



Enjoy the Autumn Colors at the Rime Center

Increase your knowledge, check out the class schedule!



Santikaro - Entering the Buddha's Path with Breathing

Oct. 7 - 9, 2016

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

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 along

Continued on Page 6



Retreat with Karen Maezen Miller

Ordinary Mind is the Way

Nov. 11 - 13, 2016

Nov. 11 - 13 Retreat with Karen Maezen Miller - Ordinary Mind is the Way

Zen priest Karen Maezen Miller will lead an introduction to Zen practices and teachings on "Ordinary Mind is the Way.", during the weekend of November 11th – 13th. Participants will receive a full taste of the Zen tradition. She will teach zazen (Zen meditation) with its

Continued on Page 6

Annual World Peace Meditation

December 31st, 2016

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

Visit our website for more information about this event.

Support the Jindak Community to Meet Our Goal of Financial Sustainability

In August the Board met and determined that we need to make changes to how we bring income into the center. With the increase in expenses from the last few years donations are no longer enough for us to break even after we pay our rent and utilities. We are challenging our Sangha members to help us meet

Continued on Page 6

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 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.

Are You Ready to Take the Challenge?

I've noticed that the Rime Center has always done a great job of introducing people to Buddhism. Whether you are taking the Basics of Buddhism or another core class like Lam Rim and Lojong, you are introduced to the foundational teachings of Tibetan Buddhism. But then what? How do we engage Sangha members who have gone through the core classes, but still what to deepen their knowledge of Tibetan Buddhism? I'm pleased to say that at the beginning of the year, the Board began looking into that very question. What resulted from that conversation is that the Rime Center wanted to partner with our friends with the Drepung Gomang Monastery and work closely with Geshe Tsewang Thinley to develop a shedra program that would give the Rime Buddhist Center that next level of learning. A shedra literally means a 'center for teaching' in Tibetan. In traditional monastic centers, the shedra is the school where monks and nuns study the important Buddhist scriptures. The goal is to develop that curriculum of higher learning with Geshe Thinley that is adapted to our lay householder Sangha. At the same time making it a curriculum that is sustainable with our current Dharma teachers. This process will be several years in the making. But, in the meantime I realized, if that is where we want to go with our learning

at Rime, we need to prepare the Sangha for that style of program. With that said, the senior Dharma teachers and I are developing a new set of core classes. Classes that when finished the learner will be ready to enter the shedra. The initial model will be a three tiered structure. The first level will be the Basics of Buddhism and a class on taking refuge. Once completed, refuge vows will be offered. The second tier will be a series of four week classes that will build on each other to lay a solid foundation of learning in the Tibetan Buddhist path. The classes will be focused on the Four Foundations of Mindfulness, the Four Thoughts that Turn the Mind Toward Dharma, the Four Wheels (developing a practice, finding a teacher, aspiration, and dedication prayers), the Four Immeasurable, the Vow and Practice of Bodhichitta, and finally Parting From the Four Attachments. Once completed lay ordination vows will be offered. The third tier will be several classes focused on understanding the path of the Bodhisattva. Two of these classes will be on Shantideva's famous texts; Shikshasamucchaya and the Bodhicharyavatara. Then ending with a class on the Lojong teachings. Once this is completed Bodhisattva vows will be offered. In order to develop the new core or pre-shedra classes we have

decided to not offer our usual set of classes this fall. The exception will be the Basics of Buddhism will be offered as usual. In place of our usual classes we will be having a 108 day Bodhisattva Challenge beginning September 14th.

This challenge will be a great way for practitioners who want to intensify their practice on bodhicitta or enjoy practicing in a group setting. During this challenge we will be having several activities planned like weekly readings, Dharma talks that will be integrated into online group discussions, and classes at Rime. This challenge will culminate in our Annual World Peace Meditation December 31.

We welcome new Sangha members as well as experienced students who want to recommit to their practice and have insight to share. During the 108 Day Bodhisattva Challenge we are looking at integrating the activities with online content so those who practice daily at home and at their own pace can also be a part of this challenge. Are you up for the challenge? It all begins September 14th. Details will be listed in the fall class schedule.



