



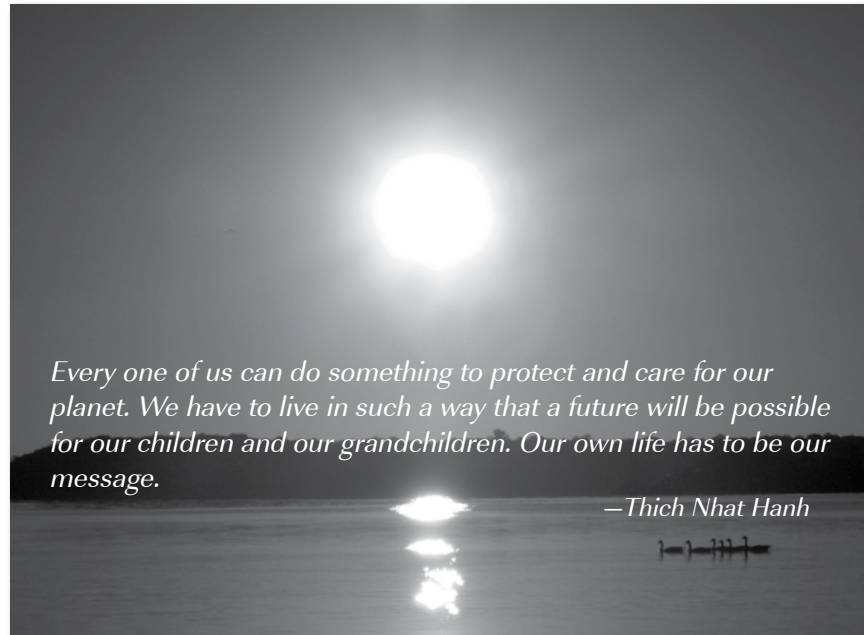
Compassionate Ocean Dharma Center

A Center for Mindful Living

652 17th Avenue NE, Minneapolis, MN 55413 • Issue No. 41 • Fall 2015

For a Future to Be Possible

by Michael O'Neal



Every one of us can do something to protect and care for our planet. We have to live in such a way that a future will be possible for our children and our grandchildren. Our own life has to be our message.

—Thich Nhat Hanh

A recent article in the newspaper told about a Minnesota couple who installed a wind turbine on their small farm to provide cleaner energy. It cost \$75,000. The husband said, "When my grandsons ask me, 'Grandad, what did you do to help when our climate was changing?' I will be able to look them in the eye and say, 'I did everything I could.'"

I too have a grandson, who is now three. There is no way to tell how his life will turn out, but he may well live into the 22nd century, and he may have people in his life who will see the year 2200. What kind of world will they inherit from us?

Almost every day brings news about the future of our planet that is deeply troubling. We know that collectively we are overusing and misusing the planet, but there is a big disconnect between the seriousness of our situation and the feebleness of our response. In our gut we know this, and it is making us sick.

During World War II this country mobilized dramatically to face what was seen as an existential threat. Today, enormous effort goes into keeping us entertained and consuming beyond our means and the planet's capacity. Our way of life is not mature; it is not an appropriate response.

The Buddhist teacher and social activist Joanna Macy says that we are in the midst of the "Great Turning": an epochal shift in human civilization from unsustainable economic and social practices to ones that are life-affirming and life-sustaining. She calls this "the larger context of our lives...."

Although we cannot know yet whether it will take hold in time for humans and other complex life forms to survive, we can know that it is underway."

Throughout the world many people have awakened and are awakening from our cultural trance to take real responsibility for our situation. I cannot claim any great accomplishment in this area. However, I do aspire to be able to look my grandson in the eye and say, "I did everything I could."

We need to work together on this. We need to recognize our fundamental nature of interbeing and act to support others and be supported. As an individual I quickly feel overwhelmed and despairing. But with others I can be uplifted and resolute.

