



Summer Programs 2014

Compassionate Ocean Dharma Center
681 17th Avenue NE, Suite 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

The One Who Is Not Busy

Connecting to the Work of Our Lives in a Deeply Satisfying Way

Taught by **Joen Snyder O'Neal**
Based on the book by Darlene Cohen



Sweeping Off The Samsara image from www.NamoAmitabha.ws

A monk was sweeping the grounds of the temple.

Another monk appeared and said, *"Too busy."*

The first monk replied, *"You should know that there is one who is not busy."*

Often the demands of modern lives – jobs, relationships, children, housework, exercise, meals, even spiritual practice – combine to overwhelm us and weigh us down. Is it possible to find “the one who is not busy” within ourselves, even in the midst of lives filled with responsibilities and engagements?

In this class we will cultivate a holistic and mindful approach to managing our time and our tasks. We will study how to develop the ability to narrow or widen the mind’s focus, and the mental flexibility to shift from one task to another. We will also explore the deep meaning of “the one who is not busy” as an expression of a core aspect of our true nature.

This class will include meditation, talks by the teacher, and class discussion based on exercises from the text that will be assigned each week as home practice.

Wednesdays, June 18 – July 9 (Four Sessions) • 7:00-9:00 P.M.

Casket Arts Building, Suite 210
681 17th Ave. NE, Minneapolis (in the Northeast Arts District) (#B70)
Fee: \$90 (members \$75) (includes course text)

Member rates apply to members of all local Dharma centers. Reduced fees are offered as needed.

Center for Mindful Living: Programs in Mindfulness

Total Dynamic Living - Introductory Program in Mindfulness

For program description and details, please see our website: www.OceanDharma.org

#183 Minneapolis: Tuesdays

June 3 – July 22 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: Casket Arts Building, Suite 210
681 17th Ave. NE, Minneapolis (in NE Arts District)

#262 St. Paul: Thursdays

June 5 – July 24 • 6:30-9:00 P.M.

Instructor: Michael O'Neal

Location: Clouds in Water Zen Center
308 Prince St., St. Paul (near I-94 & the 7th St. exit)

Total Dynamic Living: One-Day Retreat

The Total Dynamic Living One-Day Retreat will take place Saturday, July 19, 9:00 A.M.-3:00 P.M.

Casket Arts Building, 681 17th Ave. NE, Suite 210, Minneapolis

Spring Appeal – Ribbon Cutting Campaign

Dear Friend,

In February of this year I became Chair of the Board of Directors of Compassionate Ocean. I feel privileged to serve in this capacity. I'm still learning about this "second dharma home" of mine; Clouds in Water Zen Center in St. Paul is my primary practice community. I've known Joen and Michael for many years, and it has been a joy to meet and practice with many members of this community. I'm inspired by your practice and by your commitment to the sangha and to one another.

As Board Chair I want to tell you about an exciting opportunity to make a difference for the future of Compassionate Ocean. This is the time of year when we launch our Spring Appeal, an annual event to support our operating budget. This year, thanks to pledges we have received from several very generous donors, the Board has decided to expand our fundraising effort to achieve two important goals. The first goal is to complete our building project and move into our wonderful new practice space. A hardwood floor and final plumbing are all we need to finish the job. The second goal is to strengthen our financial base in order to realize the potential that our new home will provide – expanding our practice offerings and bringing the dharma to a wider community. The expanded campaign includes the amount budgeted for the 2014 Spring Appeal.

We are calling this expanded fundraising effort the "Ribbon Cutting Campaign" because it will take us across the threshold to a new era in the life of the Center. The overall campaign goal set by the Board is \$50,000. Please see the enclosed brochure for further details.

This is the most important fundraising effort that Compassionate Ocean has launched in many years. A successful campaign will bear fruit for this community for many years to come. Please help us "cut the ribbon" and cross the threshold into a bright future for Compassionate Ocean by making a generous contribution to the Ribbon Cutting Campaign.

Alan Williams

Chair, Board of Directors

Contributions can be made with a check, sent in the enclosed envelope, or online at www.OceanDharma.org. Compassionate Ocean is a 501(c)(3) nonprofit organization, and all contributions are tax-deductible as allowed by law.

Sangha Gatherings

The Compassionate Ocean Sangha is a group practicing in the Buddhist mindfulness traditions of Soto Zen and Thich Nhat Hanh. Throughout the year the sangha (community) has weekly gatherings that include sitting and walking meditation, dharma talks and discussions, mindful movement, chanting and singing, and other spiritual practices. Dharma talks focus on aspects of Buddhist teaching and their application to everyday life.

Everyone is invited to participate in our sangha gatherings. There are no prerequisites to participate, and people are welcome to come when they wish. There is no fee; donations are welcome.

There are two weekly gatherings of the Compassionate Ocean Sangha. The Sunday group is co-led by Joen Snyder O'Neal and Michael O'Neal. Joen leads the Friday group.

