

Winter Wonders abound at The Rime Center



Annual World Peace Meditation

December 31, 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."

Save the Date!!!

Town Hall Meeting and
Potluck
February 12, 2017

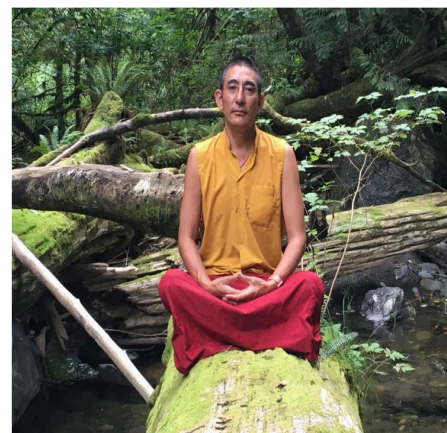


Tibetan New Year Celebration

February 25, 2017

Please join us Saturday, Feb. 25th at 5 p.m. as we celebrate the Tibetan New Year or Losar. This year is designated as the Year of the Fire Bird. Losar traces its origins to the pre-Buddhist period in Tibet 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 the introduction of time based on phases of the moon. It may have been the first celebration of traditional farmer 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,

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Venerable Tulku Yeshe Rinpoche

Fundamentals of Tantra

April 15-16, 2017

We are delighted to welcome back Tulku Yeshe Rinpoche April 15-15th and give teachings on the fundamentals of Tantra. Rinpoche will be teaching from Jigme Lingpa's Treasury of Precious Qualities, the chapter on the Pitaka of the Vidyadharas. This chapter covers many aspects of tantric practice, but Rinpoche will give us an overview of empowerments and samayas. He will also teach on the three samadhis and four stakes that bind the life force.

The three samadhis are an important aspect of wisdom deity practice presented in the tantric Sadhana practices. Four Stakes to Bind the Life-force are a key principle in the tantric practices

Continued on Page 3



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 offers New Core Classes

I have been a member of the Rime Buddhist Center since 2000. Over the years I have noticed that the Rime Center does a great job of introducing people to Buddhism, whether it is the Basics of Buddhism or the Core Classes. People have found this a rewarding and enriching experience. But, over the years I have noticed that at some point people reach a level in their studies that no longer gets met by the series of classes that are offered here. I have always wondered why that is? What can we do as a Dharma Center to give people the support and training they need to continue to that next level?

When speaking with Rime members about this I have found a diverse set of needs that they are looking for. Needs such as further study into the various aspects of Buddhism. People have expressed interest in deeper understanding of the Mahayana and philosophical schools. Others have expressed interest in learning about tantra and incorporating the Vajrayana into their practice. While others are looking for a teacher, someone they can connect with on a profound level. All great aims and ambitions. But where to start?

When speaking with several of our visiting teachers about this it has become clear that the next level needs to be more of a shed-

ra like system of study. The Tibetan word shedra literally means a 'center for teaching'. In traditional monasteries, the shedra is the school where monastics study the most important Buddhist scriptures. These study centers are often seen as a counterpart to the retreat center, or drupdra, where monastics spend time in retreat. These two are vital parts of the monastic community. They help to preserve the living lineage of the Dharma through the twin pursuits of study and practice.

As the Rime Center moves forward in is my goal to have developed a program of study that emulates the shedras of Tibet, but available to the non-monastic Rime sangha. Before, we can get to that point of study and learning we need to bring our understanding of Buddhism up to a level that allows us as a community to benefit from that system. A benefit of this is that as members of the Rime Sangha we will benefit more from understanding the teachings of visiting teachers. Allowing us to connect to and deepen our relationship with them.

Our new set of core classes has been designed to teach the fundamentals of Tibetan Buddhism. This in-depth study will build the foundation of understanding that will support the shedra program in the future. The expectation is that Rime members will take the core

classes consecutively as each course of study builds on the previous one. The core classes are also set up in a three tier system of study.

The first tier is the twelve weeks Basics of Buddhism followed by a two week class on Taking Refuge. The Basics of Buddhism class developed by our founder Lama Chuck Stanford does an amazing job of introducing people into the basic concepts of Buddhism, allowing students to explore Buddhism in a workshop experience. If after the Basics of Buddhism the study feels compelled to become Buddhist the class on Taking Refuge will explore what that commitment means and how it is done. After that class Refuge vows will be offered to those who have completed the tier and wish to take refuge.