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 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

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

William Hunter williamhunterkc@icloud.com

Prison Outreach

Andrea VanBecelaere prison.outreach@rimecenter.org

Community Outreach

Vickie Cumberland vickie.cumberland@rimecenter.org

Program Committee

Chairs: Matt Rice spiritualdirector@rimecenter.org

Volunteer Coordinator

Lora Lee Reese volunteers@rimecenter.org

Newsletter Team

Nicole Esquibel, William Hunter, 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

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 for details.

Drepung Gomang Monks Sacred Art Tour Returns to Kansas City

September 11 – 18th, 2016



The Rime Buddhist Center is once again honored to host the Drepung Gomang Sacred Art Tour. This tour shares the compassion and wisdom of Tibetan Buddhist culture throughout the country. The Monks will be in Kansas City, September 11-18th, pending US Visa Approval.

Scheduled events include: Puja and Dharma Teachings, and Pot Luck Welcome at the

Rime Center, Sunday, Sept 11th 10:30am. Sand Mandala at Temple Buddhist Center, Tuesday 9/13 10am-5pm, Wednesday 9/14 10am-5pm, Thursday 9/15 11:30am - 8pm, Friday 9/16 11:30am-8pm, Saturday 9/17 9am-12pm Mandala Dissolution, Puja and Dharma Teachings at Temple Buddhist Center, Sunday 9/18 9am & 10:30am Services, Tibetan Marketplace in Temple Space 8:30am-1:00pm. Other

Continued on Page 7

Grand opening of the Gift shop on Oct.22



On Saturday October 22nd we will be having a Grand Re-Opening party. Come see our newly redesigned and redecorated gift shop and enjoy some exclusive sales on our wonderful merchandise, as

well as brand new products. We will be open from 10am until 7pm and there will be multiple staff members to help with all of your shopping needs. Snacks and wine will be provided. Come see us.

illuminations



Left to Right: Drea Symons, Jeni Diamond, Ira Griffen, Robert Frenzel, and Darryl Johnson

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.

Dialogue Institute Ramadan Fast Breakfast and Interfaith Prayer



Geshe Kobsand Tseten Visit



Saga Dawa Sutra Resounding





Lama Lena Visit
June 24-26 2016



Rime Sangha Social
Hiking at Parkville Nature
Sanctuary



Sangha Voices

Meditating Me
By Trent Glad

Who am I
Without context all around me,
Without the causes of this life?
Who am I
But a composite of my parts?
Where if you take just one away
I am not me.

And yet because of this self
I name me,
I feel afflictions of pain
And suffer without bounds,
When I'm at the center of the world.
Not knowing my own emptiness,
Of freeing my mind of me,
I am samsara.

But an inner Buddha nature calls
Out to my visible self,
So that by letting go
Of this self
All suffering will drop away,
Leaving just this brightly shining mind
With a clear light awareness
Of perfect understanding.

Maezen-Miller From Page 1

emphasis on the breath, walking 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, and will be held in the Rime Center's upstairs shrine room.

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. Visit our website for more info and to register for the event.

Jindak Community, From Page 1

our basic financial obligation by signing up for our Jindak Community. It is an easy way to support the Rime Center on a monthly basis.

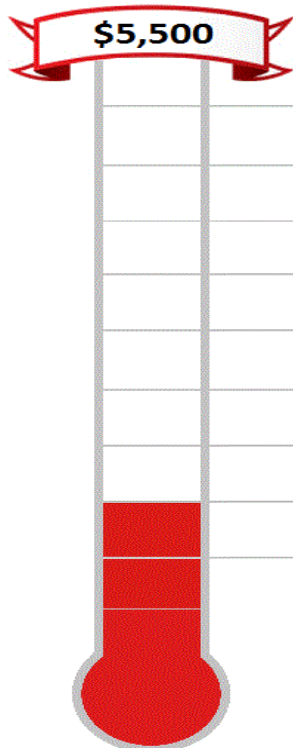
Our Goal is to raise \$5,500 through the Jindak Community on a monthly basis to meet our basic needs of rent and utilities by the end of September. The good news is we have begun this effort with \$1,500 already committed, so we only need to get commitments for another \$4,000. The Rime Center has both ACH and Paypal options for you to support us in meeting our goal.

Computers will be set up on Sundays to assist you in signing up or you can visit our website to sign up online.

Santikaro From Page 1

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 Dharma 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. Visit our website for more info and to register for the event.



Member Profile

Ali Kelley



Hometown:

Kansas City, MO.

Your role at the Rime Buddhist Center?

