

Brighten the Winter Blues at The Rime Center

Increase your
knowledge, check out
the class schedule!



32nd Annual World Peace Meditation

December 31st, 2017 at 7 am

The Rime Buddhist center will host the 32nd Annual World Peace Meditation, an interfaith gathering on December 31, at 7:00 am (*please arrive by 6:30 am). 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."

Members of the Greater Kansas City Interfaith Council will offer a prayer for peace from each of

Continued on Page 7



Venerable Tulku Yeshe Rinpoche

*Chod Empowerment and Teachings with
Venerable Tulku Yeshe Rinpoche
March 9 – 11, 2018*

We are delighted to welcome back Tulku Yeshe Rinpoche March 9th – 11th and give the Chod empowerment and teachings. In Tibetan language the meaning of the word "chod" translates "to cut" and here, in Tibetan Buddhism, Chod means, "to cut the ego". It is a practice that is based on the prajnaparamita. The benefit

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Tsa Lung/Tummo Workshop

January 20, 2018

The Rime Center will be offering a one day Tsa Lung/Tummo workshop, Saturday January 20, 2018. The workshop will be facilitated by Lama Matthew Rice. The practice will consist of Tsa Lung and seated meditation in the morning from 10:00 am – 12:00 pm. With an afternoon session of Tummo and seated meditation from 2:00 pm – 4 pm. Throughout the day Lama Matthew will be sharing instructions on the practice so that those who are new to these practices will be able to incorporate them into their daily practices. Beginners are encouraged to attend, but must first have received meditation instruction.

"Tsa" means "channel" and "Lung" means "air." This is a practice for purifying one's obscurations through working with the subtle body (tsa, lung and tige), a rich practice that totally engages body, speech and mind.

Tummo is our wisdom fire. We

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"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.

Bodhichitta: The Heart of Enlightenment

"The altruism of bodhichitta is the path of beings of great potential. Therefore train yourself in the deeds of bodhisattvas, and do this on a grand scale! Shoulder the responsibility of freeing all beings from samsara. Of all the eighty-four thousand sections of the Buddha's teachings, none is more profound than bodhichitta.

— Dudjom Rinpoche

I must make a confession. Sometimes it is very hard to live up to the words spoken by Dudjom Rinpoche. The path of a the Bodhisattva is one that brings much meaning to my life, but the constant stream of suffering that we have been hearing lately, whether it's natural disasters or the sustained hate and violence in our country and in the world, I have moments of feeling overwhelmed by it all.

There is a story about Chenrezig, after he had many kalpas working for the benefit of all beings in each of the six realms, he looked with the eye of knowledge from the top of mount Meru to see if he had liberated many beings and whether the number of beings in samsara had diminished. Alas, he saw that they were still innumerable. He became very sad and being discouraged, he thought, "I

do not have the capability to help beings; it is better that I rest in nirvana." This thought contradicted his promise to Amitabha, and he burst into a thousand pieces and felt intense suffering.

However, there is an upside to this story. Amitabha, by the power of his grace, reconstructed the body of Chenrezig. He gave him eleven faces and a thousand arms similar to the thousand spokes of a universal monarch's wheel and a thousand eyes, symbolic of the thousand buddhas of the present kalpa. Chenrezig could henceforth help the beings in this form as well as with his other forms of two or four arms. Amitabha asked Chenrezig to retake his promise with still more vigor than before and then transmitted to him the six syllable mantra: OM MANI PADME HUNG."

So this coming year, I am also going to retake my promise to continue to arouse bodhichitta and allow it to flourish in my heart and mind. But I will also not be alone. You can join me in this journey. There is a famous prayer, "Bodhichitta is precious, may it arise for whom it has not arisen, once arisen, may it not diminish, but ever grow and flourish." Not only does this prayer hold the essence

of the Bodhisattva, but it is also a description on Shantideva's famous text *The Way of the Bodhisattva*. The first three chapters explain how to generate bodhichitta. The next three chapters explain how to prevent bodhichitta from diminishing. The next three chapters explain how to make the bodhichitta grow and flourish, while the final chapter is a prayer of dedication.

I am happy to announce that this famous text will be taught this year by Geshe Tsewang Thinley as part of our Tier 3 course. As this is such an important part of the Mahayana path, Geshe la is going to take his time with the text, looking at each chapter in detail while helping us apply those teaching to our daily lives. I hope that you can join us in this journey of discovery. To awaken bodhichitta in your own heart and mind is one of the greatest gifts that you can give to yourself and others.

"With their boundless wisdom, beings' only guides, have investigated thoroughly and seen its value. Thus whoever longs for freedom from conditioned states should grasp this precious bodhichitta and guard it well." - Shantideva

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

Daniel Scharpenburg Daniel.scharpenburg@gmail.com

Finance Committee

Vickie Cumberland vickie.cumberland@rimecenter.org

Membership Committee

Sergio Moreno membership@rimecenter.org

Dharma School Committee

Brianna Durham bhdurhamlv@yahoo.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, 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

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 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.

