



Sukhasiddhi

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Kagyū Sukha Chöling

A CENTER FOR THE PRACTICE AND STUDY OF TIBETAN BUDDHISM

Founder, His Eminence Kalu Rinpoche
Director, Venerable Lama Lodru Rinpoche
Resident Teachers, Lama Pema Clark & Lama Yeshe Parke

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- **Free Public Talks**
- **Buckhorn 20th Anniversary Open House**

Save these dates!

**Tranquility and Mindfulness Retreat,
Wayfarer Resort**

April 24–26, 2009

**Venerable Lama Lodru
Teaching Weekend**

May 15–17, 2009

**H.E. Mingyur Rinpoche Teachings,
San Francisco** (See www.kdk.org)

June 12–16, 2009

**Seven-Day Personal Practice Retreat,
Buckhorn Springs**

June 12–16, 2009

KSC website...

**Slide shows have been added to the
website's Photo Galleries!**

Please see Page 3 for news about KSC's
website and newsletter changes.

For the latest information, visit our website:

www.kscAshland.org

Kagyū Sukha Chöling

147 Granite Street
Ashland, OR 97520
(541) 552-1769

Lama Lodru Returns to KSC

VENERABLE LAMA LODRU will teach in Ashland on the weekend of May 15th-17th. Rinpoche led the Foundation Consecration of the New Center in December 2007, but it has been two years since he has been able to teach at KSC.

It is a fortunate occasion when we can gather to hear the heart of the dharma from such a compassionate and realized spiritual friend, and to have the priceless chance to experience our own meditation in the presence of this yogi who has, as the 16th Karmapa said, "highly developed his inner practice."

The topic of Rinpoche's teachings will be announced early in April. All events will take place at the Masonic Lodge, 570 Clover Lane in Ashland, a venue that is wheel-chair accessible, served by RVT, and has parking on site. Teaching sessions will be: Friday, 7-9 pm; Saturday and Sunday, 10 am-noon and 2-4 pm. A suggested donation of \$20 per session is requested.



Children's Program Begins

KSC IS HAPPY TO ANNOUNCE the opening session of our *DharmaKids* program on April 19th. Mary Ehlers will be the lead teacher of the initial class for children ages five to twelve. The program will meet two Sundays a month, from 9 am to noon. Children must be pre-registered for participation. Forms are available at the Center.

The mission of the Children's Program is to plant the seeds of compassion and mindfulness in young people, utilizing the teachings of the Buddha as they begin their spiritual journey. Full details about the program are available at KSC's website.

Ideas for Fundraisers?

THE SANGHA IS WELCOME to submit suggestions for fundraising events for the new meditation center. The Center sponsors two major events each year.

We also encourage individuals to sponsor personal fundraising efforts such as workshops, classes, or the sale of your work or hobby skills. Funds raised (after expenses) would be donated to KSC's New Center.

To make suggestions or sponsor a personal event, contact Kaaren Borsting (c/o KSC) for an event application form. The Lightning Team, which coordinates events, will then contact you.

South Sangha Schedule

KSC Center, 147 Granite Street, Ashland

Regular Meditations

SUNDAYS

First Sundays

Apr. 5, May 3, Jun. 7, Jul. 5

9:00–9:45 a.m. ~ Chenrezig & Tonglen: *Morning Service*

10:00–11:30 a.m. ~ Silent Sit: *A silent, personal meditation practice, in three half-hour sessions*

Beginning in June:

10–10:45 a.m. ~ Sangha-guided Calm Abiding meditation

11–11:30 a.m. ~ Self-guided Calm Abiding meditation

Tonglen Sundays

Apr. 12, May 10, Jul. 12 (no June Service)

9:00–11:30 a.m. ~ Universal Compassion (Tonglen):

Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Apr. 19, May 31, Jun. 28, Jul. 19

9:00–11:30 a.m. ~ Calm Abiding (Shinay): *Instruction, meditation, dharma talk and discussion*

WEDNESDAYS

6:45 p.m. ~ Mahakala*

7:30 p.m. ~ Chenrezig

2nd Wed: Guided, condensed meditation

Final Wed: Meditation in English

THURSDAYS

5:00 p.m. ~ Four Deities*

6:00–7:00 p.m. ~ Calm Abiding

**Requires prior empowerment and instruction to attend*

Practice Groups

Tranquility Practice Group ~ *ongoing*: Calm Abiding Sundays
Apr. 19, May 31, Jun. 28, Jul. 19 ~ Noon–2:00 p.m.

