



To Our Next President

An Open Letter about the Future of Our World

Dear President-elect Trump,

Very soon you will take office as the next President of the United States. I am writing at this time to express a deep concern of mine.

About two years ago I began to investigate the issue of climate change in earnest, resolving to find out for myself as best I could what was the reality of the situation. Since then I have continued to study books and articles, follow developing news, and consider alternative viewpoints. I am by no means an expert, but I have tried hard to be an informed citizen.

To date, the result of this study is my conviction that we humans are on a path that will likely have disastrous consequences for ourselves as well as for innumerable nonhuman beings.

The core situation is a failure to commit ourselves to ways of living that are truly sustainable for the long term. With regard to climate change, the essence of the problem is our deep dependence on the use of fossil fuels—coal, oil, and natural gas—to power our civilization. The burning of these materials is pouring huge amounts of CO₂ into the atmosphere, bringing the concentration of this greenhouse gas to levels unseen in many thousands of years, according to the best scientific research. This in turn is raising the temperature of the planet to record levels. The increased heat is bringing more severe storms, floods, and droughts. Melting glaciers and ice sheets are raising the level of the oceans and endangering coastal areas. The production of CO₂ is also creating a crisis in the world's oceans as they become more acidic from falling CO₂, endangering marine ecosystems. Cumulatively the effects of changes due to unchecked climate change will be to destabilize whole civilizations and cause monumental suffering.

As humans we have been slowly waking up to the dimensions of this problem for the past few decades. It is a very unwelcome but necessary realization that our way of life is becoming increasingly self-destructive.

The good news is that we actually have the ability to avert disaster—if we act swiftly with strength and conviction. The actions we take must go far beyond individual choices. Our energy systems must be converted directly to renewable sources, and most of the fossil fuel sources need to be left unburned. Despite many positive steps in the direction of clean energy, one researcher estimated that at our current pace it would take over 400 years to completely replace fossil fuels. This is far too long, and we can do much better. We have the knowledge and the resources. All that we lack at present is the will.

2016 Year–End Appeal

Dear Friend,

Last month my wife Mary Jean and I were part of a weekend sesshin (“gathering the heart/mind” retreat) at our beautiful Zen Center. There were nine of us, sitting zazen, doing walking meditation, working on our building, cooking and eating together. We were silent. And yet a strong feeling developed that we were a community.

You too are part of this community. I am so glad that we share this Center, a precious jewel, and so many activities that make up a spiritual path. You have helped make our Center possible, and I want to take this opportunity to say **“Thank you!”**

In the past year **we have seen wonderful developments.** Our sustaining membership roster has grown by 10%. The fall Buddhist Studies class had 38 participants. The climate change discussions, “For a Future to Be Possible,” have had 14 sessions, good attendance, guest speakers, and, lately, potluck suppers. Every month we have a retreat. 19 teachers from the national Soto Zen Buddhist Association visited us in October after their national retreat in Minnesota. During the first week of December we will celebrate sesshin with Clouds in Water at our place. And we continue to offer twice weekly community gatherings with zazen and a talk; open meditation sessions during the week; and a variety of introductory activities, including our Introductory Program in Mindfulness (MBSR) which we’ve offered continuously since 1994.

These activities are open to all. Many are offered without fees. Charges for classes and retreats are kept low so that cost won’t be a barrier to participation. Compassionate Ocean practices generosity.

Compassionate Ocean depends on generosity. The income from the classes covers about a third of what we need to operate. The rest must come from us, people who value what the Center does and want it to grow and thrive. **Let’s come together to sustain the Center and its teachers,** so that more people can learn and grow and transform the suffering of the world.

Please help now by contributing to our year-end appeal. Your donations may be mailed in the enclosed envelope. If you have ideas to help develop what we do at the Center—great! Please put them in the envelope too. You can also contribute online at www.OceanDharma.org. Thank you for considering this request.

May mindful awareness and a loving heart be present in all of us.

John Stuart

John Stuart
Chair, Board of Director

Compassionate Ocean Dharma Center is a 501(c)(3) nonprofit organization. Donations are tax deductible as allowed by law.





Winter Programs 2017

Compassionate Ocean Dharma Center

652 17th Avenue NE., Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

Living Zen Series

Zen Action

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



As human beings we are always faced with one basic question: How to live in this world? In this course we will look at Zen practice from the perspective of the actions we take throughout our day-to-day life. Everything we do, or don't do, is consequential. How can we truly take responsibility for our lives? Our gateway will be a study of the 16 Bodhisattva Precepts transmitted in Soto Zen.

