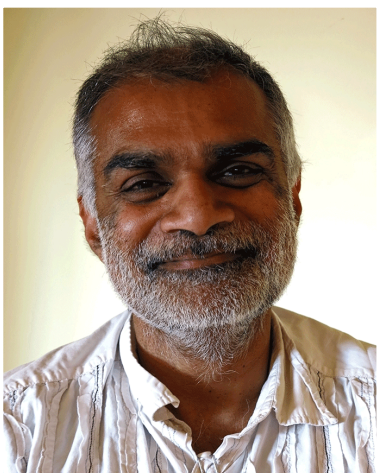


The Rime Center Welcomes in the New Year

Increase your knowledge,
check out the class
schedule!



Kum Nye – Healing Inner Space with Santosh Philip

January 18 – 20, 2019

We are delighted to welcome Santosh Philip back to Kansas City and the Rime Center, January 18th through 20th. Santosh will be leading us in a system of Tibetan yoga practices called Kum Nye. “Kum Nye exercises teach us how to smooth the jagged energies of body and mind. Using massage, postures, and movement, we can awaken blissful feelings within body and senses that can open our energy centers (chakras) and relieve the pressure of conflicting meanings and interpretations.” Tarthang Tulku, Joy of Being.

Continued on Page 6



Orgyen Menla: Living a Healthy Life with Venerable Tulku Yeshe Rinpoche

March 1 – 3, 2019

We are delighted to welcome back Tulku Yeshe Rinpoche, March 1st – 3rd, who will give the Orgyen Menla empowerment and teachings. Orgyen Menla, the principle deity for this practice, is a form of Guru Rinpoche manifesting as a Buddha of Medicine. Medicine Buddha’s motivation is to completely

Continued on Page 6

Sponsorship: A New Model for Special Events

The Rime Buddhist Center strives to be inclusive and to make visiting teacher events available to everyone, regardless of ability to pay. However, we have received feedback that even our “suggested fee” method is a barrier for some, making them likely to skip teachings or to experience negative feelings when paying less than the suggested amount. We want to change that. To this end, the Rime Center is trying a radical new approach - sponsorship.

In the coming months, we will be looking for sponsors to help us raise \$2000 for each visiting teacher event. This amount would cover the teacher’s stipend, as well as, travel and food costs. To become a sponsor and help us meet our goal, donations can be made on the registration page when registering for an event. Please consider becoming an event sponsor in 2019, and help make these valuable teachings available to everyone.



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.

To Be an Inclusive Spiritual Community in Kansas City

The Rime Buddhist Center founder, Lama Chuck, challenged us as a sangha to be one of the most welcoming spiritual communities in Kansas City. You can see that manifested today in our Service Guild, with our greeters on Sunday mornings, the volunteers in the Gift Shop, and the meditation leaders on Wednesday evenings. It's wonderful to see sangha members take the time to welcome people to the Rime Center.

However, I wonder whether being the most welcoming spiritual community in Kansas City is enough. Does it go far enough with our intent as a spiritual community? I might be so bold as to say no. Last November I had the opportunity to attend the Parliament of World's Religions at its 2018 international convening in Toronto, Ontario. The theme was The Promise of Inclusion & the Power of Love: Pursuing Global Understanding, Reconciliation, and Change. According to the organizers, the theme was inspired, in part, by the character of its host city. In Toronto, advancing civic partnerships among faiths and guiding institutions to work for economic, climate, racial, and sectarian justice means solving

conflicts in ways that reflect the Parliament's methods: increasing the roles of the world's next generations, women and girls, indigenous communities, and minority communities, including immigrants and refugees.

