



Compassionate Ocean Dharma Center
A Center for Mindful Living

652 17th Avenue NE, , Minneapolis, MN 55413 • Issue No. 46 • Summer 2017

Zen practice has two parts—
sitting down and getting up.

When we sit down,
we calm, clear, and illuminate the mind.

When we get up,
we live our life in this world
as an extension and expression
of the beauty of our sitting.

Sitting down and getting up
together comprise
a full and mature human being,
one who is receptive and open
but also responsible and committed.

—Norman Fischer

from *Taking Our Places: The Buddhist Path to Truly Growing Up*

2017 Spring Appeal

"We practice generosity toward others, and we practice toward ourselves, over and over again. The power of giving grows until it becomes like a great flowing waterfall, until it becomes so natural for us that this is who we are."

– Sharon Salzburg

Dear Friend:

You have been so generous! In 2014 the **First Generation** of Compassionate Ocean was completed. You helped to prepare a beautiful, peaceful space for our practice community. You gave your time, talent, and money to make this possible. **Thank you! Thank you!**

Spring of 2017 is the time to harness our energy and passion to establish a solid, sustainable future for our sangha, our community. We need to work together to help create the **Next Generation** of Compassionate Ocean. Bold imagination, perseverance, and hard work created the First Generation. We need imagination and hard work to achieve the goals of the Next Generation—to sustain and build upon what we have already accomplished.

We want to build our community and increase our membership and outreach. Our Center, its teaching, and its programs can be a refuge for many people looking for stability in these uncertain times. Wouldn't it be inspiring to have 50 or more people at every sangha gathering, sesshin, class, and program?

One of our challenges is to build a larger, better administrative staff. Too much of Joen and Michaels' time is taken up in the many office tasks required to run the center. In order to grow Compassionate Ocean, our guiding teachers need time to focus on our core mission of supporting our community and teaching the Dharma. And our Center needs to be more effective at communicating what we offer.

Compassionate Ocean depends on your generosity to build a sustainable future. The revenue from classes covers approximately one-third of what is needed to run the Center. The rest must come from membership and our semi-annual appeals. Even with our very lean budget, for the past three years we have been operating with a small but unsustainable annual loss. Your Board is committed to turning this around and enabling the Center to thrive, but it will require time, effort, and investment. **Let's come together to sustain our Center and our teachers** so that many more people can continue to learn and grow and transform the suffering of the world.

Please help now by contributing to our Spring Appeal. Donations of any amount are important and valued. Your tax deductible donation may be mailed in the enclosed return envelope. If you have ideas for the future development of our Center, please put them in as well. You can also contribute online at www.OceanDharma.org (see the "Membership and Donations" tab).

Yours in gratitude,

Jan Sutton

Jan Sutton
Chair, Board of Directors



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



Summer Programs 2017

Compassionate Ocean Dharma Center

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

Our true home is in the present moment. To live in the present moment is a miracle...The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now. Peace is all around us—in the world and in nature—and within us—in our bodies and our spirits. Once we learn to touch this peace, we will be healed and transformed. It is not a matter of faith; it is a matter of practice.

—Thich Nhat Hanh



The Wonderful Teachings of Thich Nhat Hanh

Taught by Joen Snyder O'Neal

Thich Nhat Hanh is one of the most important teachers of mindfulness in the world today. Now 90, he has been active his entire life in presenting ways of engaging with the challenges of our lives and our world that are profound, inspiring, and accessible to everyone. His example and teachings have greatly influenced the development of Compassionate Ocean, our members, and our teachers.

Joen first met Thich Nhat Hanh in 1982 when he visited Minneapolis on a peace tour. Since then she has studied with him and his community on numerous occasions, including two extended retreats at his community at Plum Village, France, as well as at several retreats in the United States. His writings have been used extensively as texts for courses offered at Compassionate Ocean.

Each class will include sitting meditation; a talk based on readings from the course text, *The Essential Teachings of Thich Nhat Hanh*; small group discussions; and practices and songs from Plum Village. The text will be available at the first class.

Wednesdays, June 7—July 26 (eight sessions) (#B82)

7:00—8:45 p.m.

\$160 (members \$140) (includes course text: *The Essential Teachings of Thich Nhat Hanh*)

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 registration form on page 6, go to www.OceanDharma.org, or call (612) 781-7640.

Total Dynamic Living - Introductory Program in Mindfulness

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.

#192 Minneapolis: Tuesdays

May 30–July 25 • 6:30-9:00 P.M. (no class July 4)

Instructor: Joen Snyder O'Neal

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

#273 St. Paul: Thursdays

June 8–July 27 • 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, July 22, 2016 • 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 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.

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.

Sunday, June 9, 9:00-11:15 A.M.

Friday, June 11, 9:30-11:00 A.M.

Orientation to Zen Meditation

Basic instruction in Zen sitting practice. No pre-registration needed.

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, June 12 & 19, 7:00-8:30 P.M.

Weekday Meditation Sessions

Monday, Tuesday, Wednesday and Thursday mornings

(The new Monday and Thursday morning sessions will begin June 12.)

7:00 zazen (sitting), 7:40 chanting service, 8:00 temple cleaning (to 8:15)

Thursday evenings

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

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

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.