The second tier is a series of four week classes focused on various aspects of Tibetan Buddhism. Each class will build from the previous course. The topics of the second tier class are; Four Foundations of Mindfulness, Turning the Mind Toward the Dharma, The Preparation of Practice with the Four Wheels, The Mahayana Path and the Four Boundless Attitudes, The Mahayana Path and Bodhicitta, and Parting from the Four Attachments. Each Winter/Spring and Fall semester will feature three of these classes. Taken sequentially they will provide a strong foundation for understanding and incorporating the teaching into our everyday life.

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

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

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.



Younge Khachab Rinpoche VII

Dream Yoga Teachings and Vajrayogini Empowerment – May 13 – 14, 2017

Younge Khachab Rinpoche will be giving teachings on the Dream Yoga and give the Vajra Yogini empowerment. In the bardo of dream, the primary methods taught to realize the nature of mind and appearances is the training in Dream yoga. This set of practices includes training in recognition of the dream state, also called “lucid dreaming”; transforming the dream state once recognition is gained; and the enhancement practices, by which obstacles are overcome. Rinpoche will bestow the Vajrayogini empowerment. Vajrayogini is a wisdom deity. She is usually depicted as red in color with a semi-wrathful expression. She represents the transformation of ignorance and passion into shunyata and compassion. Her sadhana is often given as the student’s entry into Anuttara Yoga practices. Rinpoche will be giving extensive and practical instructions based on his vast study and personal experience. This is an incredible opportunity to receive teachings and instruction from a true Dzogchen master.

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Tulku Yeshe Rinpoche, From Page 1

of the Nyingma tradition. It is traditionally said that these four stakes bring together our own ordinary body, speech, mind and actions with the enlightened form, speech, mind and activities of the wisdom deity. They are like stakes that bind these together. If you have ever received an empowerment or practice Sadhana of a particular wisdom deity then you will not want to miss this opportunity. Tulku Yeshe Rinpoche is a Dzogchen master and the reincarnation of Dzogchen Gyaltsab Thodok 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 17

7:30 – 9:30 p.m. Introduction to Tantric Practice

Saturday, May 14

10:00 a.m. – 12:00 p.m. Tantric Practice Teachings

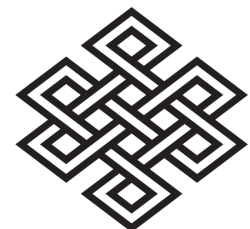
2:00 – 4:00 p.m. Tantric Practice Teachings

Sunday, May 15

10:30 a.m. Sunday Service Dharma Talk

Suggested Fees

\$140 in advance; \$160 at the door



illuminations



Younge Khachab
Rinpoche Retreat

Retreat with Karen Mazen-Miller
Ordinary Mind is the Way
Nov. 11 - 13, 2016



Lama Matt officiated the wedding of Shawn
Lavery and Emily Sheldon



Santikaro
Entering the Buddha's Path with Breathing Retreat
October 7-9, 2016



Bran Cerddorion Benefit
Concert for the Rime Center



Social Justice Book Club and
Discussion: *Racism in Kansas
City*



Lama Chuck and Vern Barnet
at the 32nd Annual Interfaith
Thanksgiving Dinner

Register Today!

Venerable Younge Khachab Rinpoche VII is the Younge family lineage holder, a treasure revealer and a true nonsectarian scholar and Dzogchen yogi. Younge Khachab Rinpoche is considered to be a highly qualified Tantra and Dzogchen teacher. His training has incorporated the view and meditations of the four main schools. He believes in the transmission of the uncompromised, pure teachings of the oral and textual lineages. He represents the Rime philosophical tradition, established in part by Jamgon Khamtrul, incorporating the best the four schools in Tibetan Buddhism have to offer.

Schedule

NO TEACHINGS ON FRIDAY

Saturday, August 27

10:00 a.m. – 12:00 p.m. 1st

Bardo Teaching

2:00 – 4:00 p.m. 2nd Bardo

Teaching

Sunday, August 28

10:30 a.m. – 12:00 p.m. 3rd

Bardo Teaching

12:30 p.m. – 3:00 p.m. 4th

Bardo Teaching

Suggested Fees

\$140 pre-registration, \$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.

