



Compassionate Ocean Dharma Center

A Center for Mindful Living

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413 • Issue No. 32 • Fall 2011

Framing

by Joen Snyder O'Neal



When my grandmother was in her sixties she suddenly and inexplicably began hand painting ceramic tiles. Our whole family was very taken with her new hobby, and we were surprised at what a good artist she became.

Now I'm in my late sixties and have become interested in framing. I'm not learning to build frames. One day I spied a pile of 15 small gold-painted wooden frames at a yard sale, and the woman said I could have them all for a few dollars. So I bought them and then had to consider what

I could put in them. I thought of my dusty collection of Buddhist art books which almost never get looked at, sitting on the bottom shelves of my bookcases. What if I took them out and found little buddhas and framed them, so many people could see them and be inspired by them? So this is what I did.

Then friends started giving me old frames of various sizes, and I started cutting out bigger pictures of buddhas and framing them. Then I started framing small parts of larger Japanese and Chinese landscapes. I find joy in doing this, and Michael seems pleased that, as he says, I have found a "hobby." "This is a practice," I said, "and I am making these to decorate our new temple." He said, "Well, maybe we could put up a few." "A few!" I said, "I'll have hundreds." "Well, maybe we could have a Buddhist art lending library." "That's a good idea." "And of course, we'll need some for the upcoming silent auction."

Anyway, in the past several months, as a part of this practice, I have spent hours looking at Buddhist art. I see many interpretations of the Buddha's birth: sometimes he is emerging as a baby, and sometimes emerging as a practically full-grown man, all coming from his mother's right side. Also I see different views of the Buddha's death: some emphasizing the crying monks and lay people, some the serene arhats and bodhisattvas, and some various species of animals, all looking

at the Buddha with great devotion. There are so many different depictions of the Buddha himself: as a simple monk, as a world ruler, as a preacher, a listener, a giver, a receiver. As a person with a mustache, a person with an enigmatic smile, a fierce look, a joyful look, a look of radical acceptance. I look at buddhas from India, Thailand, Cambodia, Ceylon, Vietnam, Korea, China, Tibet, Indonesia, Japan. I am seeing my spiritual ancestors with new eyes.

And I am moved by the variety and beauty of the settings and landscapes: golden pavilions and out-of-the-way small huts, in caves in the sides of mountains, on islands, in valleys, on plateaus; stupas and temples in the city and the country, in forests and by the ocean. And I have looked at fantastic computer images of the Buddha set in the ultimate dimension. (See the picture by Frank Olinsky in the Lotus Sutra program flyer in this issue, or better yet, for the full-color version see our website.)

As I see each image, I mentally frame it. And I see that framing is about attention. If we have a picture in a frame, it helps us to really look at it, and the quality of our attention is changed. I have come to understand that the quality of our attention is itself a frame. My attention can be cheap plastic or rococo gold, depending on how I am looking. I look through the same book many times; sometimes I'm dismissive of what I see, but sometimes I am amazed! Sometimes I overlook a whole book. For instance, I have a book of a history of Japan through pictures. There are lots of intricate pictures of battle scenes on land and sea. One day, after intentionally putting it at the bottom of the pile, I picked it up and looked through it again. In one of the seascapes I saw beyond the war ships with their blasting canons to the shore with the setting sun against the mountains with birds flying in the distance. I cut that part out and framed it and gave it to Michael for his birthday. If we really look, we can see something beautiful—even if it is only a small thing at first.

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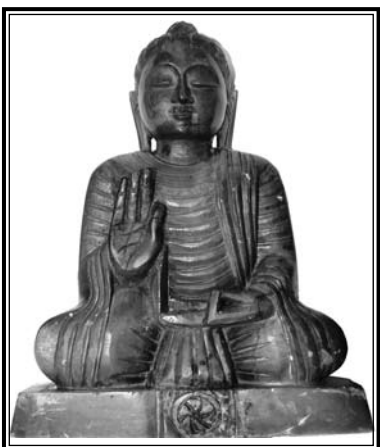


Another day I was looking through a book of Tibetan mandalas. Within a certain mandala were many small Buddhas, all quite lovely. "Oh," I thought, "I can cut some of these out and put them in some of my gold frames." But then I realized that the buddhas were important parts of the mandala and I would destroy the mandala if I cut them out. So I would have to frame the whole of it if I wanted to frame any of it.

Recently we have been studying kshanti paramita, sometimes translated as the perfection of patience. But it is also translated as inclusiveness. My understanding is that, rather than push something away, as we do when we are angry, our practice can be to include it. We keep including more and more until there is nothing not included.

