



Fall Programs 2012
Compassionate Ocean Dharma Center
681 17th Avenue NE, Suite 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

Bring Me the Rhinoceros

Zen Koans to Bring Us Joy

Taught by Joen Snyder O'Neal, Michael O'Neal, and Sosan Theresa Flynn



**Minneapolis
(in the Northeast Arts
District) (#B58)**

#210 Casket Arts Building
681 17th Ave. NE, Minneapolis
Fee: \$200 (members \$180)
+ \$12 materials fee

Reduced fees are offered
as needed.

*See back page for registration
information.*

Wednesdays, September 26 - November 14
6:30-9:00 P.M.

Koans are the folk stories of Zen Buddhism. They help us realize the harmony between the universal (or ultimate) dimension and the relative (or historical) dimension. We engage with them to bring an end to suffering in the world.

In this class we will study eight koans from the book *Bring Me the Rhinoceros and Other Zen Koans to Bring You Joy* by John Tarrant. According to the author, the study of koans is "an unusual path into happiness. It doesn't encourage you to strive for things or manipulate people or change into an improved, more polished version of you. Instead, it suggests a way to approach happiness indirectly by unbuilding, unmaking, tossing overboard, and generally subverting unhappiness."

Each class will include a half hour of sitting meditation, presentation of a koan by one of the instructors, and small and large group discussion, with an emphasis on bringing the koan alive in our daily lives.

Instructors: **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. **Sosan Theresa Flynn** serves as a priest at Compassionate Ocean and as executive director and a 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. 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.

#178 Minneapolis: Tuesdays
September 18 – November 6 • 6:30 - 9:00 P.M.

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

#257 St. Paul: Thursdays
September 20 – November 8 • 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 27, 2012 • 8:30 A.M. - 2:30 P.M.
Location: Compassionate Ocean Dharma Center
1626 Jefferson St. NE, Minneapolis



Gift certificates for the Introductory Program in Mindfulness are available. Please email admin@oceandharma.org or call (612) 781-7640.

2012 Great Gatherings

We are continuing the program of Great Gatherings this year with nine programs offered by members and friends of the Compassionate Ocean Dharma Center. Price per guest is \$20. Space is limited. Call 612-781-7640 to reserve a space. Great Gatherings will be held in the Casket Arts Building, Suite 210 unless stated otherwise. The next three are:

• **Good Eating, Saturday, September 22, 7:00–8:30 P.M.**

Bobbie Fredsall will discuss why we might want to know more about where our food comes from, not only for our own health, but for the effects our choices can have throughout the food system in our world.

• **Longevity Energetic Exercises, Saturday, October 13, 1:00–2:30 P.M.**

The Longevity Energetic Exercises are a series of movements and postures, gently done, which, as a form of qigong, provide physical conditioning and promote a sense of well being. They are suitable for all ages and abilities.

• **Sustainable Living, Saturday, November 10, 7:00–8:30 P.M.**

John Carmody, Director of the Center for Sustainable Building Research at the University of Minnesota, will discuss what each of us can do in our daily lives to address the environmental crisis we are in.

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.
Note: Sunday gatherings resume on September 9.

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 resume on September 7.

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. 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 20, 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 or Michael. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 non-members

Buddha's Enlightenment Sesshin

Saturday, Dec. 1, 7:00 P.M. - Saturday, 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

Sesshin literally means "to gather the heart/mind." The December rohatsu ("seven-day") sesshin commemorates and reenacts the seven days of meditation culminating in the enlightenment of the Buddha, traditionally celebrated on Dec. 8. Rohatsu sesshin take place at Zen centers throughout the world at this time. This sesshin offers a special opportunity to touch the depth of human life, supporting and being supported by innumerable beings.

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. Fees are \$45/day for nonmembers, \$36/day for members of Compassionate Ocean or Clouds in Water. 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 2012 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 (#178)
 St. Paul, Thursday evenings (#257)

Total Dynamic Living: One-Day Retreat

- Saturday, Oct. 20, 8:30 A.M.– 2:30 P.M.
(by donation for program alumni)

Bring Me the Rhinoceros

- Minneapolis, Wednesday evenings (#B58)
(\$25 deposit)

Buddha's Enlightenment Sesshin

- Saturday, Dec. 1-Saturday, Dec. 8
(Full payment with registration: \$45/day non-members, \$36/day members)

One-Day Sangha Retreat

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

Sangha Gatherings

No advance registration is necessary for the sangha gatherings. Call for directions.

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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Center
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Nonprofit Org.
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Twin Cities, MN

RETURN SERVICE REQUESTED

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

Fall Program Highlights

- **Introductory Programs in Mindfulness**
– Offered in Minneapolis and St. Paul
- **Buddhist Studies course: Bring Me the Rhinoceros**
- **One-Day Retreat on October 20**
- **Buddha's Enlightenment Sesshin, December 1-8**
- **Great Gatherings**
 - Good Eating
 - Longevity Energetic Exercises
 - Sustainable Living

New Building News

This fall we are looking forward to completing our building renovation and having a number of special activities to commemorate its opening, including an open house during the Caché at the Casket arts weekend November 2-4. As we get closer to the opening we'll be sending out more information.

Please watch for it!