Sangha Voices

The Most Precious Jewel of Sangha by Sergio Carlos Moreno-Denton

The Upaddha Sutta tells of a time when Ananda says to the Buddha, “This is half of the holy life: admirable friendship, admirable companionship, admirable camaraderie.” Upon hearing this, the Buddha replies, “Don’t say that, Ananda. Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life...with admirable people as friends, companions, and comrades, one can be expected to develop and pursue the noble eightfold path.”

We know that in this context, the Buddha is referring to the companionship of monks. But in other teachings he gives advice for lay people and explains that we are to seek the company of those advanced in virtue, to engage in discussion with them, and to emulate their conviction and generosity. He calls this “admirable friendship.”

Every week, as I think of all of our volunteers —those who serve in the homeless outreach, and those who visit the inmates— I see admirable friends. When I see those who greet us at the door, our preceptors, and our shrine keepers, I see admirable friends. As I think about the people who devote their time and talent to teaching and caring for our children, and as I think of the teachers and meditation instructors who are here throughout the week, I see admirable friends. When I think of our spiritual director, Lama Matt, our executive director, Gabi, and all those who work so ardously for the benefit of this community, I see admirable friends. And, as I think of those who bless us with their presence for the first or second time, I see soon-to-be admirable friends!

And when I think of admirable friends, the word that comes to mind is, “Sangha.”

This is our Sangha, our community of spiritual, admirable friends. We get to welcome teachers from all traditions and we get to practice in a beautiful space. We get to be involved in outreach and participate in classes. In short, we get to be together, with admirable friends. And because of this, we have a better chance of pursuing the noble eightfold path.

Thich Nhat Hanh, beloved Zen master, says that of the three precious jewels in Buddhism, the most important is Sangha, “The Sangha contains the Buddha and the Dharma. A good teacher is important, but sisters and brothers in the practice are the main ingredient for success. You cannot achieve enlightenment by locking yourself in your room. Transformation is possible only when you are in touch.”

Could that mean that what we do, what we say, and what we are when we are together is of utmost importance? I think so, because it is in community that we are presented with the best opportunities to cultivate lovingkindness, empathetic joy, compassion, and equanimity—the four boundless attitudes. It is together that we cultivate bodhicitta. It is in community that we re-awaken our Buddha-nature.

Taken from *The Most Precious Jewel of Sangha*, a talk given at the Rime Center on October 4th, 2015

Have you seen the new Rime Center Gift Shop?



As the Gift Shop Committee we made it our goal to become a real force in helping sustain the Rime Center. We set about painting the walls a beautiful color and re-arranging things so that the gift shop was a little more inviting. It is now a very beautiful space with lovely blue walls. Some of us spent a Saturday there or at the re-opening party and a lot of people came in. Since then, the results have been very good and I think those of us on the gift shop staff really feel good about the work we're doing to help the Rime Center. A lot of people contributed time and supplies to this project.

I want to take this opportunity to highlight our new singing bowls. Hand-carved from Nepal, with

a pretty wide range of sizes and prices and they're all quite beautiful. Every time the gift shop is open people come in and ring them, the sounds of singing bowls pervade the Rime Center now. Stop in and have a look.

by Daniel Scharpenburg



Member Profile

Darryl Johnson



Hometown:

My hometown is Kansas City MO. Born and raised.

Your role at the Rime Buddhist Center?

Sangha member

Day Job:

I'm an auto worker at the Ford plant in Claycomo. Forklift operator

Description of your hobbies:

Drawing, playing sports, and attending sporting events, especially Royals games.

What led you to the Dharma?

What led me to the Dharma is I felt that I needed to find something to believe in. I've struggled with faith my whole life as a Christian. So I started reading Buddhist, Muslim, and Jewish literature. The Buddhist path is the one I felt that I could understand so I continued on learning and I love it.

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

I served in the US Navy aboard the USS Nassau

What Buddhist Book would you recommend and why?

