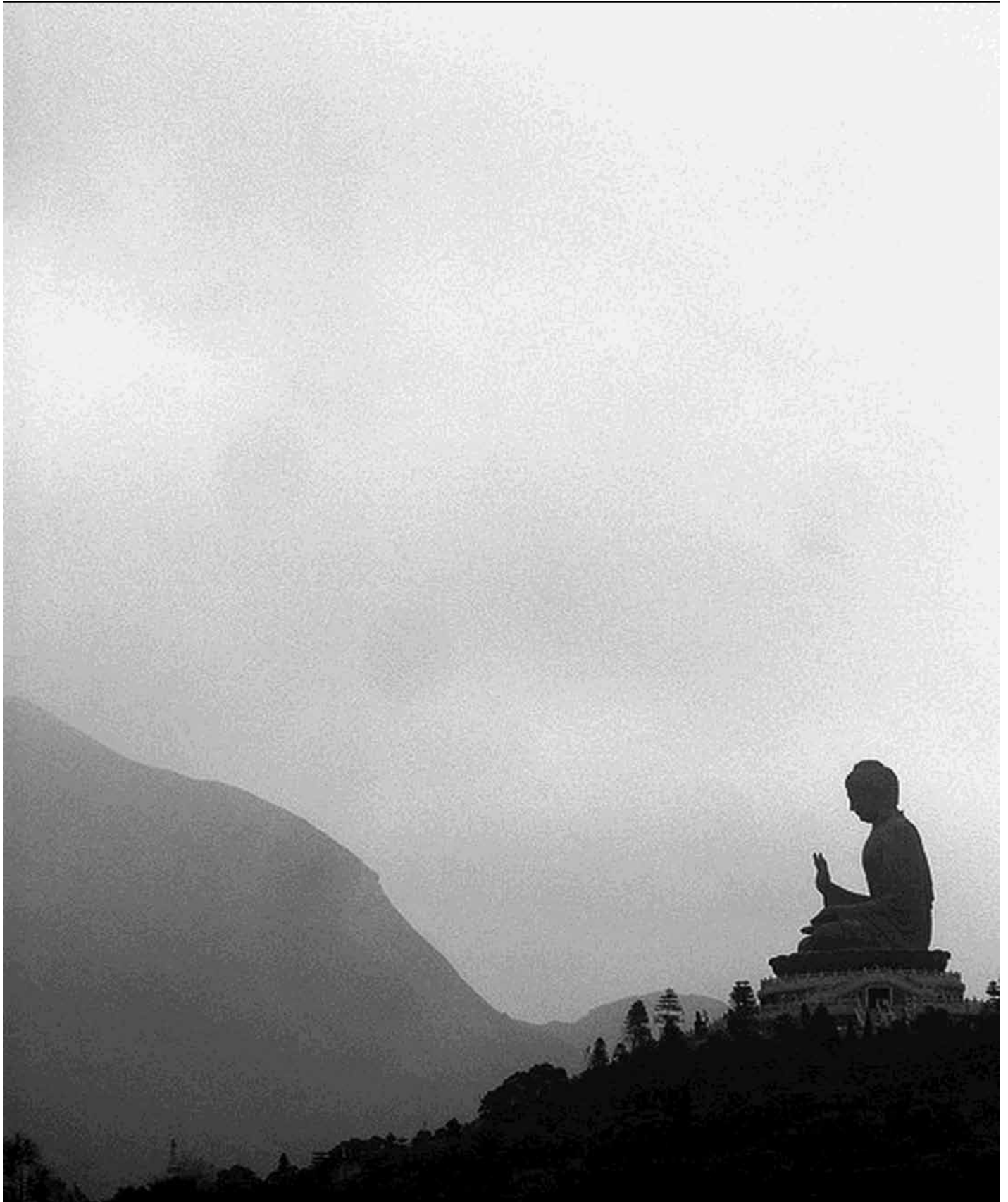




Compassionate Ocean Dharma Center

A Center for Mindful Living

652 17th Avenue NE, , Minneapolis, MN 55413 • Issue No. 44 • Fall 2016



Living Zen Series



The monk Zuigan used to start every day by saying to himself out loud: “Master, are you there?”