Often psychologists say to their clients, "Why don't you reframe that," meaning to see in a different way something the client is holding on to that is creating suffering for them. For instance, instead of seeing your mother as the villain of a certain part of your life, you could put her in a larger frame as part of the rich line of your ancestors from which the flower of your life force is blooming.

I don't know whether I'll keep working with metal, wood, brass, and plastic frames, and pieces and pictures of buddhas cut out from books and postcards, but I will continue to incorporate this practice into my flesh and blood life: really seeing things and the beauty of their difference and sameness, really seeing the particular and the whole and how they are inter-are, really appreciating, and including, in a new way, the continuously changing picture of my life. Finding the frameless frame that illuminates everything and excludes nothing.



Lots of Energy on Building Renovation

by Bobbie Fredsall



New sconces on exterior of our building.

Recently the building at 1626 Jefferson Street has been the site of a lot of activity from volunteer workers and electricians. Yes, electricians! After a plan for lights was carefully planned by Michael O'Neal with help from John Carmody and other lighting experts, and the fixtures were ordered, we were ready for the electricians to start. (Well, it wasn't really quite that simple. There were other tasks.) The electricians have now completed the internal rough-in, the outside lights are installed, and the air conditioning has the proper power supply. Volunteers can now work in cool comfort.

Having this much of the electrical work completed is a major milestone, but there are many more tasks to complete before we can use the building as a dharma center. We will reach that point sooner if we can hire professionals to do more of the major tasks. Although we have received most of the funding we need, our progress will benefit from a few additional small loans. Contact the Center if you can help.

Wish List

- * Multimedia projector (for use with computer)



Fall Programs 2011

Compassionate Ocean Dharma Center

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413

612-825-7658 • www.OceanDharma.org

The Lotus Sutra

Extraordinary Vision for Everyday Life

taught by Joen Snyder O'Neal, Michael O'Neal, and Sosan Flynn

The Lotus Sutra is one of the world's great religious scriptures and a highly influential Buddhist teaching. It presents a vision of humanity in vivid language and images, set in vast cosmic surroundings, showing how to touch the ultimate dimension right in the midst of our daily lives.

In this ten-week class we will explore the Lotus Sutra, its parables, stories, and stories-within-stories, including the teaching of the dragon girl, the journey of the destitute son, the magic city, and the jewel hidden in the cloak. Through our study we will discover the Lotus Sutra as a profound and practical guide to transforming ourselves and the world, bringing a message of joy, peace, and inclusion.

Thich Nhat Hanh has said that the great insight of Mahayana Buddhism is that everyone can become a buddha. This message comes vividly alive in the Lotus Sutra. Please join in our study of this influential text.

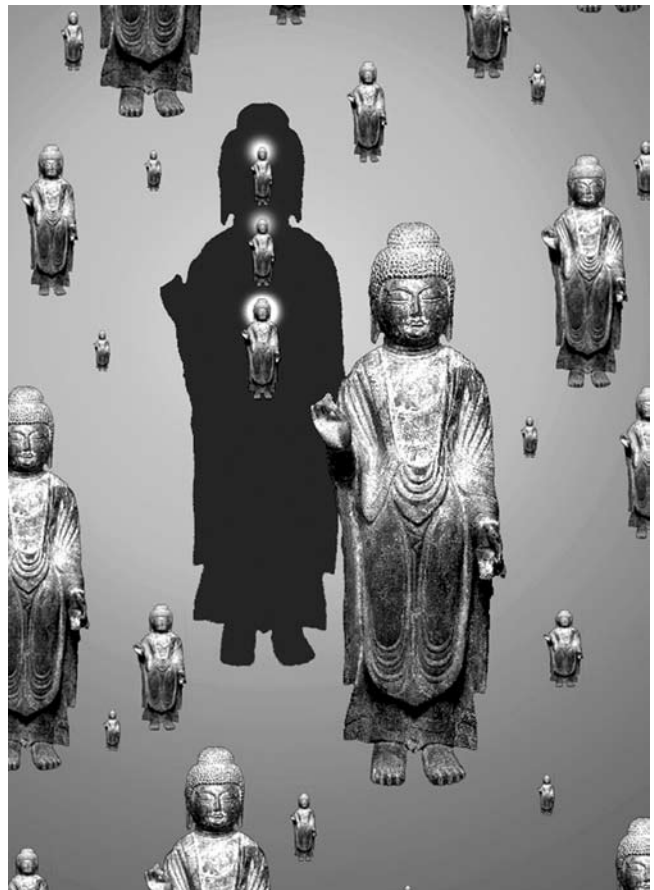


Illustration by Frank Olinsky

Mondays, 6:30-9:00 P.M. • September 19 - November 21 (10 sessions)

\$250 tuition (members: \$225) + \$40 materials fee (3 texts)

The class will meet at 681 17th Ave NE, Suite 210

Reduced fees are offered as needed.