Volunteer for the Gift Shop.

Day Job:

Sales Manager for the Holiday Inn Country Club Plaza.

Description of your hobbies:

Reading, listening to music, spending time with loved ones, and volunteering.

What led you to the Dharma?

Existential crisis and insatiable curiosity. I realized peace would only be found by looking within and through personal effort. With my mind turned inward, the Dharma appeared. Faith and confidence grew from experience; resulting in commitment to the Three Jewels. I took Refuge Vows in August 2015.

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

If I won the lottery, it would be my dream to establish K-12 Dharma Schools in the US, beginning with KC of course. How wonderful it would be if there were as many Dharma Schools as there are Christian Schools!

What Buddhist Book would you recommend and why?

Tough question! I would recommend any book by the Dalai Lama. The book I continue to go back to is *The Middle Way, Faith Grounded in Reason* by the Dalai Lama. As if by magic, the Dalai Lama communicates in such a way that complex concepts like the nature of self and no self, emptiness, dependent origination, and the two truths, can be understood (by even we ordinary beings), and put into direct practice.

Retreat with Khenrul Lodrö Thayé Rinpoche

Heart Sutra

December 3 - 4, 2016

Mark your calendars for a wonderful teaching by the acclaimed Tibetan Buddhist lama, Ven. Khenrul Lodrö Thayé Rinpoche. Register to attend his teachings on the Heart Sutra. The Heart Sutra is the most popular sutra of the Prajñāpāramitā collection and indeed of the Mahayana as a whole. Although the sutra primarily consists of a dialogue between Shariputra and the great bodhisattva Avalokiteshvara, their words are inspired by the blessings of the Buddha, who remains absorbed in samadhi meditation until the end of the discussion. Prajñāpāramitā is the wisdom of directly realizing the non-conceptual simplicity of all phenomena, which has arrived at, or will lead one to, non-abiding nirvana.



Rinpoche studied dharma intensively for over thirty years at the feet of his teachers in Mardo Tashi Choling and Katog monasteries in eastern Tibet, His Holiness Khenpo Jigme Phuntsok's Serthar Buddhist Institute in Kardze, Tibet, and His Holiness Penor Rinpoche's monastery Namdroling in India. Acknowledged as a scholar of the highest level, he thrice received the title of Khenpo (equivalent to

Monk Tour 2016, From Page 3

events will be added, so please visit the KC tour Facebook page for event details.

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.

a Doctor of Philosophy), making him a triple Khenpo. He has also been recognized by His Holiness Katog Moksa Rinpoche as a tulku (a reincarnate master) of Drubtop Namkha Gyamtso of Katog Monastery. He was enthroned in the mother monastery of Katog by HH Moksa among many lamas, khenpos, and monks. Visit our website for more info and to register for the event.

Book Club Schedule

The Rime Buddhist Center offers the Social Justice Book Club. The group meets at 7:45 pm to discuss books about Social Justice. The upcoming schedule for the fall is listed below.

- September 18th-Invisible Man, Got the Whole World Watching: A Young Black Man's Education by Mychal Denzel Smith
- November 2nd -Racism in Kansas City by G.S. Griffin

Save the Date!!!

[November 20th - Lha Bab Düchen](#)

The Rime Center will be celebrating Lha Bab Düchen, the 'Festival of the Descent from Heaven'. The center will be open all day with a series of pujas as well as 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 an opportunity to receive the 24 Hour Mahayana vows for participants who haven't received them before. Visit our website to find out more about this event.



Rime Buddhist Center

www.rimecenter.org

816-471-7073

700 West Pennway

Kansas City, MO 64108

Return Service Requested

Non-Profit Organization
U.S. Postage PAID
Kansas City, MO
Permit 2498



calendar

September
October
November

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	

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

Drepung Gomang Monks

Sacred Art Tour

September 11 – 18th, 2016

October

Santikaro - Entering the Buddha's Path with Breathing

Oct. 7 - 9 , 2016

November

Retreat with Karen Maezen Miller

Ordinary Mind is the Way

Nov. 11 - 13 , 2016

Coming in December!!!

Khentrul Lodrö Thayé

Rinpoche

Heart Sutra

December 3 - 4 , 2016

Annual World Peace

Meditation

December 31st, 2016

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

Find us on Facebook!

“Rime Buddhist Center Community”