Weekend Sesshin at Ryumonji Monastery

Friday, June 16, 7:00 P.M.–Sunday, June 18, Noon

Located in northeastern Iowa

Friday, June 16, 7:00 P.M. - Sunday, June 18, 1:00 P.M.

Led by Shoken Winecoff, Joen Snyder O'Neal, and Michael O'Neal. Location is in northeastern Iowa.

Fee due in advance: members \$150, non-members \$175 (includes meals and lodging). To register for this retreat, call the Center at (612) 781-7640.

Weekend Sesshin at Compassionate Ocean

Friday, July 14, 7:00 P.M.-Saturday, June 15, 9:00 P.M.

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

Sesshin means "to gather the heart-mind." Includes sitting and walking meditation, chanting services, Dharma talk, and formal meals. Register at least one week in advance.

Fee: \$60 (members \$50) (includes three meals).

Practice Period at Hokyoji

Located in southeastern Minnesota

Seven-day practice period:

Monday Aug. 28, 5:00 P.M.–Monday Sept. 4, 2:00 P.M.

Sesshin only:

Friday Sept. 1, 7:00 P.M.–Monday Sept. 4, 2:00 P.M.

Fee: \$55/night (members \$55/night)

Led by Joen Snyder O'Neal, Michael O'Neal, and resident priest Dokai Georgeson.

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 practice, and dharma discussion. There will be opportunities for individual meetings with teachers. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this event but have not attended a Compassionate Ocean sangha retreat in the past, please call.



Summer 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 (#192)
- St. Paul, Thursday evenings (#273)

Total Dynamic Living: One-Day Retreat

- Saturday, July 22, 9:00 A.M.– 3:00 P.M.
(by donation for program alumni)

The Wonderful Teachings of Thich Nhat Hanh

- Minneapolis, Wednesday evenings (#B82)
(\$25 deposit))

Introduction to Zen Practice Mini-Course

- June 12 & 19 (no fee)

For a Future to Be Possible

- Friday, June 23 (no fee)
- Friday, July 28 (no fee)

Weekend Sesshin at Ryumonji Monastery

- June 16-June 18 (enclose payment of \$150 members, \$175 non-members)

Weekend Sesshin at Compassionate Ocean

- July 14-July 15 (enclose payment of \$50 mem bers, \$60 non-members)

Hokyoji Practice Period

- August 28-September 4 (enclose payment of \$55/night members, \$65/night non-members)

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
652 17th Ave. NE, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org
Or register online on our website in the Classes & Retreats section.



In March, John Stuart, outgoing Board chair, led our **Annual Meeting**, above.

And in April, Mary Jean Port, John’s wife, led a poetry workshop, **I Take Refuge in Poetry**.



Wish List

- **Video projector**

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.



In April We Hosted A Talk By Peter Coyote— Emmy-Award Winning Actor, Writer, And Zen Priest



Peter was in town to support the Capital Fundraising Campaign of Hokyoji Zen Practice Community to build a Practitioners' Hall.



Long-time Zen friends gathered at the event



Hokyoji Guiding Teacher Dokai Georgesesen with Peter Coyote

Hokyoji, located in southeastern Minnesota, was begun in 1978 under the leadership of Dainin Katagiri Roshi. Temporary structures were first built on the land to make it possible to begin practice there, with the plan being to raise funds and build more permanent buildings over the coming decade or two. This plan was set back with Katagiri Roshi's death in 1990. Over the years the other Zen Centers founded by Katagiri Roshi's students, including Compassionate Ocean, have managed to build or renovate fine practice spaces. Now, in one of the last pieces of unfinished business from Katagiri Roshi's life, it is time to do the same for Hokyoji.

Further information on the Hokyoji Capital Campaign, "Honoring Our Past and Building Our Future," can be found at hokyoji.org.





Compassionate Ocean Dharma Center
652 17th Ave NE
Minneapolis, MN 55413
(612) 781-7640
admin@OceanDharma.org
www.OceanDharma.org

RETURN SERVICE REQUESTED

Nonprofit Org.
U.S. Postage
PAID
Permit No. 30308
Twin Cities, MN

To report an address change, unsubscribe or request an email version of the newsletter, call 612-781-7640 or email admin@OceanDharma.org

Summer Program Highlights

- **Buddhist Studies course:**
The Wonderful Teachings of Thich Nhat Hanh
- **Introductory Programs in Mindfulness (MBSR)** offered in Minneapolis and St. Paul
- **Retreats at Ryumonji, Hokyoji, and Compassionate Ocean**
- **Introduction to Zen Practice mini-course**
- **Weekday Morning and Evening Meditation with expanded morning sittings**

For a Future to Be Possible: Facing Climate Change

This monthly series of events focuses on the unfolding crisis of climate disruption and the many related issues, including how we can meaningfully engage.

Each evening begins with an optional vegetarian potluck at 6:00 P.M., followed by a program from 7:00-9:00. Some evenings have guest presenters and some consist of our own information sharing and dialogue. Everyone who has an interest in this topic is invited.

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 to be kept informed of future events.

Summer schedule:

- **Friday, June 23**
- **Friday, July 28**