For registration information, see www.oceandharma.org or contact the Dharma Center.

Joen Snyder O'Neal and **Michael O'Neal** are guiding teachers of Compassionate Ocean Dharma Center. They practiced for many years with Dainin Katagiri Roshi and have studied with Thich Nhat Hanh in France and the United States. Joen is a dharma-transmitted priest of Katagiri Roshi. **Sosan Flynn** serves as a priest at Compassionate Ocean and as executive director and priest at Clouds in Water Zen Center.

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. Psychologists, social workers, nurses and teachers can receive 27 CEUs for this course.

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.

#175 Minneapolis: Tuesdays
Sept. 20 – Nov. 8 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal
Location: First Unitarian Society
900 Mt. Curve, Minneapolis (near the Walker Art Center)

#253 St. Paul: Thursdays
Sept 22 – Nov. 10 • 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

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, October 29, 2011 • 8:30 A.M.-2:30 P.M.

Location: First Unitarian Society
900 Mt. Curve, Minneapolis



Comments from recent graduates of the Total Dynamic Living Program in Mindfulness:

- This course has given me a renewed focus on continuing my practice using the power of shared experience and group energy...I really liked the course...Thank you very much and I hope you can continue to offer this course for a long time to come.*
- I have been wanting to start learning about meditation and this course got me started and made the concepts real to me—no suggestions for changes, everything worked fine for me.*

Meetings with Teachers

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.

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



Michael O'Neal &
Joen Snyder O'Neal

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. There is also a meditation session offered on Wednesday mornings.

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.
Note: Sunday gatherings will resume on Sept. 11.

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.
Note: Friday gatherings will resume on Sept. 9.

Wednesday Morning Meditation: 6:30-7:50 A.M.

Schedule: 6:30-7:30 sitting, with a bell at 7:00 for stretching or standing, 7:30 chanting service.
Note: Wednesday morning sittings will resume when we move into the building, tentatively scheduled for late fall.

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. Activities include sitting and walking meditation, dharma talks, individual meetings with the teachers, formal oryoki meals, work practice, and service assignments. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

One-day Retreat

Saturday, October 15, 9:00 A.M. - 5:00 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

Buddha's Enlightenment Sesshin

Thursday, Dec. 1, 7:00 P.M.–Dec. 8, 11:00 A.M.

1626 Jefferson St. NE, Minneapolis

Led by Byakuren Judith Ragir (Guiding Teacher of Clouds in Water Zen Center), Joen Snyder O'Neal, & Michael O'Neal

This seven-day sesshin (literally meaning "to gather the mind") offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. Activities include sitting and walking meditation, dharma talks, individual meetings with the teachers, vegetarian oryoki meals, and work practice. This retreat is an excellent opportunity to strengthen and deepen the practice of awakening, including benefiting from the support of other participants.

This sesshin will be held jointly with Clouds in Water Zen Center and is open to community members as well as others who have had experience with Buddhist practice and meditation. If this will be your first retreat with us, please call Compassionate Ocean in advance to discuss.

Participants can register for one to seven days. Registration will open October 1, with fees and registration information available on our website (www.oceandharma.org.) Early registration is encouraged.

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.

Fall 2011 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 (#175)
- St. Paul, Thursday evenings (#253)

Total Dynamic Living- One Day Retreat

- October 29 (by donation for program alumni)

The Lotus Sutra

- Minneapolis, Monday evenings (#B54) (\$25 deposit)

One-Day Retreat

- October 15 (enclose payment of \$25, members \$20)

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:

Compassionate Ocean Dharma Center
681 17th Ave. NE Ste. 210, Minneapolis, MN 55413
(612) 781-7640 • www.oceandharma.org