There are many wonderful initiatives already underway, locally and beyond, that are worth our support. Compassionate Ocean is beginning one that will build on the particular strengths found in Buddhist practice. Taking Thich Nhat Hanh's phrase "*For a Future to Be Possible*" as its name, we are planning an ongoing series of council meetings and "teach-ins" to provide support for becoming more true to ourselves, to each other, and to our world. Everyone is welcome to join.

As my teacher Katagiri Roshi said, "Let's go forward together, hand in hand, forever."

Please see page two for further information on "For a Future to Be Possible."

For a Future to Be Possible

Taking Responsibility for Our World

This fall Compassionate Ocean is beginning a series of events intended to help us look clearly at the challenges to the health of our planet, and see what we can do in response. We are finding ourselves in the midst of a slowly developing extreme crisis, and we need to help each other find a way forward that is appropriate to the reality of our situation.

The intention is to come together to speak and listen to each other; to learn what is important to know; to consider what might be worthwhile to do, individually and collectively; to decide for oneself what seems appropriate to do; and, with the support of others, to take those steps.

We recognize that this will be an undertaking that will continue as long as we live; that it requires serious study but not endless preparation; that it involves learning to deal effectively with difficult emotions and interpersonal challenges; that it involves bringing this issue into continuing but not debilitating awareness. We will likely need to learn new skills, while discovering that we are capable of more than we had thought. We want to manifest the enormous transformative potential of our interconnected nature. And we aspire to cultivate courage, kindness, wisdom, and joy in our way of engagement.

These sessions will be facilitated by a variety of skilled and compassionate presenters. The overall coordinator will be Michael O'Neal. There are no fees, but sign up in advance by contacting the Center.

Please come to as many sessions as you can.

- **Opening Council: Facing Our Developing Global Situation**
Friday, September 25, 7:00-9:00 P.M.
- **Teach-in: Climate Change**
Friday, October 9, 7:00-9:00 P.M.
- **Teach-in: Water**
Friday, November 13, 7:00-9:00 P.M.



Fall Programs 2015

Compassionate Ocean Dharma Center

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

Mindfulness in Depth Series

Mindfulness of Dharma: The Five Hindrances

*Taught by Michael O'Neal
with Joen Snyder O'Neal*



Mindfulness is our capacity to deeply touch our lives exactly at the point of aliveness.

One of the most influential teachings of the Buddha is the *Sutra on the Foundations of Mindfulness*. In this discourse the Buddha gives an extensive teaching on four fields of mindfulness: the body, feeling-tones, mind states, and Dharma. Included in these four categories is the full range of human experience.

This course will begin with an overview of the first three foundations: body, feelings, and mind. We will then turn to the fourth foundation, Dharma: the awakening process itself. We will begin with the hindrances that obstruct a mindful way of living, and explore how we can practice with them. Each class will include guided meditation practice, lecture, and discussion.

This course is designed to support the continued exploration of mindfulness by those who have already begun their formal practice of it by taking an introductory course (such as *Total Dynamic Living*) and who are prepared to maintain a regular sitting practice. It is part of a year-long series that will also include *The Factors of Awakening* (Winter, 2016) and *Suffering and its Transformation* (Spring, 2016). The format of the program incorporates intellectual study, experiential discovery, and community support.

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 in this newsletter or visit our website: www.OceanDharma.org.

Minneapolis (#B75)

Wednesdays, September 30 – November 18 (eight sessions)

7:00-9:00 P.M.

\$160 (members \$140) + \$25 materials fee (\$5 for people who already have *Mindfulness* by Joseph Goldstein)

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.

#187 Minneapolis: Tuesdays
Sept. 22 – Nov. 10 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal
Location: Compassionate Ocean Dharma Center
652 17th Ave. NE, Minneapolis (in the Northeast Minneapolis Arts District)

#267 St. Paul: Thursdays
Sept. 24 – Nov. 12 • 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, November 7 • 9:00 A.M.-3:00 P.M.

Location: 652 17th Ave. NE, Minneapolis



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

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.

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.

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 Gatherings: 9:00-11:15 A.M.