Tsa Lung/Tummo Workshop, From Page 1

naturally have this warmth within us in the area below the navel chakra, but we are not usually aware of it and we do not use it. When we develop proper concentration and begin to work with our inner fire, we can completely transform ourselves. Using visualization, breath techniques and movement, we connect to our inner fire and generate it greater and greater. We work with our breath, bringing it to a higher level, and this changes our blood. This warm blood in turn affects our hormones.

On a physical level, the inner fire is responsible for the temperature of our body—the heat of digestion and metabolism, the heat that powers chemical reactions and builds hormones. On an energetic level, the Tummo fire blazes through the channels, melting away the subtlest blockages and surging energy throughout the body. On the level of mind, Tummo is the source of love, joy, happiness and bliss.

Schedule

Saturday, January, 20

10:00 a.m. – 12:00 pm - Tsa Lung Instruction and Meditation

2:00 – 4:00 pm - Tummo

Instruction and Meditation

Suggested Fees

\$30 pre-registration

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.

*Dear Rime Member, Friends,
and Supporters,*

Another year is coming to a close and the Rime Buddhist Center Board is grateful for your continued support in helping us build a community that values the Buddha's teachings of love, compassion, and wisdom. There is no doubt that this would not have been possible without your support. That is why we are asking you to keep the Rime Buddhist Center in mind when you are making your year-end tax-deductible contribution.

Lama Matthew, Gabi, and the board want to continue the work of our founders in making the Rime Center not just a place for study and meditation, but also a home that nurtures and supports us on our path. Please take a moment and make a one-time donation online or by mailing a check or money order to Rime Buddhist Center 700 W Pennway, Kansas City, MO 64108.

Thank you for your continued support of the Rime Buddhist Center. May you have peace, health and fulfillment throughout the coming year.

Sincerely,

*Lama Matthew, Gabi and the
Rime Buddhist Center Board*

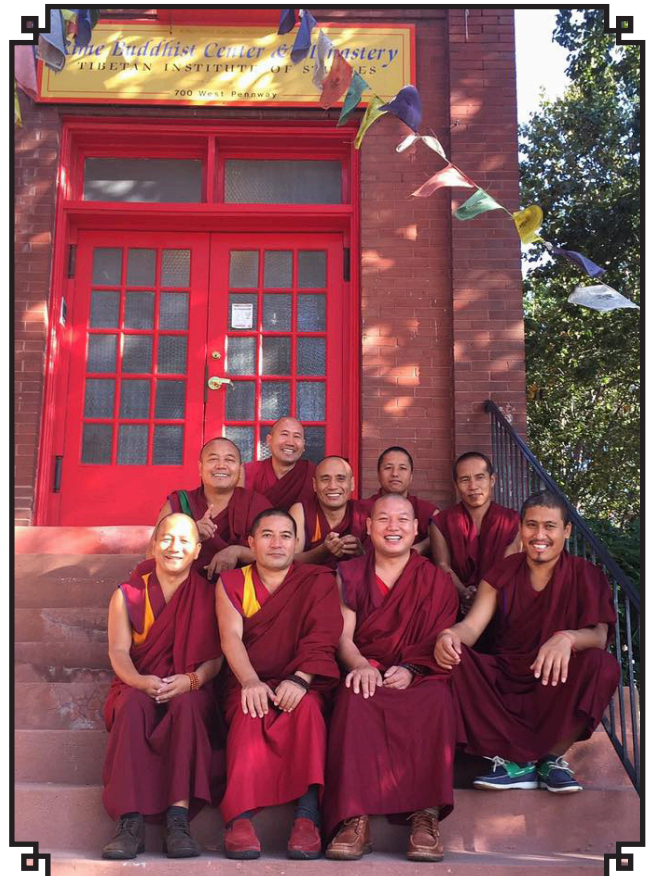
illuminations

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'

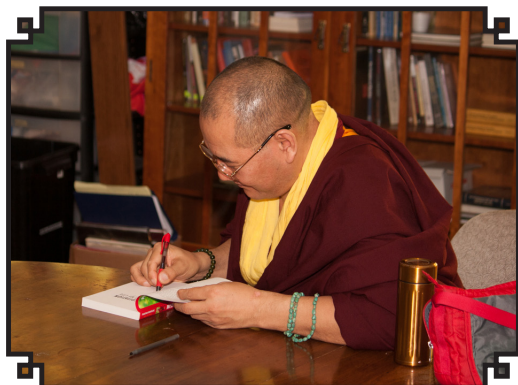


Drepung Gomang Monk Tour Fall 2017





Phakyab Rinpoche Visit



Lama Rod Owens
and the Radical Dharma Retreat



of Chod is that it frees you from the suffering caused by ego. It helps you generate love and compassion for all sentient beings. Chod also provides physical and mental healing.

Tulku Yeshe Rinpoche is a Dzogchen master and the reincarnation of Dzogchen Gyaltsab Thodro Rinpoche. He was recognized by Kyabje Trulshig Rinpoche. He has received teachings from over forty masters representing all five schools of Tibetan Buddhism, Nyingma, Kagyu, Sakya, Gelug, and Shiji (or Chod). Tulku Yeshe has authored fifteen books on subjects of Tibetan Buddhism and culture. He also writes novels, poetry for mind training and how to enjoy life.