And he would answer himself: “Yes sir, I am!”

Then he would say, “Better sober up!”

Again he would answer, “Yes sir! I’ll do that!”

Then he would say, “Look out now, don’t let them fool you!”

And he would answer, “Oh no, sir, I won’t! I won’t!”

In this year-long series of courses we will explore Zen approaches to meeting the challenge of human life. Each course will focus on one of the three questions that the ninth-century Chinese Zen monk Zuigan asked himself each day.

Fall 2016: Zen Awakening

“Are you there?” It is easy for us to not be present—to miss our appointment with life. But we can turn toward aliveness—we can discover how to wake up. This course will look closely at the actual process of awakening, strengthening our familiarity with this practice and this potentiality of human life.

Winter 2017: Zen Action

“Better sober up.” We tend to become intoxicated with our opinions, our prejudices, our moods, and our projections. These then condition our actions in the world. This course will focus on how our actions can be stable, upright, and beneficial to ourselves and to others, even—and especially—in the midst of challenging circumstances.

Spring 2017: Zen Insight

“Don’t let them fool you.” The main source of fooling ourselves is ourselves, even when it seems to come from others. In this course we will explore vivid and expansive expressions of wisdom, cultivating an orientation to our experienced reality that encompasses deep truth.



Fall Programs 2016

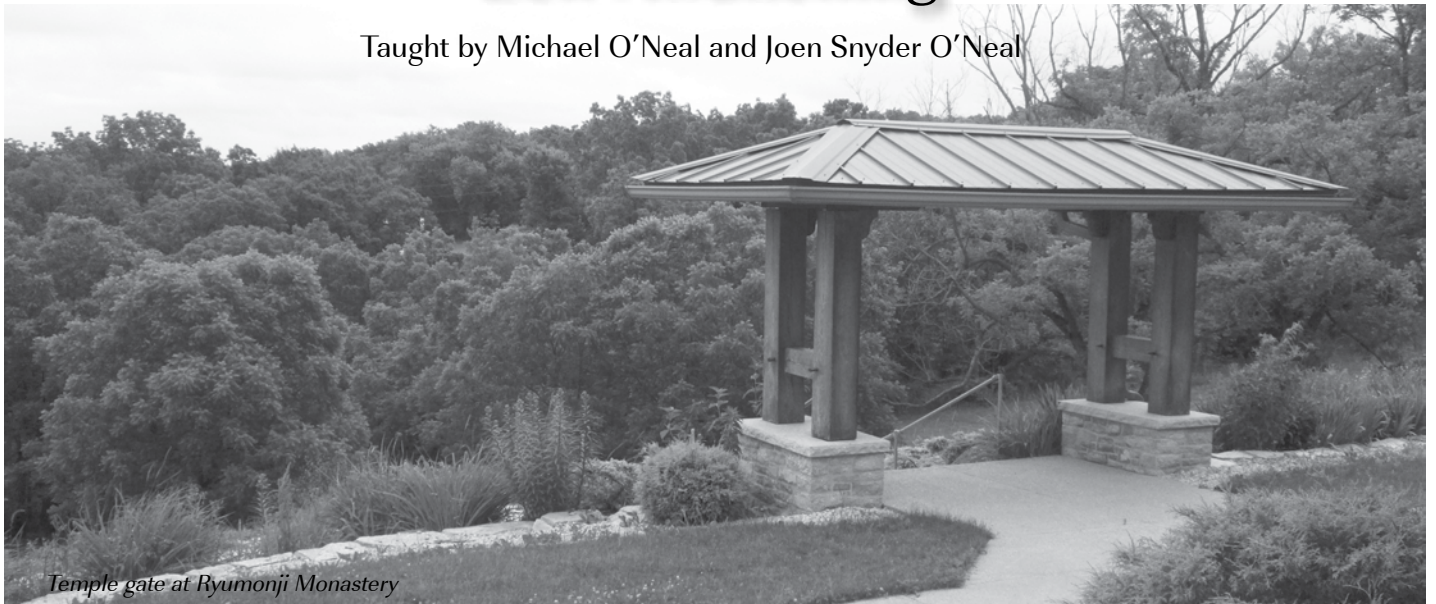
Compassionate Ocean Dharma Center

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

Living Zen Series

Zen Awakening

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



Temple gate at Ryumonji Monastery

The starting point for Buddhist practice is how a person chooses to live out his or her life. Please don't misunderstand me when I use the words Buddhist practice or Buddhism. I'm not talking about some established religious organization. I'm concerned with how a person, any person, who is completely naked of any religious or philosophical clothes, can live out their life fruitfully.

—Kosho Uchiyama, *Opening the Hand of Thought*

This course will focus on the most condensed form of zen practice: zazen. This is wholehearted engagement in the awakening process itself. Uchiyama Roshi calls it "living out the reality of life as it is...life truly being life." It is an activity that we can actually do, but it is subtle and very easy to overlook. In this course we will study Uchiyama Roshi's detailed discussion of Zen awakening, including how to practice zazen, the nature of the personal self and the universal self, dissatisfactions of modern life, and the Bodhisattva way. We will also incorporate art and poetry in illuminating Zen awakening. Each class will include meditation, presentations by the instructors, and discussion.

Minneapolis (#B79)