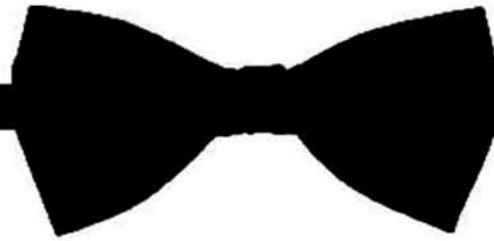
IN MEMORIAM



Frances Klafter at her 100th birthday celebration

On July 18 my mother, Frances Klafter, died. She was 102. Her obituary included a sentence that read, "Cared passionately about the welfare of working people and the poor and vulnerable and worked tirelessly on their behalf into her 90s." Along with her deep caring for her family, this was the main motivating force in my mother's life. Her genuine concern and active engagement on behalf of others opened my eyes as a child to the world's suffering and the possibility of doing something about it. This spirit was a key factor for me to eventually find a way to express my own caring. Outwardly our expression seems to be different—my mother was a political activist and I am a teacher and practitioner of meditation and Buddhism—but as I reflect on both of our lives, I see a common strong inclination of the heart toward finding the best way forward for all beings, in a world beset with difficulties on every side, in every direction. And I feel deep gratitude for my mother's strong spirit, her persistence, and her courage. Her example will continue to support and encourage me, forever.

—Joen



Compassionate Ocean Dharma Center's

Gate Gate Gala 2 & Silent Auction

Live music, light food & silent auction

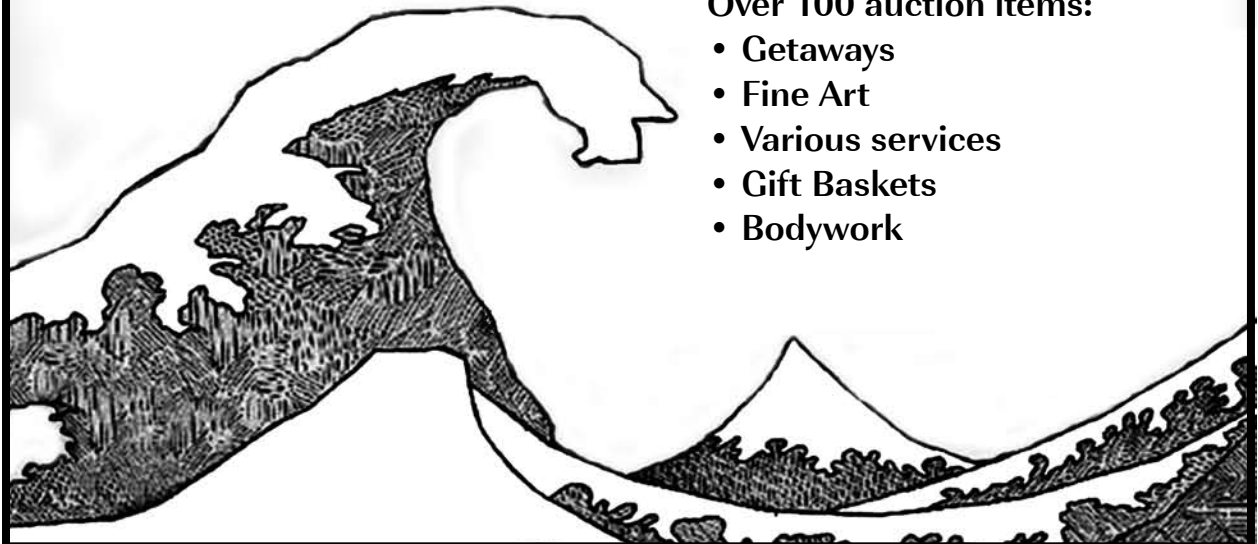
Saturday, November 12, 2011

6:30 – 9:30 pm

Casket Arts Building
681 17th Ave NE
Minneapolis, MN

Over 100 auction items:

- Getaways
- Fine Art
- Various services
- Gift Baskets
- Bodywork



Donations welcome now!

Please contact Sharon Bottorff at sbottorff46@yahoo.com or 612-915-1565.



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681 17th Ave NE, Suite 210
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(612) 781-7640
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www.OceanDharma.org

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Fall Program Highlights

- **Introductory Programs in Mindfulness** – offered in Minneapolis and St. Paul
- **Buddhist Studies course:**
“The Lotus Sutra”
- **Retreats:**
 - One-day Retreat
 - Buddha’s Enlightenment Retreat

You are invited to...

Compassionate Ocean Dharma Center’s

Gate Gate Gala 2 & Silent Auction

**Saturday
November 12, 2011
6:30 - 9:30 p.m.**

Casket Arts Building
681 17th Ave. NE, Minneapolis, MN

Over 100 auction items:

- Getaways
- Fine Art
- Various services
- Gift Baskets
- Bodywork

Please consider donating an item or service! Join us for our largest fundraiser of the year! Details inside on page 7...