Schedule: 8:15 orientation for new people, 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending

Note: Sunday gatherings will resume after our August break on Sept. 13.

Friday Gatherings: 9:30-11:00 A.M.

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

Note: Friday gatherings resume after our August break on Sept. 11.

Introduction to Zen Practice with Joen

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

Mondays, September 21 & 28, 7:00-9:00 P.M.

Meditation Sessions

Wednesday mornings:

7:00 A.M. zazen (sitting), 7:30 kinhin (walking), 7:40 zazen, 8:10 chanting service, 8:30 temple cleaning (to 8:45).

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

Thursday evenings:

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

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 Sesshins

Friday, Oct. 2, 7:00 P.M.-Sunday, Oct. 4, Noon

Friday, Oct. 30, 7:00 P.M.-Sunday, Nov. 1, Noon

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

Sesshin means "to gather or collect the mind." Includes sitting and walking meditation, chanting services, dharma talks, and formal meals. Register at least one week in advance.

Fee: \$60 (members \$50) (includes four meals)

Rohatsu: Buddha's Enlightenment Sesshin

Tues., Dec. 1, 7:00 P.M.-Tues., Dec. 8, 12:00 P.M.

Location: Compassionate Ocean

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

Co-sponsored by Compassionate Ocean Dharma Center and Clouds in Water Zen Center

Sesshin means "to gather the heart/mind." The December Rohatsu ("eighth 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. Registration will open October 1 with fees and registration information available on the CloudsinWater website (cloudsinwater.org). Early registration is encouraged.

Fall 2015 Registration Form

Name _____

Address _____

Zip _____ Email _____

Phone

H: () _____

W: () _____

C: () _____

To register, please check the appropriate activities.

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

- Minneapolis, Tuesday evenings (#187)
 St. Paul, Thursday evenings (#267)

Total Dynamic Living: One Day Retreat

- Saturday, November 7
(by donation, for program alumni)

Mindfulness of Dharma

- Minneapolis, Wednesday evenings (#B75)
(\$25 deposit)

Weekend Sesshins

- Friday, Oct. 2 – Sunday, Oct. 4
 Friday, Oct. 30 – Sunday, Nov. 1
(enclose payment of \$60, members \$50 each)

Introduction to Zen Practice

- Monday, Sept. 21
 Monday, Sept. 28

Total Dynamic Living Reunions

- Tuesday, Sept. 15
 Thursday, Sept. 17

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

Please call if you have any questions
(612) 781-7640

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
or register online at: www.OceanDharma.org

Deep Appreciation...

...to all who supported the Compassionate Ocean Dharma Center in the past year by making a financial contribution. A Dharma Center only exists through the generous support of many beings. The following people, foundations, and organizations made donations, either through membership pledges, year-end contributions, spring appeal, building fund support, designated giving, or general contributions. Heartfelt thanks go to all.

