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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

KSC Schedule Vol. XI, Issue 2

Winter 2012

South Sangha Schedule

KSC Center, 109 Clear Creek Drive, Ashland, OR

First Sundays

Jan. 1, Feb. 5, Mar. 4, April 1
10-10:45 am ~ Sangha-guided Calm Abiding meditation
11-11:30 am ~ Self-guided Calm Abiding meditation

Tonglen Sundays ~ Jan. 8, Feb. 12, Mar. 11, April 15

9-11:30 am ~ Universal Compassion (Tonglen Service)
Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Jan. 22, Feb. 26, Mar. 25, April 29
9-11:30 am ~ Calm Abiding (Shinay Service)
Instruction, meditation, dharma talk and discussion

Dharma School ~ Sundays, 9-11:30 am ~ Ages 5-11

Jan. 8 & 22, Feb. 12 & 26, Mar. 11 & 25

TUESDAYS

7:30 am Green Tara
12-2 pm Sanctuary open for self-guided meditation

WEDNESDAYS

4 pm Sur Chö*
6 pm Mahakala*
7 pm Chenrezig

2nd WED. of each month

8 am Inner Yogas* [Begins in March]
7 pm Chenrezig (Condensed)

THURSDAYS

5 pm Young Adults Discussion Group
5 pm Four Deities*
6 pm Calm Abiding

FRIDAYS

8 am Joyful Effort*

SATURDAYS

9-10 am Sukhasiddhi* ~ Jan. 7, Feb. 4, Mar. 3

Practice Groups

Joyful Effort Practice Group*

Ongoing Tonglen Sundays
Meetings - Noon: Jan. 8, Feb. 12, Mar. 11, April 15
Retreats - Jan. 14-15, Feb. 18-19, March 17-18

Tranquility Practice Group

Ongoing Calm Abiding Sundays
Noon: Jan 22, Feb. 26, Mar. 25, April 29

Insight Practice Group

Ongoing Calm Abiding Sundays
Noon: Jan. 22, Feb. 26, Mar. 25, April 29

*Requires prior empowerment and instruction to attend

North Sangha Schedule

Eugene locations as noted. Call 543-3404 for information.

Regular Meditations Weekly

Tuesdays ~ 2467 Onyx
6:15 pm Calm Abiding
7 pm Condensed Chenrezig

Thursdays ~ Unitarian Church, 40th and Donald Streets

6 pm Calm Abiding

Monthly Saturdays

Instruction, meditation and dharma talk with the lamas

Saturday Sit: 10 am - 12:30 pm,

Jan. 14 & March 10 ~ Eugene Zendo: 2190 Garfield
Feb 11 ~ Green Phoenix Institute: 325 W 12th Avenue

Tranquility and Insight Practice Groups

8 am ~ Jan. 14, Feb. 11, Mar. 10

KSC Event in Eugene ~ Annual Sangha Meeting

Sat. Feb. 11, 12:30-2 pm

The KSC Board of Directors will give the 2011 financial report. The Lamas will announce program plans and give hearty thanks to all volunteers. This is a time for the sangha to bring feedback and suggestions. Light snacks will be provided for this midday meeting.

Regional Retreat Schedule

Maintaining Open-Hearted Confidence

in Uncertain Times ~ A Non-residential retreat at KSC

Friday, Jan. 27 - Sunday, Jan. 29

Inner Yogas ~ Buckhorn Springs

Friday, Feb. 17 - Monday, February 20

Tonglen II Retreat ~ Wayfarer Resort

Friday, April 20 - Sunday, April 22.

Class Schedule

Due to strong interest in classes, every participant must pre-register. Thank you.

Kind Living, Confident Dying

Feb. 6-March 19 ~ Mondays, 6:30-8:30 pm

This class is open to distance learners.

Contact KSC for further information.

Ceremonial Arts I

Feb. 7-March 20 ~ Tuesdays, 6:30-8:30 pm

Class Descriptions

Due to strong interest in classes, every participant must pre-register. Thank you.

Kind Living, Confident Dying

Every spiritual tradition has some idea about what happens after death. The subject of death and dying occupies a central place within Tibetan Buddhism. Death and life are not seen as opposed realities or even as separate from one another. This class will encourage the expansion of our innate kindness and bravery as we explore the geography of living and dying.

Tuition: \$145 (KSC members at \$25+/month or more: \$125)

Ceremonial Arts I

This class will explore the symbolism and meaning of the art and ceremonial objects in KSC's shrine room. Understanding the significance of what is present can be the basis for a deepening relationship and sense of home in the temple environment. Participants will also learn how to care for the shrine room as a part of meditative practice.