The precepts are nothing more or less than the simple manifestation of actual practice: what the mind and heart of Zen practice look like when engaged with the world. In this clear, luminous, and encouraging book, Reb Anderson investigates and opens each of the precepts until we can see its true face—not a rule, not a guiding concept, but the fragrant flower of awakened life, passed from generation to generation, and now between us.

—Jane Hirschfield, author of *Women in Praise of the Sacred*

Minneapolis (#B80)

Wednesdays, Jan. 18 – March 8 (eight sessions)

7:00–9:00 p.m.

\$180 (members \$160) (includes course text: *Being Upright* by Reb Anderson)

Member rates apply to members of all local dharma centers.

Reduced fees are offered as needed; please contact the Center at (612) 781-7640.

To register, use the form on page 6, go to www.OceanDharma.org, or call (612) 781-7640.

Center for Mindful Living: Programs in Mindfulness

Total Dynamic Living - An Eight-Week Program in Mindfulness and Mindfulness-Based Stress Reduction

Total Dynamic Living is a thorough, well-structured introduction to mindfulness practice in everyday life. It follows the nationally acclaimed mindfulness-based stress reduction (MBSR) model developed by Jon Kabat-Zinn, presenting mindfulness as a universal practice for people of any (or no) religious background.

The program includes instruction and practice in sitting meditation, gentle yoga, body awareness meditation, and daily-life applications of mindfulness. It also includes information about stress and relaxation. The program enables participants to develop their own base in mindfulness practice integrated into everyday life.

The course includes eight weekly classes, an individual interview with the instructor, a Saturday retreat, the book *Full Catastrophe Living* by Jon Kabat-Zinn, four CDs, and handouts. 27 CEUs are available for all courses.

The course fee is \$295 plus a \$35 materials fee. Payment plans and some scholarship aid are available. Please contact the Center to discuss.

Enrollment is limited, and pre-registration is required. Please let your friends and colleagues know about this program.

#191 Minneapolis: Tuesdays

Jan. 17-March 7 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: Compassionate Ocean Dharma Center
652 17th Ave. NE, Minneapolis (in the Northeast Arts District)

#271 St. Paul: Thursdays

Jan. 19-March 9 • 6:30-9:00 P.M.

Instructor: Michael O'Neal

Location: Clouds in Water Zen Center
445 Farrington St., St. Paul (near University Ave. and Western Ave.)

Total Dynamic Living: One-Day Retreat

This retreat is open to all current participants in Total Dynamic Living courses. It is also open to graduates of past Total Dynamic Living courses on a donation basis. People not enrolled in a current course should call the Center in advance to reserve a space.

Saturday, March 4, 2017 • 9:00 A.M.-3:00 P.M.

Location: 652 17th Ave. NE, Minneapolis



27 CEUs are available for nurses, social workers, educators, and psychologists.

Guiding Teachers



Joen Snyder O'Neal
and Michael O'Neal

Joen Snyder O'Neal and Michael O'Neal are the guiding teachers of Compassionate Ocean Dharma Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyōji 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.

The guiding teachers are available for individual meetings regarding life and practice. To set up an appointment, call the Center.

Volunteers are welcomed and needed, to help sustain and grow Compassionate Ocean.

Special areas for volunteer help are the Finance Committee, Publicity and Promotion Committee, and Fundraising Committee. People to help take care of our building (cleaning, etc.) are also needed. Please contact the Center for more information.

Meditation and Dharma Talks

Most Sunday and Friday mornings throughout the year Compassionate Ocean offers meditation practice (sitting and walking) followed by a Dharma talk and discussion, focusing on aspects of Buddhist teaching and their application to everyday life. Our practice is in the mindfulness traditions of Soto Zen and Thich Nhat Hahn. Everyone is invited to participate. There are no prerequisites; people are welcome to come when they wish. There is no fee; donations are welcome. The Sunday gathering is co-led by Joen Snyder O'Neal and Michael O'Neal. Joen leads the Friday group.

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

Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.

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

Schedule: 9:30 sitting, 10:00 walking, 10:10 dharma talk and discussion, 11:00 ending.

Welcome Sessions

New people are always welcome at our Sunday and Friday moenig gatherings. To provide a special welcome, welcome sessions that include an orientation to our practice are offered periodically. These are excellent opportunities to find out more if you are curious but haven't got around to coming.

Friday, Jan. 6, 9:30-11:00 A.M.

Sunday, Jan. 8, 9:00-11:15 A.M.

Orientation to Zen Meditation

Basic instruction in Zen sitting practice.

Sunday mornings at 8:15 A.M.

Introduction to Zen Practice with Michael

A two-class introduction to Zen meditation and related practices. No fee; pre-registration required.

Mondays, Jan. 23 and 30, 7:00-8:30 P.M.

