings



Social Justice Book Club

The Social Justice Committee is pleased to announce the launch of the social justice book discussion taking place on May 3rd at 7:45p.m. The first book will be *Between the World and Me* by Ta-Nehisi Coates and will be for sale in the bookstore. All are welcome to participate.

illuminations

Welcome New Members!

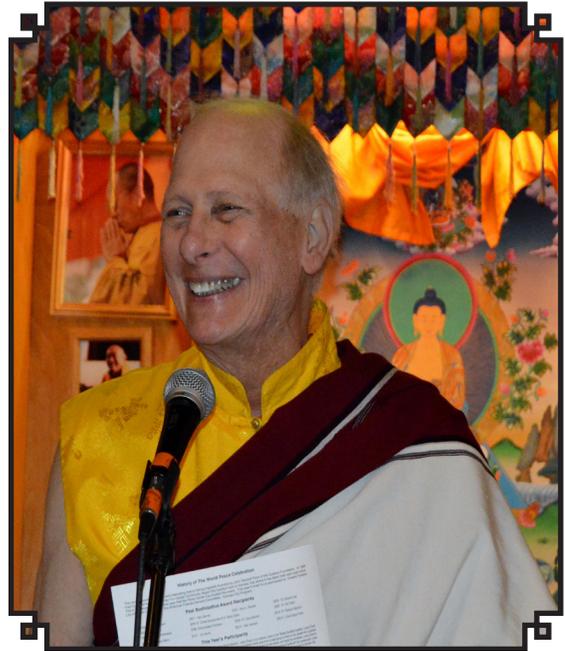
When you become a member of the Rime Center, you not only become part of the sangha, but you demonstrate your support of the Center. The Rime Center recently welcomed this group of new members to the sangha. If you are interested in becoming a member of the Rime Center, look in the class schedule for information on new members'



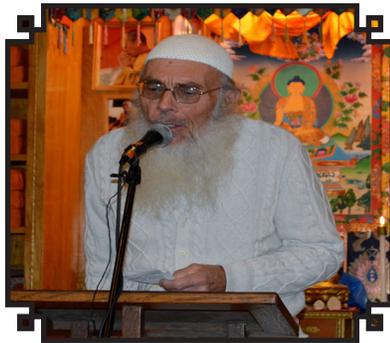
Left to Right: Pooya Naderi, Curtis Marley, Alicia Marley, Matthew Wehrly, Ashley Sumrall, Tania Marg, Lilly Fulce, Tucker Poling, Michael Brown, April Diaz, Matthew Copple.

Tibetan New Year/Losar Celebration February 6, 2016





World Peace Meditation December 31, 2015



movements and visualizations, we move our wind-energy throughout the body, allowing it to reach deep places and open more and more subtle channels. It is said that tsalung trulkor is a wonderful daily practice, especially to control and handle the stress of our modern life in society. It has the power to balance the energies of mind and body, and it also helps enormously to support one's meditation practices. Yuthok Nyingthig is a very important spiritual practice for Traditional Tibetan Medicine doctors and healing practitioners. Yuthok Nyingthig means. The Innermost Essence of the Teaching of Yuthok. The practice was composed with the intention of leading practitioners to experience the union of medicine and spiritual practice. This perception is realized through the harmonious integration of body, mind and energy in the subtlest form of the five elements. 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).

Schedule

- Friday, May 13 7:30 – 9:30 p.m. Introduction to Tsalung Trulkor
- Saturday, May 14 10:00 a.m. – 12:00 p.m. Tsalung Trulkor Teachings 2:00 – 4:00 p.m. Yuthog Nyingthik empowerment
- Sunday, May 15 10:30 a.m. Sunday Service Dharma Talk
- Suggested Fees \$120 in advance; \$140 at the door.

virtues actions done on this day are multiplies on hundred million times.

The Rime Center will be hosting a series of Shakyamuni Buddha Pujas and open meditation sessions for Saga Dawa Duchen. 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 sutra resounding event that Rime Center will be jointly hosting with 84000.co.

A Sutra resounding is an ancient monastic tradition, whereby each participant will read out a different part of the sutra in different languages simultaneously, so that the entire sutra is completed together as a group. The objective of a sutra resounding is to promote the reading, listening and learning of the actual words of the Buddha. This event is free for all to come, however we will collecting donations that will be used to help sponsor the translation of the Tibetan Kangyur, cannon of Tibetan Buddhist sutras, that is currently being translated into English by 84000.co

Schedule

- 5:30 am - 24-Hour Mahayana Vows Given
- 6 am – 11am - Open Meditation
- 11 am - Shakyamuni Buddha Puja with Meditation
- 12 pm – 5 pm - Open Meditation
- 5 pm – Shakyamuni Buddha Puja with Meditation
- 7 pm – 8:30 pm – Sutra Resounding

Member Profile

Lora Reese



Hometown:
Los Angeles, California

Your role at the Rime Buddhist Center?
Volunteer Coordinator

Day Job:
After closing our business of 23 yrs, now semi-retired. I work food service for SMSD and flip houses with my husband.