Tuition: \$145 (KSC members at \$25+/month: \$125)

KSC Events in Ashland

Newcomers' Night ~ Thursday, Feb. 2

Join us for Calm Abiding Meditation at 6:00 pm. At 6:40, the lamas will provide an introduction to Buddhism and the programs offered at KSC. Refreshments are served, and all are welcome.

Buddha Cinema ~ 7 pm at 717 Roca St., Ashland

Fridays: Jan. 20, Feb. 17, Mar. 16, April 20

Films are announced on the E-Sangha.

Tibetan New Year [Losar] Milarepa Tsok

Wed., Feb. 22, 6-7:30 pm

Milarepa practice, which was taught by Lama Lodru Rinpoche last spring, will be recited in English by those who have been instructed in this practice. Everyone is welcome to attend. A tsok (feast offering) will be shared in celebration of Tibetan New Year, and as a restoration of spiritual commitments.

Annual Sangha Meeting ~ Sunday, Feb. 26, 3-5 pm

The KSC Board of Directors will give the 2011 financial report. The Lamas will announce program plans and give hearty thanks to all volunteers. This is a time for the sangha to bring feedback and suggestions and enjoy a dessert potluck.

Introduction to Ngöndro ~ Thurs., March 29

Join us for Calm Abiding at 6 pm. At 6:40, the Lamas will describe the Ngöndro (Foundations) practices done in the Joyful Effort Practice Group, which opens to new members in April.

Save these dates in 2012

June 15-22	Seven-Day Personal Practice Retreat ~ Buckhorn Springs
June 29-July 1	Kagyü Mönlam Prayer Gathering ~San Francisco <i>Information: www/californiakagyumonlam.org</i>
July 12-14	Non-residential retreat ~ Oakland, CA

Practice Groups & Dharma School

Due to strong interest in practice groups, every participant must pre-register. Thank you.

Joyful Effort Practice Group ~ This group meets monthly to support Ngöndro (Foundations) meditation practice. It will accept new and renewing members at the April 2012 meeting.

Tuition: \$100

Programs for children, teens and young adults

These programs seek to plant the seeds of compassion and mindfulness, utilizing the teachings of the Buddha, as young people begin their spiritual journeys.

Contact KSC to indicate interest or register.

Dharma School ~ ages 5-11, meeting two Sunday mornings a month.

Middle Way Youth Group ~ Middle School students, meeting two Sundays a month.

Youth Group ~ High School students, late teens and those in their early 20's. Meets 1-2 Thursdays a month (5-6 pm) preceding the Calm Abiding meditation.

Regional Retreats Led by Lama Pema & Lama Yeshe.

Registration: ksc@mind.net or 541-552-1769

Maintaining Open-Hearted Confidence in Uncertain Times ~

A non-residential retreat at KSC ~ Fri., Jan. 27-Sun. Jan 29

Simple meditative practice and contemplation can lead to a mature sense of equanimity and genuine openness in the changeable circumstances of our daily lives. This weekend retreat will include periods of meditation, guided visualization, and foundational teachings to enhance each individual's inner resources of authentic strength, gentleness, and mindful awareness.

Suggested donation: \$20 per session or \$80 for the weekend.

Inner Yogas ~ Buckhorn Springs

Friday, Feb. 17 - Monday, Feb. 20

In the mid-1970's, 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 as a weekend retreat. The yogas can be of benefit to anyone, as they promote a sense of well-being and harmony in one's daily life.

Tuition: \$285 for meals & lodging, plus dana offering for the teachings. Scholarships and Work Exchange may be available.

Registration: ksc@mind.net or 541-552-1769

Tonglen II Retreat ~ Wayfarer Resort

Friday, April 20 - Sunday, April 22

This retreat will emphasize ultimate practices of Tonglen, utilizing commentaries by Khenpo Tsultrim Gyamtso Rinpoche and Mingyur Rinpoche. Taking and sending practice will also be done in ways that strengthen both formal and situational applications. Recommended for those who have attended either a Tonglen Retreat or a Seven Points class, or who are committed to reading a recommended text before the Tonglen II Retreat commences.

Tuition: \$135, plus dana for the teachings.

Scholarships may be available.

Contact KSC for booklist and registration: ksc@mind.net or 541-552-1769

Scholarships: Contact KSC for information on scholarships for classes and retreats.

Kagyü Sukha Chöling is a non-profit, 501(c)(3) organization. KSC Schedule is published each September, January, and April.