Ramona Advani	Julie Holmen	John Pikala
Sue Alhister	Humberto Huergo	Norman Randolph
Page Appelbaum	Alan Hughes	Phoebe Reinhart
Jennifer Ashwill	Timothy Iverson	John Renwick
Katheleen Avila	Nancy James	Kelly Reynolds
Karen Becker	Maria Johnson	Alan Rodgers
Diane Benjamin	Andrew Jones	Sara Rogers
Stephen Bennett	Millie Jones	John Russell
E. Berangieri	Tomoe Katagiri	Gail Sabasko
Barbara Block	Kathy Kater &	Lisa Schlessinger
Sharon Bottorff &	Lincoln Fetcher	Donna Schmitt
Peter Bell	Keith Kennedy	Donna Simmons
Frank Broderick	David Klafter	Annamay Snyder
Kathryn Byrd	Robert Kokott	Dale Snyder
Wayne Carlson	Adam Kuenzel	Richard Snyder &
John Carmody	Martin Lahn	Judith Harmatys
James Casebolt	Lander Group	Paula Staff
Tyrone Cashman	Robert (Lars) Larson	John Stuart &
Martha Cohen	Laura Lathrop	Mary Jean Port
Janine DeCoster	Lee Lewis	Kaia Svien & Bob Lyman
Brent Derowitsch	Mark Ludwig	Regina Szabady
Kathleen Dupre	Ann Lumry	Berit Talan
Ed Erickson	Lynn Marasco	Norma Taylor
Sosan Theresa Flynn	Susan Mattes	Rosemary Taylor
Ken & Barbara Ford	Ava McCausland	Elaine Tecklenburg
Angelique Frederiksen &	Judith McConnell	Susan & Dean Thomson
Sue Okerstrom	Mary McCulley	Donneen Torrey
Bobbie Fredsall	Fred McGrath	Aaron Tovo
Gerald Glomb	Mary Ann McLeod	John & Mary Ursu
Steve Goldsmith	Bryan Mosher	Sandra Vatassery
John Gray	Susan Nelson	Ellen Vondrasheck
Vincent Grundman	Mark Nunberg	Tracey Walen
Patricia Guerrero	Michael Nystuen	Rochelle Weber
Marilyn & Don	Jennifer Obst	J. Pamela Weiner
Habermas-Scher	Harriet O'Brian	James Wichman
Deborah Haddock	Thomas O'Brien	Anne Todd Wilbur
Heidi Hamilton	William O'Dowd	Alan Williams
Peter Hankes	Joel Snyder O'Neal	Shoken Winecoff
Sue Harrington &	Michael O'Neal	Dayna Wolfe
Terry Miller	Peggy O'Neal	Barbara A. Young
Mary Harrington	Linda Oslund	David Zander
Steve Haskin	Lael Oman	Joseph Zavoral
Dan Hess	Rebecca Pavlenko	Steve Zieke
Jeffrey Holland	George Peterson	Anonymous

Volunteers are needed and welcomed...

...to help sustain and grow our Center. Special areas for volunteer help are the Finance Committee, Outreach Committee, and Fundraising Committee. We are also looking for a Graphic Designer to lead a redesign project. And people are needed to help take care of our building and do administration tasks. We have volunteer workdays most Tuesdays from 10:00-4:30 P.M. (sign up by the previous Sunday), and other tasks can be scheduled to accommodate volunteers. Please contact the Center for more information.



Baika (Buddhist hymn singing) workshop in May



Communications exercise in the Mindful Speech class



Joen teaching the summer Mindful Speech and Deep Listening class



Tomoe Katagiri at our June Open House



Andy Jones supervising son Quinten at the Open House



Sue Laxdahl leading the May Board retreat



Michael with Ajahn Chandako, visiting from New Zealand



The spring Mindfulness of Mind class



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.

Fall Program Highlights

- **Introductory Programs in Mindfulness (MBSR)**
offered in Minneapolis and St. Paul
- **Buddhist Studies course**
– *Mindfulness in Depth:*
Mindfulness of Dharma
- **Introduction to Zen Practice**
- **Weekend Retreats**
- **Rohatsu: Buddha's Enlightenment Sesshin with Clouds in Water Zen Center**
- **Plus Sangha Gatherings and Open Meditation**

You Are Cordially Invited to a Reunion

This fall for the first time we are hosting reunions for everyone who has ever participated in one of our Total Dynamic Living: Introductory Programs in Mindfulness since we began offering them 20 years ago. Joen will host a reunion on **Tuesday, September 15** for people who have had her as an instructor. Michael will host a reunion on **Thursday, September 17**. Both events will take place from **6:30-9:00 P.M.** at our newly renovated Center at 652 17th Ave. NE in Minneapolis.

Each reunion gathering will include a body scan, yoga, and sitting meditation. There will also be a presentation on mindfulness by the host instructor, time for discussion and socializing, and refreshments.

Come to reinvigorate your mindfulness practice, see our beautiful practice space, and greet teachers and students. There is no fee; donations are welcomed. Space is limited; please sign up by calling the Center or emailing admin@OceanDharma.org. Let us know which reunion you would like to attend.