Description of your hobbies:
I love walking early in the morning. Traveling. I enjoy photography when my good camera is working. Volunteering.

What led you to the Dharma?
I was first led to the Dharma in high school but strayed. Later in life, when I realized I was too attached to what I thought my life should be and a tragedy consumed me, I found the Dharma again.

Tell us something that most people don't know about you.
Something a lot of people don't know about me is, a good friend and I volunteered for His Holiness The Dalai Lama.

What Buddhist Book would you recommend and why?
There are a lot of Buddhist books I could recommend but my favorite is The Dhammapada, The Path To Truth. It's a poetic source of daily inspiration for me.

Sangha Voices

Taking a Seat at the Dharma Wheel by Alex Shields

Time teaches us all who wish to be patient and receive Sangha at our own accord. We are beings that are adaptive in spirit, we are used to change and with that change comes new lessons to be mastered. Lately, I have been learning the teachings of the far east. I am a student at a western university but at my home I have an 'online degree in eastern philosophy'. Many others use technology as a tool to learn knowledge that is hard to find within the society we are placed in today, on the other hand technology can be abused (usually unintentional & unnoticed) distracting us from our goals and true intentions in life. So is this a blessing or a hindrance? Philosopher, Rene Descartes, says that within life we have infinite dualities. It is the approach we use towards these obstacles that decide what we will get out of the experiences in return. As I have been researching online I have come across a lot of information on the pineal gland. Descartes used the phrase for the pineal gland, when he said, that it is 'the seat of the soul.' In civilizations throughout time the pineal gland is revered as a key component to spiritual awakening. In my spiritual path, I have realized the more I practice and put effort into my spirituality, the more everything feels aligned and purposeful. I am beginning to crack open my true eye and catch a glimpse of a new sun along the horizon. This awakening makes me feel like I have more control over my life and its surroundings. The path is clear now that I have taken a seat behind the wheel of life.

Prayer Flags Kevin Hiatt

*A string of prayer flags flutter in the wind,
stretched across a yawning gorge,
trickle of a river glistens far down below,
piles of rocks and boulders with inscriptions:*

*Om Mani Padme Hum.....
Om Mani Padme Hum.....*

*A lone pilgrim approaches
the perilous bridge,
its guy wires creaking
from the swaying of the wind.*

*Several wooden plank steps are missing,
the remaining ones are rotted, bleached by
the sun.
Yet forehead to the ground in prostration,
He rises taking the first tentative steps
across the abyss.*

What's Zen All About?

When the Buddha attained awakening under the Bodhi tree he said, "I and all beings have attained Enlightenment." I want to actualize that statement. Zen isn't about bowing to statues, it's about bowing to our true nature. We're not trying to worship Buddhas. We're trying to become them.

I don't want to follow the Buddha or anyone else. I seek what the Enlightened ones sought. Zen is about dwelling in this moment, rising above or stepping away from the delusions that are a constant part of our lives.

Bodhidharma, the man who brought zen to China said it was:

*A special transmission outside the scriptures;
No dependence on words and letters;
Direct pointing to the mind;
Seeing into one's nature and attaining Buddhahood.*

Zen is not an intellectual study. It's not something we learn about. It's something we do, a direct pointing to our true nature. It's just the practice of stopping our minds and seeing reality as it is.

Zen is an exploration into our true nature. For those of us that practice it involves stepping out of our thoughts and the labels we try to put on reality. It involves introspection and contemplation, going to the place where we are able to slow down our chaotic minds enough to explore the inner self.

In time, seeing our true nature can come naturally.

I can't really tell you. I can only show you.

The Rime Center has been kind enough to let me run a Monday night Zen meditation group. Come sit with us and you'll see.

The Rime Center encourages its members to submit items of interest, including poetry, artwork, and photographs whenever possible, to the editor for consideration.



Rime Buddhist Center

www.rimecenter.org
816-471-7073

700 West Pennway
Kansas City, MO 64108

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calendar

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

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)

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

April

Sunday April 3rd

10:30am – Noon

Homeless Outreach Workshop

April 1-3

Lama Lodu Rinpoche

1000 Arm Teachings

Saturday April 16th

9:30am – 11:30am

Global Youth Service Day at Harvesters

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10am – 11:30am

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May

Venerable Tulku Yeshe Rinpoche

Yuthog Nyingthik Empowerment and Tsalung

Trulkor Teachings

May 13 – 15, 2016

Saga Dawa Duchen and Sutra

Resounding

May 21, 2016

June

Lama Lena

June 24-26th

Dzogchen Teachings

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

Find us on Facebook!
“Rime Buddhist Center Community”