I walked away from that conference both encouraged and inspired to bring that theme to the Rime Buddhist Center. Thinking about this and how it can be applied, I realized that through our programs and outreaches, we have been removing obstacles to inclusion for some time. For example, our Social Justice committee has been challenging us to look at white privilege, and suppressed prejudices, that prevent us from truly connecting to people of color in our community. Our homeless outreach has been challenging us to look at our own negative perceptions of homelessness and poverty in our community. Finally, our prison outreach challenges us to confront our beliefs about punitive justice and how our correctional systems are crippling minority, oppressed, and marginalized communities. But what other ways can we make the Rime Buddhist Center a more inclusive spiritual community? What can we do to include our neighbors in our

immediate community? What can we do to make LGBTQ people feel more included in the sangha? What can we do to welcome immigrants and refugees to our communities? What can we do to bring more awareness to our already active programs and outreaches at the Rime Center? This is our challenge.

We have, in a small way, already taken our first steps, and I appreciate our efforts so far. The immediate need, however, is to ask ourselves, what are some of the things that we can do now that can make us more inclusive? These don't need to be grand gestures. Small actions also make a difference. The following ideas have been shared with me over the last few months.

- Inviting the surrounding community to our Losar event.
- Holding space for people of minority, oppressed, and marginalized communities.
- Including books in the library for LGBTQ topics.
- Stating our preferred pronouns during introductions.
- Doing Tonglen practice on Sundays for minority, oppressed, and marginalized communities who have been victims of violence.
- Having the Rime Center

Continued on Page 3

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

Chair: Matt Rice spiritualdirector@rimecenter.org

Volunteer Coordinator

David Keeter volunteers@rimecenter.org

Newsletter Team

Nicole Esquibel, Matt Rice, Dani Dyal

Rime Board Members

Gabriele Otto, executive director and board chair

Teri Brody, secretary

Vickie Cumberland, treasurer

Matt Rice, spiritual director

Beniah Leuschke

Andrea Van Becelaere

Grievance Committee

Gabriele Otto

gabi.otto@rimecenter.org

Special Thanks

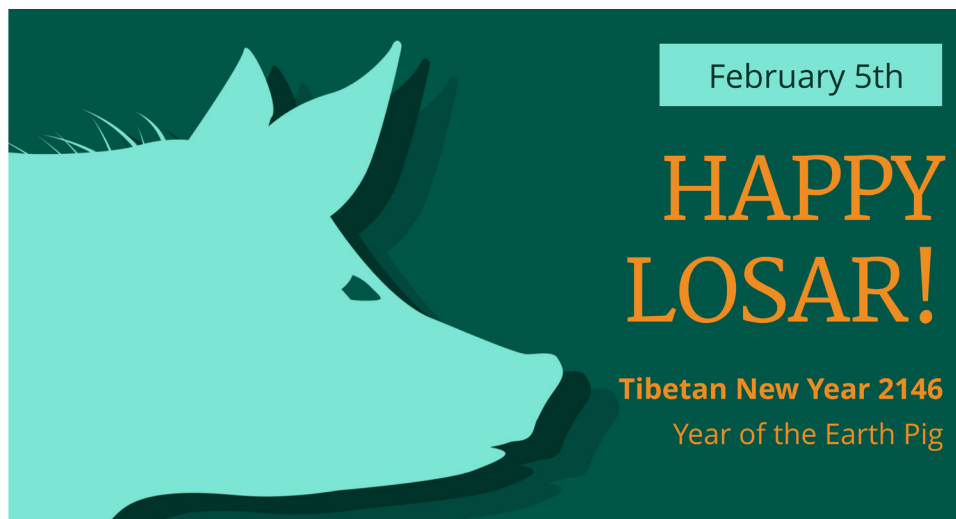
To Paul Kotz and FRD Communications for printing our newsletter.

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.



Losar-Tibetan New Year Celebration

February 5th, 2019

Please join us Tuesday, February 5th at 5 p.m. as we celebrate Losar, the Tibetan New Year. This new year is designated as the year of the Earth Pig.

