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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 1

Fall 2011

South Sangha Schedule

KSC Center, 109 Clear Creek Drive, Ashland, OR

First Sundays

Sept. 4, Oct. 2, Dec. 4 [No mtg. in Nov.]

10-10:45 am ~ Sangha-guided Calm Abiding meditation

11-11:30 am ~ Self-guided Calm Abiding meditation

Tonglen Sundays ~ Sept. 18, Oct. 9, Nov. 13, Dec. 11

9-11:30 am ~ Universal Compassion (Tonglen Service)

Instruction, guided meditation, dharma talk and discussion

Calm Abiding Sundays

Sept. 25, Oct. 30, Nov. 20, Dec. 18

9-11:30 am ~ Calm Abiding (Shinay Service)

Instruction, meditation, dharma talk and discussion

Dharma School ~ Sundays, 9-11:30 am ~ Ages 5-10

Oct. 30, Nov. 13 & 20, Dec 11 & 18

Middle Way Youth Group ~ Sundays, 3-5:30 pm - Middle School

Students ~ Oct. 9 & 23, Nov. 13, Dec. 11

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*

7 pm Chenrezig Condensed

THURSDAYS

5 pm Four Deities*

6 pm Calm Abiding

FRIDAYS

8 am Joyful Effort*

*Requires prior empowerment and instruction to attend

SATURDAYS

9-10 am Sukhasiddhi* ~ Sept. 3, Oct. 1, Dec. 3 [no mtg. in Nov.]

9-10 am Green Tara ~ Oct. 8, Nov. 12, Dec 10 [no mtg. in Sept.]

Practice Groups

Joyful Effort Practice Group*

Ongoing Tonglen Sundays

12-2:30 pm: Sept. 18, Oct. 9, Nov. 13, Dec. 11

Tranquility Practice Group

Ongoing Calm Abiding Sundays

12-2 pm: Oct. 30, Nov. 20, Dec. 18

Insight Practice Group

Ongoing Calm Abiding Sundays

12-2 pm: Oct. 30, Nov. 20, Dec. 18

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 - Noon

Sept. 17 ~ Eugene Zendo: 2190 Garfield

Nov. 12, Dec. 10 ~ Green Phoenix Institute: 352 West 12th Street

Refuge and Chenrezig Day - Eugene Zendo

Saturday, Oct 8th ~ 10am- 4 pm

The refuge ceremony, traditionally considered the first step onto the Buddhist path, will be offered with full explanation by the lamas, from 10 am to noon. This event is free and open to all. After a brown bag lunch, instruction in visualization and the Chenrezig meditation of kindness and compassion will be given from 1 to 4 pm. This is an excellent way to support the weekly Chenrezig meditation in Eugene and Ashland.

Suggested donation \$25

Tranquility and Insight Practice Groups

8:00 - 9:30 am Oct. 8, Nov. 12, Dec 10

Regional Retreat Schedule

Refuge & Chenrezig Day ~ Eugene Zendo

Saturday, Oct 8th ~ 10 am - 4 pm

Tonglen, Level II Retreat ~ Buckhorn Springs

Friday, Oct. 21 at 6 pm - Monday, Oct. 24 at 1 pm

Milarepa Instruction Day

Saturday, Oct. 29 ~ 10 am-4 pm at KSC Ashland.

Class Schedule

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

Heroic Awakening

Oct. 3 thru Nov. 14 ~ Mondays, 6:30-8:30 pm

This class is open to distance learners.

Contact KSC for further information.

Buddha Nature

Oct. 4 thru Nov. 15 ~ Tuesdays, 6:30-8:30 pm

Class Descriptions

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

Heroic Awakening: The Six Actions of a Bodhisattva

This course focuses on training in the life-changing attitudes of generosity, ethics, patience, perseverance, meditative concentration, and wisdom. Developing these qualities through the skillful means of practice helps cultivate compassion and mindfulness in our everyday activities, which leads to the flowering of the awakened heart. Class reading: *The Quintessence of the Animate and Inanimate* by Lama Lodru Rinpoche, or *No time to Lose* by Pema Chödrön. Tuition: \$145 (KSC members at \$25+/month or more: \$125)

Buddha Nature

The inherent qualities and potential for Buddhahood are present in all beings. Elucidating the means to cultivate this potential and understanding the unlimited qualities and attributes of a fully awakened mind, is the focus of this class, which will rely upon various commentaries on the *Uttaratantrashastra (Buddha Nature)* by Maitreyya. Lamas' permission is required to attend. Tuition: \$145 (KSC members at \$25+/month: \$125)

KSC Events in Ashland

Kyabjé Kalu Rinpoche Teaching Visit ~ Sept. 9-12

KSC is honored to host Rinpoche in his first North American teaching visit. Three public teachings will be held at the Rogue River Room at SOU.