Joyful Effort Practice Group ~ *ongoing*: Tonglen Sundays
Apr. 5, May 10, June 7, Jul. 12 ~ Noon–2:00 p.m.

Classes

Poems & Songs of Realization

Mondays, Apr. 27 – June 8 ~ 7:00–9:00 p.m.

Inner Yoga

Tuesdays, Apr. 28 – June 9 ~ 7:00–9:00 p.m., and Sat.,
May 30 (10 a.m.–4 p.m.)

Classical Tibetan II ~ *ongoing*

See page 3 for practice group and class tuition information.

Distance Learning

If you live too far away to attend a class, you may register for Distance Learning for an additional fee of \$20. You will receive CDs of class meetings, class materials, and periodic phone or email contact with the lamas.

North Sangha Schedule

Regular Meditations

WEEKLY

Tuesdays: Call 541-543-3404 for location

6:00 p.m. ~ Calm Abiding

6:45 p.m. ~ Condensed Chenrezig

Thursdays: Unitarian Church, 40th and Donald Streets

6:00 p.m. ~ Calm Abiding

MONTHLY ~ SATURDAYS

Instruction, meditation and dharma talk with the lamas

10:00 a.m.–12:30 p.m.

May 9 & June 6 (No services in April, July, August)

Eugene Zendo, 2190 Garfield Street

Practice Group

Tranquility Practice Group ~ *Ongoing, and led by the lamas*

May 9 & June 6 ~ 8:15–9:30 a.m.

Radiant Life Center, 474 Willamette St., Ste. 302

Class

The Thirty-Seven Practices of a Bodhisattva

Continuing: May 8, June 5 ~ 7:00–9:00 p.m.

Radiant Life Center, 474 Willamette, Ste. 302

See page 3 for practice group and class tuition information.

Regional Retreats

Tranquility & Mindfulness Retreat

Wayfarer Resort

Friday, Apr. 24, 4:00 p.m. – Sunday, Apr. 26, 4:00 p.m.

Seven-Day Personal Practice Retreat

Buckhorn Springs, Ashland

Friday, June 19, 6:00 p.m. – Friday, June 26, 1:00 p.m.

See page 3 for tuition and registration information.

Advance registration at KSC is required for all classes and practice groups. To register, contact KSC, 541-552-1769 or ksc@mind.net.

Scholarships at KSC

Classes: *Contact the lamas (541-552-1769 or ksc@mind.net) if you need financial aid for tuition.*

Retreats: *Partial scholarships may be available depending on the size of the Scholarship Fund. Both KSC dues-paying members and non-members may apply with preference given to members. Scholarships are limited to one retreat per year for each applicant. To request a scholarship, contact Susan Bizeau clo KSC, 541-552-1769 or ksc@mind.net, stating the financial aid needed and your reasons for wishing to attend a particular retreat.*

Class Descriptions



Poems and Songs of Realization

The lineage masters' exceptional benevolence, and their realization of the natural spacious state of the mind, has been expressed through the centuries in beautiful verse. Written for the benefit of their students, these poems and songs can inspire and guide us on our own awakening journey.

In this new class, we will explore the meaning of many of the songs in KSC's Prayers and Songs booklet, as well as the poems of great teachers, to allow the blessing of the lineage to enter our hearts, and to nurture our native faith and compassion. This is the very best way to realize mind's genuine nature.

Note: The ability to sing, or to memorize poetry, is absolutely not required to be a full member of this class.

Tuition: \$145; (KSC members giving support of \$25/month or more: \$125)



Inner Yoga

In the mid-1970s, His Eminence Kalu Rinpoche wrote a concise root text presenting a sequence of physical yogas to support the synchronization of body, speech and mind in meditation practice. These dynamic exercises, and the essential Buddhist teaching upon which they are based, will be presented in a 7-week class with an additional Saturday session. The yogas can be of benefit to anyone, as they promote a sense of well-being and harmony in one's daily life.

