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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. X, Issue 2

Spring 2011

## South Sangha Schedule

KSC Center, 109 Clear Creek Drive, Ashland, OR

### First Sundays

April 3, May 1, June 5  
10-10:45 am ~ Sangha-guided Calm Abiding meditation  
11-11:30 am ~ Self-guided Calm Abiding meditation

### Tonglen Sundays

April 10, May 8, June 12 [no service in July]  
9-11:30 am ~ Universal Compassion (Tonglen Service)  
Instruction, guided meditation, dharma talk and discussion

### Calm Abiding Sundays

April 17, May 15, June 19 [no service in July]  
9-11:30 am ~ Calm Abiding (Shinay Service)  
Instruction, meditation, dharma talk and discussion

### Dharma School ~ Tonglen & Calm Abiding Sundays

April 10 & 17, May 8 & 15  
Ages 5-9: 9-11:30 am ~ Ages 10-13: 3-5:30 pm

### MONDAYS

7-8 am Sanctuary open for self-guided meditation

### TUESDAYS

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

### WEDNESDAYS

6 pm Mahakala\*  
7 pm Chenrezig

### 2<sup>nd</sup> 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\* ~ April 2, May 7, June 4  
9-10 am Green Tara ~ April 9, May 14, June 11

### Practice Groups

#### Joyful Effort Practice Group

Ongoing Tonglen Sundays  
12-2:30 pm: April 10, May 8, June 12

#### Tranquility Practice Group

Ongoing Calm Abiding Sundays  
12-2 pm: April 17, May 15, June 19

## North Sangha Schedule

Eugene locations as noted

### Regular Meditations

#### WEEKLY

Tuesdays ~ 2467 Onyx (Call 543-3404 for information)  
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 ~ May 14  
Green Phoenix Institute: 352 West 12<sup>th</sup> Street  
Zendo: 2190 Garfield ~ June 11  
(No Sat. Sit in April due to Wayfarer Retreat.)

Sangha Meeting: Noon-2 pm ~ May 14  
Green Phoenix Institute: 352 West 12<sup>th</sup> Street  
The Lamas will thank this year's volunteers, report on the financial health of the center, and take requests for programs for the coming year. Light snacks will be served.

### Tranquility Practice Group

8:15 - 9:30 am May 14, June 11

## Regional Retreats Schedule

### Calm Abiding & Extraordinary Calm Abiding Retreat

Wayfarer Resort near Eugene  
Friday, April 29 - Sunday, May 1

### Seven-Day Personal Practice Retreat

Buckhorn Springs, Ashland  
Friday, June 24 - Friday, July 1

### Joyful Effort Practice Group Retreats\*

(Prior instruction required to attend.)  
April 23 & 24, May 28 & 29, June 24-26

## Classes

### Seven Points of Mind Training

May 2 thru June 20 ~ Mondays 6:30 - 8:30 pm

### Ceremonial Arts III

May 3 thru June 21 ~ Tuesdays 6:30 - 8:30 pm

Advance registration at KSC is required for all classes, practice groups, and retreats. To register, contact KSC 541-552-1769 or [ksc@mind.net](mailto:ksc@mind.net).

## Class Descriptions

### Seven Points of Mind Training

The theme of mind training is learning to apply the study and practice of Dharma in our daily lives. Surrendering our habit of self-reference, and developing spontaneous concern for others, requires conscientious effort and skillful methods. Tonglen (*Taking and Sending* practice), leads to the cheerful relinquishment of our ego's primacy. Our study emphasizes the application of practice both on and off the cushion.

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

### Ceremonial Arts III

The offering of special substances are an integral aspect of many Vajrayana practices. The actions of offering and *mudras* (gestures) provide a profound means and support for the gathering of merit and wisdom, and can enhance our meditation when carried out with understanding and positive intentions.

In this segment of Ceremonial Arts training, we will study the morning and evening fire *pujas*, and learn how to prepare and offer a *tsok* offering. Prerequisites for this class are: participation in at least one preceding Ceremonial Arts class, or the permission of the lamas, which must be arranged before the first class.

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

## Other KSC Events...

### Training for Vigil Keepers ~ Sat. April 16, 1-5 pm

To support Sangha members through the dying process, interested Sangha can be trained to utilize the Calm Abiding, Tonglen or Chenrezig in unique ways. To qualify for this training, one of these meditations should be your frequent personal practice, and you must have taken one of KSC's classes on death and dying.

*Suggested donation \$25, which includes an instruction booklet.*

### Annual Sangha Meeting ~ Sunday, May 8<sup>th</sup>, 3:30 - 5:30 pm

The Lamas will thank this year's volunteers; board members will report on the financial health of the center; the children and teen programs will be discussed; and the Lamas will take requests for programs for the coming year. This event is a dessert potluck.

### Newcomers' Night Thursday, April 28

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.

### Teaching Visit of Lama Lodru Rinpoche ~ May 19 - 22

Venerable Lama Lodru Rinpoche will lead the consecration of KSC's new statues. During the weekend, he will offer the Milarepa empowerment and teachings on this meditation practice. Check the KSC website in late April for more details of the event schedule.

### Buddha Cinema

*Fridays: April 15, May 13, June 17*

Films are announced on the E-Sangha.

Location: 717 Roca Street, Ashland.

## Save these dates in 2011

**Sept. 9-12: Visit by Kyabje Kalu Rinpoche**

**Oct. 21-24: Tonglen Retreat, Level II  
Buckhorn Springs**

**Nov. 4-6: Teachings by Ari Goldfield & Rose Taylor**

## Practice Groups, Dharma School

### Joyful Effort Practice Group

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

### Dharma School

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. The program meets two Sundays a month. *Contact KSC to register.*

*Ages 5 - 9: 9-11:30 am ~ Ages 10 - 13: 3-5:30 pm*

## Regional Retreats

### Calm Abiding and Extraordinary Calm Abiding Retreat at Wayfarer Resort

Calm Abiding Meditation provides training to quiet our inner agitation and allows us to experience a state of tranquility. Techniques in this retreat include the Extraordinary Calm Abiding of His Eminence Kalu Rinpoche. This special practice transforms and dissolves the elements of our fabricated world into emptiness. It trains us to let go of our habitual hold on ordinary reality and can be a way to prepare for the eventual dissolution of our body.

*Tuition: \$135 for lodging plus dana offering for the teaching.*

*Retreatants provide their own meals.*

*Scholarships may be available*

*Registration: [ksc@mind.net](mailto:ksc@mind.net) or 541-552-1769*

### Seven-Day Personal Practice Retreat

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.*

*Work exchange and scholarships may be available.*

*Registration: KSC c/o [ksc@mind.net](mailto:ksc@mind.net) or 541-552-1769*

Scholarships at KSC. **Classes:** Contact the lamas at 541-552-1769 or [ksc@mind.net](mailto: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 c/o KSC.

**Kagyü Sukha Chöling** is a non-profit, 501(c)(3) organization

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