"The Heart of the Buddha's Teachings" from Thich Nhat Hanh

Tibetan New Year Celebration, From Page 1

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 GDPT

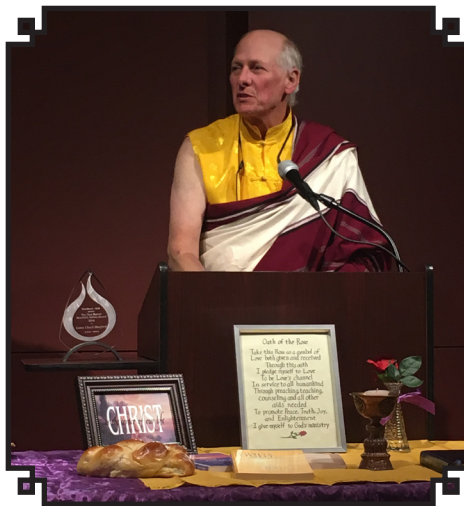
Pho Hien Lion Dance Troupe

6:00 – Pot Luck Dinner

6:30 – Family Activities

Lama Chuck Honored at the 32nd Annual Interfaith Thanksgiving Dinner

At the 32nd Annual Interfaith Thanksgiving Dinner—sponsored by the Heartland Alliance of Divine Love, the Greater Kansas City Interfaith Council, and William Jewell College—Lama Chuck Stanford was honored with the Vern Barnett Interfaith Service Award for his more than 20 years of service as the Spiritual and Executive Director of the Rime Center and his longstanding commitment to interfaith work. Members of our Rime sangha, including Spiritual Director Lama Matt who offered one of the prayers, were in attendance and joined with a large and diverse crowd to celebrate religious diversity and inclusion in Kansas City, to honor Lama Chuck's many contributions, and to share a bountiful meal (complete with vegetarian and kosher options). The Greater Kansas City Interfaith Council strives to put faith in action by developing deeper understanding, knowledge, respect, and appreciation for each other's faiths and religious traditions. The Rime Center is proud to celebrate Lama Chuck both as the founder and director emeritus of the Rime Center and a jewel in the Kansas City interfaith community.



Half Day Zen Meditation Retreat

Beginning with the February, 2017 half-day meditation, the Rime Center will offer a Zen style retreat once every quarter. The practice will consist of Zazen, seated meditation, Kinhin, walking meditation, chanting and Samu, or mindful work. Meditation will be from 9:00 am – 12:00 pm and the facilitators will be Nova Bradfield and Vickie Cumberland. We will follow the practice taught by visiting teacher, Karen Maezen Miller, with a brief instruction at the beginning of the meditation.

Financial Message from the Treasurer

As of the end of October, Rime income was \$76,900 and the expenses were \$74,000. This is a very positive sign and shows how much the Rime Center means to you. The Rime Center's Jindak Community contributions are currently at \$3,600 monthly. We can see the light at the end of the tunnel and just need 19 more people who can contribute \$100 monthly to meet our goal of \$5,500. Thank you for your generosity.

Meditations, From Page 2

After the second tier of classes is completed, Pratimoksha vows will be offered to those who wish to take the vows.

The third tier is a series of classes aimed at developing a deeper understanding of Bodhichitta and how to apply that understanding to our everyday life through practice. There are two six week classes that will be offered. The first class is on the Bodhisattvacharyavacara or Introduction to the Bodhisattva's Way of Life by Shantideva's. This class will be a comprehensive study of all the different practices, meditations, and philosophies that are an essential part of the path of a bodhisattva. The second class is on the Seven Points of Mind Training a famous instruction on 'mind training' or lojong brought to Tibet by Lord Atisha and written down by Geshe Chekawa. This class will emphasize the practice of bodhichitta, especially relative bodhichitta and the 'exchanging oneself for others'. This powerful practice is intended to be implemented in our everyday lives to help subjugate the self-cherishing mind that is at the root of all suffering. At the end of the third tier Bodhisattva vows will be offered to those who wish to take the vows.

It is my hope that after taking the new core classes, members of the Rime Center will be prepared for the Shedra like system of study giving us that next level of development for our practice. Again these classes are to be taken sequentially, and Rime members who have taken the Basics can start at the tier two classes. Make sure to check our new class schedule for the core classes beginning in January.



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	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
February	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
March	26	27	28	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

*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

Annual World Peace Meditation

December 31, 2016

January

February

Town Hall Meeting and Potluck

February 12, 2017

Half Day Zen Meditation Retreat

Tibetan New Year Celebration

February 25, 2017

April

Venerable Tulku Yeshe Rinpoche

Fundamentals of Tantra

April 15-15, 2017

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.