Tuition: \$175 (KSC members giving support of \$25/month or more: \$155)



Classical Tibetan II

This ongoing class focuses on basic grammar and translation of sacred Tibetan texts. *Tuition:* \$100

Practice Groups



Tranquility Practice Group

Tranquility Practice Group meets monthly in Ashland and Eugene, to support members' Calm Abiding meditation practice and study. These groups will be open for new and renewing members (six-month commitment) at the April meeting. *Tuition:* \$100



Joyful Effort Practice Group

Joyful Effort Practice Group meets monthly to support the daily *Ngöndro (Foundations)* meditation practice. This ongoing Ashland group will be open for new and renewing members (six-month commitment) at the April meeting. *Tuition:* \$100

Regional Retreats



Tranquility & Mindfulness Retreat at Wayfarer Resort

"Recognition of what is occurring is the key to liberation."

~ Venerable Lama Lodru Rinpoche, *Bardo Teachings*

Mindfulness is the ability to be present and aware of what is occurring inside ourselves and all around us. During this weekend retreat, we explore the four objects of mindfulness (body, feelings, mind and phenomena), and utilize Calm Abiding Meditation as a way to focus and deepen our awareness. In addition, periods of silence will offer the opportunity to carry this awareness into every moment and activity.

Tuition: \$125 for lodging (retreatants provide their own meals), plus dana offering for the teaching

Registration: Sam (Sharon) Bates at ksc@mind.net or 541-552-1769



Seven-Day Personal Practice Retreat at Buckhorn Springs

This week focuses on individual meditation, with Lama Pema and Lama Yeshe aiding participants to design a personal practice schedule for the week. Private interviews with the lamas help to integrate the meditation experience. There will be periods of silence, daily dharma talks and instruction for group meditation. A special component of this retreat is the development of mindfulness in action, through land stewardship and other work activities.

Tuition: \$580 for meals and lodging, plus dana offering for the teaching

Registration: KSC c/o ksc@mind.net or 541-552-1769

Newsletter Changes...

KSC's website is the source for current information about programs and events, as well as a resource for its history. Slide shows of several retreats and the New Center land ceremonies and building progress have recently been added, as well as photos of the resident teachers. New additions to a newsletter favorite, *Sangha Voices*, will soon appear on the website as well.

This will be the final 4-page issue of KSC's newsletter, closing out its 7th year of publication. Beginning next autumn, KSC will publish a quarterly Schedule, which will contain the information you are finding on pages 2 and 3 of this newsletter.

We encourage you to "make the change" to the electronic version of the future Schedule, which is available on the website for you to view and print. If you prefer to receive the Schedule by mail, please contact KSC.

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*KSC Newsletter is published three times a year:
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*Submissions are encouraged, and comments
are welcome. Send to: ksc@mind.net*

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The KSC community is invited ...

*To the 20th anniversary open house for
Buckhorn Springs on June 27th from 2 to 6 p.m.
The Sargent family will give tours of the historically
renovated buildings and grounds, and refreshments
will be served.*

*The long-awaited Buckhorn Historical Cookbook,
filled with history and reminiscences from friends and
guests of Buckhorn, will be available for the first time
at this event.*

*Buckhorn Springs is a century-old mineral springs
resort located on 280 acres within the boundaries
of the Cascade-Siskiyou National Monument, and is
listed on the National District of Historical Places.*

*For more information, please visit
www.buckhornsprings.org.*

Regular Events ...

Free Public Talks

Maintaining Balance in Uncertain Times

Tues., April 21, 7 p.m. — Gresham Room, Ashland Library

*When we are excited and upset by sudden change, how
do we return to a fundamental state of equanimity?*

*The lamas will describe the outlook and methods that
support an open, steady state of mind and heart in every
circumstance.*

Newcomers' Night

Thursday, April 23, 6:00 p.m.

*Join us for Calm Abiding Meditation at 6:00 p.m. After-
wards, the lamas and community members will provide
an introduction to Buddhism and the programs offered at
KSC. Refreshments are served, and all are welcome.*

Buddha Cinema

*Check our website, www.kscAshland.org, for dates
and films to be announced.*