Sunday Gathering: Sundays, 9:00-11:15 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.
The last Sunday gathering before the summer break will be on July 27. Sunday gatherings will resume on Sept. 7.

Friday Gathering: Fridays, 9:30-11:00 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:30 sitting, 10:00 dharma talk and discussion, 11:00 ending.
The last Friday gathering before the summer break will be on July 25. Friday gatherings will resume on Sept. 5.

Guiding Teachers



Joen Snyder O'Neal and Michael O'Neal are available for individual meetings regarding life and practice. Call the Center for an appointment.

Joen Snyder O'Neal and Michael O'Neal are the guiding teachers of the Compassionate Ocean Dharma Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyoji Zen Monastery under the guidance of Dainin Katagiri Roshi. They have also practiced with Thich Nhat Hanh in France and the United States, and have completed a training for professionals with Jon Kabat-Zinn. Joen was ordained as a Zen priest by Katagiri Roshi in 1980 and received Dharma transmission from him in 1989.

Sangha Retreats

These retreats are open to community members as well as others who have had some experience with Buddhist practice and meditation. Each retreat offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

One-day Sittings

Saturday, June 21, 9:00 A.M.-4:30 P.M.

Saturday, July 26, 9:00 A.M.-4:30 P.M.

681 17th Avenue N.E., Suite 210, Minneapolis

Led by Joen Snyder O'Neal and Michael O'Neal

This includes sitting and walking meditation, yoga practice, and a dharma talk by Joen Snyder O'Neal or Michael O'Neal. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers

Practice Period at Hokyoji Practice Center

Located in Southeastern Minnesota

Seven-day practice period:

Monday Aug. 25, 5:00 P.M. – Monday, Sept. 1, 2:00 P.M.

Retreat only:

Friday Aug. 29, 7:00 P.M. – Monday, Sept. 1, 2:00 P.M.

Led by Joen Snyder O'Neal and Michael O'Neal, with resident priest Dokai Georgesen Fee: \$65/day (members \$55/day)

This practice period offers participants an opportunity to practice mindfulness in a variety of forms over the course of seven days. It will include sitting and walking meditation, dharma talks, study time, yoga and mindful movement, deep relaxation, vegetarian meals, work meditation, and dharma discussion. There will be opportunities for individual meetings with the teachers. Please contact the Center for more details. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this practice session but have not attended a Compassionate Ocean sangha retreat in the past, please call.



Membership: You are invited to become a member of the Compassionate Ocean Dharma Center. Membership is a way to support the programs of the Center, and is encouraged for those who participate regularly as well as those who simply would like to help make possible the continued life of the Center. A membership brochure is available at sangha gatherings or can be sent out by mail; please call if interested.

Summer 2014 Registration Form

Name _____

Address _____

Zip _____ Email _____

Phone

H: () _____

W: () _____

To register, please check the appropriate activities.

Total Dynamic Living – Introductory Program in Mindfulness (\$25 deposit)

- Minneapolis, Tuesday evenings (#183)
- St. Paul, Thursday evenings (#262)

Total Dynamic Living: One-Day Retreat

- Saturday, July 19, 9:00 A.M.-3:00 P.M.
(by donation for program alumni)

Buddhist Studies Class:

“The One Who Is Not Busy”

- Minneapolis, Wednesday evenings (#B70)
(\$25 deposit)

Practice Period at Hokyoji

- Monday, August 25 – Monday, Sept. 1
(enclose payment of \$55/night members,
\$65/night non-members)

One Day Sittings

- Saturday, June 21, 9 A.M.-4:30 P.M.
- Saturday, July 26, 9 A.M.-4:30 P.M.
(enclose payment of \$20 members,
\$25 non-members)

Enrollment for these activities is limited, and early registration is encouraged.

Please call if you have any questions.

To register, send this form along with the non-refundable deposit listed (payable to CODC) to:

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Summer Program Highlights

- **Introductory Programs in Mindfulness**
– Offered in Minneapolis and St. Paul
- **Buddhist Studies course: “The One Who Is Not Busy”**
- **One Day Retreats: June 21 and July 26**
- **Practice Period at Hokyoji:**
– August 25–September 1
– Retreat only: August 30–September 2
- **Great Gathering: “A Buddhist Pilgrimage to China,”**
led by Ken Ford, Friday, May 30, 7:00 P.M.

Yard Sale

Friday, June 6, 9:00 A.M.-6:00 P.M.

Saturday, June 7, 9:00 A.M.-3:00 P.M.

2234 Buchanan St. NE, Minneapolis



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We need your good quality furniture, small electronics, books, CDs, DVDs, small appliances, kitchenware, decorative items, games, toys, sports equipment, and good quality, gently used clothes welcomed. Please, no skis, heavy furniture, TVs or computers.

Contact the Center for more information or to volunteer.