Schedule

Friday, March 9

7:30 – 9:30 pm Introduction to Chod Practice

Saturday, March 10

10:00 a.m. – 12:00 pm Chod Empowerment

2:00 – 4:00 pm Teachings on Chod

Sunday, March 11

10:30 am Sunday Service

Dharma Talk

Suggested Fees

\$140 in advance; \$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.

Tibetan New Year Celebration

February 16, 2018

Please join us Friday, February 16th at 5 pm as we celebrate the Tibetan New Year or Losar. This New Year is designated as the year of the Earth Dog.

Losar traces its origins to the pre-Buddhist period in Tibetan when Tibetans practiced a winter spiritual ceremony during which large amounts of incense were offered to appease the local spirits, deities and protectors. This celebration evolved into a Buddhist festival tied to the introduction of time based on phases of the moon. It may have been the first celebration of what has become the tradition of farmers’ festivals. After the rudiments of the science of astrology were introduced in Tibet, the festival became known as Losar.

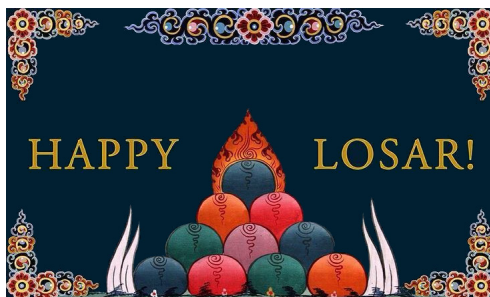
The Rime celebration will include a potluck, Tibetan food, Tibetan Mo divination, linked verse, tsa tsa and prayer flag making. Be sure to bring a vegetarian dish to share.

5:00 – Open House

5:30 – Performance by the GDPT Pho Hien Lion Dance Troupe

6:00 – Pot Luck Dinner

6:30 – Family Activities



Member Profile

Linda Sher



Hometown:

Prairie Village, KS

Your role at the Rime Buddhist Center?

Service Guild Volunteer, Homeless Outreach Volunteer

Day Job:

Radio Announcer, KCUR 89.3 FM Radio

Description of your hobbies:

Knitting, coloring, baking and cooking, walking, Zumba

What led you to the Dharma?

Frankly, what led me to the Dharma was that I was tired of feeling shitty about myself. And so, I began to look for a spiritual practice that dealt with ways of letting go of ego and identification with the mind, to become more present and more mindful... and to work on letting go of judgementalness and beliefs that separate us. Also, I needed a practice that addressed working on letting go of indulgence in negative emotions... and a community where there were opportunities to demonstrate loving-kindness to others. And, of course, a community of like-minded people... and that is Rime!

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

I'm a total movie freak and love the medium as a vehicle to learn about human nature and history...because I hate reading about history!

What Buddhist Book would you recommend and why?

Eight Mindful Steps to Happiness by Bhante Henepola Gunarantana

Support the Jindak Community to Meet Our Goal

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 our basic financial obligation by signing up for our Jindak Community. Our Goal is to raise \$5,500 through the Jindak Community on a monthly basis to meet our basic needs of rent and utilities. The Rime Center has both ACH and Paypal options for you to support us in meeting our goal. If you're not comfortable with a monthly commitment, there is a donation box to the right as you leave the shrine room.

Chotrul Düchen, the 'Festival of Miracles'

March 2nd, 2018

Chotrul Düchen occurs on the full moon (the fifteenth day) of the first Tibetan month, which is called Bumgyur Dawa. The first fifteen days of the year celebrate the fifteen days on which, in order to increase the merit and the devotion of future disciples, Buddha displayed a different miracle.

The Rime Center will be hosting a special puja to commemorate the Festival of Miracles and will be open during the day for you to come in and meditate at your own pace and time limit. The Special Puja will begin at 7:00 pm and will be lead by Geshe Lharampa Tsewang Thinley.

World Peace Meditation, From Page 1

their faith traditions. A highlight of the event will be the presentation of the Bodhisattva Award. Our award this year will be given to Sofia Khan for her work with KC for Refugees.

Kum Nye Yoga

Due to the popularity of the Kum Nye workshop the Rime Center will begin having weekly drop in group practice every Sunday mornings at 9 am. The group practice will meet in our beautiful upstairs shrine room and will last for 1 hour. 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.

Save the Date!!!
April 13-15, 2018
Zen Retreat with
Karen Maezen
Miller





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
January	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	31	1	2	3
February	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	1	2	3
	4	5	6	7	8	9	10
March	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)

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

32nd Annual World Peace Meditation

December 31st, 2017 at 7 am

January

Tsa Lung/Tummo Workshop

January 20, 2018

February

Tibetan New Year Celebration

February 16, 2018

March

Chotrul Düchen, the 'Festival of Miracles'

March 2nd, 2018

Venerable Tulku Yeshe Rinpoche

Chod Empowerment and Teachings

March 9 – 11, 2018

Note about all Teachings:

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 for these wonderful teachings.