Weekday Meditation Sessions

Tuesday & Wednesday mornings

7:00 A.M. zazen (sitting), 7:40 chanting service,

8:00 temple cleaning (to 8:15)

People are welcome to come for any part of the schedule.

Thursday evenings (New)

7:30 P.M. zazen (sitting), 8:00 kinhin (walking), 8:10 zazen, 8:40 ending

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.

Day of Mindfulness

Saturday, Jan. 14, 9:00 A.M.-4:30 P.M.

Led by Joen and Michael

This day will include sitting and walking meditation, yoga practice, body scan, and a Dharma talk. Includes vegetarian lunch. Fee: \$30 (members \$25)

Extended Day of Mindfulness

Saturday, Feb. 11, 9:00 A.M.-9:00 P.M.

Led by Joen and Michael

This day will include sitting and walking meditation, yoga practice, body scan, and a Dharma talk. Includes vegetarian lunch and supper. Fee: \$40 (members \$35)

Weekend Sesshin

Friday, March 17, 7:00 P.M.-Sunday, March 19, 1:00 P.M.

Led by Joen and Michael

Sesshin means "to gather or collect the mind." Includes sitting and walking meditation, dharma talks, formal meals, work practice, and chanting liturgy. Register at least one week in advance. Fee: \$60 (members \$50) (includes four meals)



For a Future to Be Possible: Facing Climate Change

See page 8 for winter information
on this ongoing series.

Winter 2017 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 (#191)
- St. Paul, Thursday evenings (#271)

Total Dynamic Living: One-Day Retreat

- Saturday, March 4, 9:00 A.M.– 3:00 P.M.
(by donation for program alumni)

Zen Action

- Wednesday evenings (#B79) (\$25 deposit)

For a Future to Be Possible

- Friday, Jan. 13 (no fee)
- Friday, Feb. 10 (no fee)
- Friday, March 10 (no fee)

Introduction to Zen Practice

- Jan. 23 & 30 (no fee)

Day of Mindfulness

- Saturday, Jan. 14 (enclose payment of \$25 members, \$30 non-members)

Extended Day of Mindfulness

- Saturday, Feb. 11 (enclose payment of \$35 members, \$40 non-members)

Weekend Sesshin

- Friday, March 17-Sunday, March 19 (enclose payment of \$50 members, \$60 nonmembers)

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

To register, send this form along with the non-refundable deposit listed (payable to CODC) to:
Compassionate Ocean Dharma Center
681 17th Ave. NE, Ste. 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org
Or register online on our website in the Classes & Retreats section.

To Our Next President *continued from page 1*



Our country has been the chief contributor of greenhouse gasses to the atmosphere, and it is both appropriate and necessary for us to be a leader in meaningfully addressing the need for a successful way forward. As President, you will have one of the most important voices nationally and globally in providing leadership in this area. At this pivotal time the actions—and the inactions—you and your administration take will have a huge and permanent influence on the direction the world takes.

I have two grandsons, one four years old and one newly born. They may well live into the 22nd century. It seems crystal clear to me that our generation has a moral imperative to take actions that will not bequeath to them and their descendants a dramatically diminished natural and social environment.

I urge you to take up this challenge with all of your heart on behalf of all of us.

Respectfully,
Michael O'Neal

Membership

You are invited to become a member of 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.



Rev. Issho Fujita, Director of the Soto Zen Buddhism International Center in San Francisco, during his visit in September



For a Future to Be Possible gathering in October with guest presenter Kaia Svien



August-September weeklong practice period at Hokyoji Zen Practice Community in southeastern Minnesota, with Rev. Dokai Georgeson, Guiding Teacher



Compassionate Ocean Dharma Center
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Winter Program Highlights

- **Buddhist Studies Course: Zen Action**
- **Introductory Programs in Mindfulness (MBSR) offered in Minneapolis and St. Paul**
- **Days of Mindfulness and Weekend Sesshin**
- **Introduction to Zen Practice**
- **Weekday Morning and Evening Meditation**
- **For a Future to Be Possible: Facing Climate Change**

For a Future to Be Possible: Facing Climate Change

This monthly series of events is focused on the unfolding crisis of climate disruption and the many issues related to it, including what we can do.

Each evening begins with an optional vegetarian potluck at 6:00 P.M., followed by a program from 7:00-9:00 P.M. Most evenings will be a combination of information and dialogue.

There are no fees, but please sign up in advance by emailing the Center at admin@OceanDharma.org, including whether you will be attending the potluck. Also email if you would like to be added to the "For a Future" email list.

Winter Schedule:

- **Friday, Jan. 13**
- **Friday, Feb. 10**
- **Friday, March 10**