Losar traces its origins to the pre-Buddhist period in Tibet when, every winter, Tibetans held a spiritual ceremony, offering large amounts of incense to please local spirits, deities, and protectors. Around the period when the measurement of time based on phases of the moon was introduced, this ceremony evolved into an annual Buddhist festival, which may have been the first celebration of what has become the traditional farmers' festivals. Later, after the rudiments of the science of astrology were introduced in Tibet, the farmers' festival became known as Losar.

The Rime's Losar celebration will include a potluck, Tibetan food, Tibetan Mo divination, linked verse, tsa tsa, prayer flag making, and other family activities. 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 – Potluck Dinner

6:30 – Family Activities

Meditations From Page 2

partner with support organizations for minority, oppressed, and marginalized communities.

- Support events and festivals in the minority, oppressed, and marginalized communities.

Buddhas and Bodhisattvas are compelled to end the suffering of all sentient beings based on the wishes of those sentient beings, not just to act for the sake of the few that we like when we agree with their wishes. The Buddhas and Bodhisattvas do not perform actions for sentient beings based on how they think those sentient beings should be helped, but by holding space and listening so they can provide the help that is needed. To me that is the true model of inclusion and love, and one that can be emulated here at the Rime Buddhist Center.



Anyen Rinpoche
“Ground of Compassion”
Dying with Confidence
Series October 19 - 21,
2018



Drepung Monks Tour





**Lama Matt and Karma
Lekshe Tsomo at the
Parliament of World's
Religions in Toronto**



**Lama Rod Owens: Liberation
Through Love and Rage
November 16 – 18, 2018**



Chotrul Düchen, the 'Festival of Miracles' February 19, 2019

Chotrul Düchen occurs on the fifteenth day of the first month in the Tibetan calendar during the full moon, which is called Bumgyur Dawa. The first fifteen days of the year celebrate the fifteen days during which the Buddha displayed miracles for his disciples in order to increase their devotion.

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. The puja will begin at 7:00 p.m. and will be led by Ven. Geshe Tsewang Thinley. Open meditation begins at 8:00 a.m.

remove mental and physical suffering from all sentient beings, primarily mental and physical illness caused through the imbalance of the elements.

Tulku Yeshe Rinpoche is a Dzogchen master and the reincarnation of Dzogchen Gyaltsab Thodo Rinpoche. He was recognized by Kyabje Trulshig Rinpoche and 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 and poetry for mind training and how to enjoy life.

Schedule

Friday, March 1

7:30 – 9:30 p.m. Introduction to Orgyen Menla Practice

Saturday, March 2

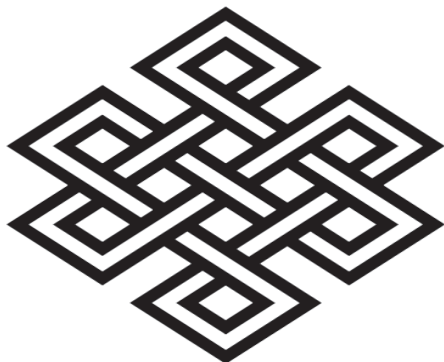
10:00 a.m. – 12:00 p.m. Orgyen Menla Empowerment

2:00 – 4:00 p.m. Teachings on Orgyen Menla

Sunday, March 3

10:30 am Sunday Service
Dharma Talk

This event is open to everyone,



Our body can teach us how to heal the mind and this retreat presents Tibetan Yoga exercises to catalyze this healing. We discover how to come back to our senses and to link inner with outer experience through a vital flow of feeling.

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 introductory and advanced levels. Nearly every Sunday throughout the year, Santosh and fellow Kum Nye instructor Jack van der Meulen, teach a drop-in Kum Nye morning class at the Nyingma Institute in Berkeley California. Santosh also teaches classes on Nyingma practices, including dream yoga.

Schedule

Friday, January, 18

7:30 p.m. – 9 p.m. Introductory Teaching

Saturday, January, 19

10:00 a.m. – 12:00 p.m. Kum Nye Workshop

2:00 – 4:00 p.m.