Tickets are available through www.brownpapertickets.com

Newcomers' Night ~ Thursday, Sept. 29

Join us for Calm Abiding Meditation at 6:00 pm. Afterwards, 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: Sept. 16, Oct. 21, Nov. 18, Dec. 16

Films are announced on the E-Sangha. (Join via the KSC website.)

Grounded Spaciousness Retreat: Integrating Buddhist Wisdom into Daily Life ~ With Ari Goldfield and Rose Taylor

Friday-Sunday, Nov. 4-6

The view of Buddhism is that luminous, spacious awareness-wisdom—is the essential nature of all our experiences. But how can we genuinely connect this profound and wonderful view with what is personally happening for us in daily life? That is what we will explore during this weekend. We will learn the essential view of wisdom as the Buddha taught it in the *Prajnaparamita (Transcendent Wisdom) Sutras* and how we as modern individuals can connect with it and sustain it. We will also practice body-based meditation techniques that can enhance our practice and help us manifest wisdom's awareness in our own daily experience.

Bodhisattva Night ~ Sunday, Dec. 18, 5-7 pm

A bodhisattva is one who vows never to abandon another sentient being and aspires to bring about the benefit of others above even their own. The purpose of this event is to help children and others see that the bodhisattva ideal is in some way present in most of the world's religious traditions and is a key method in our own tradition for overcoming the causes of suffering. We explore this theme through story telling. Children are encouraged to participate.

Candelight Service

Saturday, Dec., 31 ~ 6-8 pm

Join others in meditations to close the year and welcome the new one.

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

Save these dates in 2012

Jan. 27-29 Nonresidential Retreat at KSC by the Lamas
Feb. 17-20 Buckhorn Springs Winter Retreat
April 20-22 Wayfarer Resort Spring Retreat

Practice Groups & Dharma School

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

Joyful Effort Practice Group ~ meets monthly to support Ngöndro (Foundations) meditation practice. This ongoing Ashland group will accept renewing members at the October 2011 meeting. Tuition: \$100

Tranquility Practice Group ~ meets monthly in Ashland and Eugene, to support members' Calm Abiding meditation. Open to new and renewing members (9-month commitment) at the October meetings. Tuition \$150

Insight & Awareness Practice Group is a new practice group for those who have been members of the Tranquility Group for two years or more. Insight members will strengthen mindfulness, build a truly reliable daily calm abiding practice for all situations, and explore insight meditation. Lamas' permission is required. Nine month commitment beginning in October. Tuition \$150

Dharma School & Middle Way Youth Group

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. Contact KSC to register.

DS ~ Ages 5 - 10

MWY ~ Middle School Students

Regional Retreats Led by Lama Pema & Lama Yeshe

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

Refuge Ceremony & Chenrezig Teaching Day

Eugene Zendo: Saturday, Oct 8th ~ 10 am - 4 pm

The refuge ceremony, traditionally considered the first step onto the Buddhist path, will be offered with full explanation by the lamas, from 10 am to noon. This event is free and open to all. After a brown bag lunch, instruction in the Chenrezig meditation of kindness and compassion will be given from 1 to 4 pm. This is an excellent way to support a weekly practice done in both Eugene and Ashland. Suggested donation \$25. No registration required.

Tonglen Level II Retreat at Buckhorn Springs

Friday, Oct. 21, 6 pm ~ Monday, Oct. 24, 1 pm

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 a Tonglen Retreat or Seven Points class at KSC. Lamas' permission required.

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

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

Milarepa Instruction Day ~ KSC Meditation Center

Saturday, Oct. 29, 10 am - 4 pm

The lamas will review the instructions given by Lama Lodru at the May empowerment. There will be time for questions, and the practice will be done in English at the end of the day. Attendance is limited to those who have received the empowerment.

Suggested donation \$40. No registration required.

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