Sunday, January 20

10:30 a.m. – 12:00 p.m. Public Talk

This event is open to everyone, but please consider being a sponsor for this retreat for as little as \$150. Your sponsorship will ensure everyone can attend these wonderful teachings.

Member Profile

Matt Walsh
(Yeshe Namkha Rangdröl)
they/them



Hometown: Currently live in Wichita, but consider myself from Kansas City

Your role at the Rime Buddhist Center?: Occasional designer of fliers and posters, retreat attendee

Day Job: Paraprofessional at a middle school, working with 6th graders with Autism, Down Syndrome, and other cognitive delays.

Description of your hobbies:

Art, coding, reading, dismantling the cis-hetero-patriarchy, coffee.

What led you to the Dharma?:

I grew up Christian, explored other religions, but they all felt incomplete to me. Turning to the Dharma felt like coming home, like nothing was lacking.

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

Several years ago I made up a space religion and founded the Extragalactic Church of Galateris Bubblegum. I continue to develop it. It has a few adherents here and there. Consider it social art project of sorts.

What Buddhist Book would you recommend and why?:

Words of My Perfect Teacher, by Patrul Rinpoche. I read this when I first started taking the Dharma seriously, and have continued to revisit and reread it. It's the one Buddhist book I'd take to a deserted island.

Sangha Voices

Liberation Through the Messiness: Lama Rod Owen's visit to the Rime

by Matt Walsh, Yeshe Namkha Rangdröl (they/them)

Lama Rod visited the Rime Center November 16-18 to teach on Liberation through Love and Rage. Important themes for me included developing a healthier relationship to our anger or rage (or any of the other afflictive emotions), embodied practice, and the importance of self-care on the path to becoming a Bodhisattva.

He explained that it is not anger itself that is unhealthy, it is our habitual relationship to it that is. We have a habit of instinctively reacting to it rather than wisely responding to it. We can develop that healthier relationship to anger by moving from saying "I am angry" to "I am having an experience of anger" to "anger is happening". Then, looking deeply into our anger or other emotions, we can learn that these emotions are energy that the mind labels with "anger" or "sadness" or so on. Once we drop the label, we can productively use that energy.

We develop this healthier relationship with the energy of our emotions through embodied practice. Lama Rod taught that before Siddhartha became the Buddha, when he was engaged in ascetic practices, he was trying to bypass the body and embody himself in his mind. He emerged from deep concentration and discovered that he was sick, his body was broken, and he had gotten nowhere. This led him to see the need to pay attention to the body, to unite body and mind. Subsequently, Lama Rod showed us a couple practices for an embodied and wise relationship to the energy of our emotions.

Significantly, someone asked a question about the attention to the self and one's emotions that Lama Rod was advocating, because it seemed to run counter to teachings about being selfless and engaging in self-sacrifice to benefit others. Lama Rod responded that in order to work with the Dharmic emptiness of the ego, one first needs to have a fully integrated and healthy ego, and at the moment, our egos are fragmented. We are not generally at the point where we can engage in the profound self-sacrifice of the Bodhisattvas. To that end, we need to engage in self-care. Self-care, he said, consists of those things we do for ourselves that renew us, empower us, and strengthen us for the work we do that benefits others in our communities. This is different from self-indulgence, where what we do for ourselves benefits no one else.

This highlights an important point that Lama Rod emphasized--and one that he had made last year as well--that we too often try to skip over the relative to the ultimate. We earn the ultimate by mastering the relative, the stuff of our lives in all its messiness. This message runs as a thread through all of his teachings.





Rime Buddhist Center

www.rimecenter.org

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calendar

	S	M	T	W	T	F	S
January	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	31	1	2
February	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	1	2
March	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

January

Kum Nye – Healing Inner Space with Santosh Philip

January 18 – 20, 2019

February

Losar-Tibetan New Year Celebration

February 5, 2019

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March

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