Wednesdays, Oct. 5 – Nov. 16 (seven sessions)

7:00–9:00 p.m.

\$160 (members \$140) (includes course text: *Opening the Hand of Thought* by Kosho Uchiyama)

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.

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.

#190 Minneapolis: Tuesdays
Sept. 20-Nov. 8 • 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)

#270 St. Paul: Thursdays
Sept. 22-Nov. 10 • 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 5, 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 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, Sept. 16, 9:30-11:00 A.M.

Sunday, Sept. 18, 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, Sept. 26 and Oct. 3, 7:00-8:30 P.M.

Weekday Meditation Sessions

Tuesday & Wednesday mornings (New days and times)

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

Total Dynamic Living Annual Reunion

For all graduates of our Introduction to Mindfulness program.

See detailed information in box on page 6.

Wednesday, Sept. 21, 6:30-9:00 P.M.

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, Sept. 24, 9:00-4:30 P.M.

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

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

Weekend Sesshin

Friday, Oct. 28, 7:00 P.M.–Sunday, Oct. 30, 2:00 P.M.

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

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)

Rohatsu: Buddha's Enlightenment Sesshin

Thursday, Dec. 1, 7:00 P.M.-Thursday, Dec. 8, Noon

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

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 sesshins 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 at Compassionate Ocean. If this will be your first retreat with us, please call Compassionate Ocean in advance to discuss.



Full participation is encouraged; however, people can register for one to seven days. Registration will open on October 15 with fees and registration information available on our website. Space is limited; early registration is encouraged.

Fall 2016 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 (#190)
- St. Paul, Thursday evenings (#270)

Total Dynamic Living: One-Day Retreat

- Saturday, Nov. 5, 9:00 A.M.– 3:00 P.M.
(by donation for program alumni)

For a Future to Be Possible

- Friday, Sept. 16 (no fee)
- Friday, Oct. 14 (no fee)
- Friday, Nov. 11 (no fee)
- Friday, Dec. 16 (no fee)

Introduction to Zen Practice

- Sept. 26 & Oct. 3 (no fee)

Total Dynamic Living Reunion

- Wednesday, Sept. 21 (no fee)

Day of Mindfulness

- Saturday, Sept. 24 (enclose payment of \$25 members, \$30 non-members)

Weekend Sesshin

- Friday, Oct. 28–Sunday, Oct. 30 (enclose payment of \$50 members, \$60 nonmembers)

Rohatsu Sesshin

- Dec. 1–8
Register through the website after Oct. 15

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 all Graduates of a Total Dynamic Living Mindfulness Program



You Are Cordially Invited to Attend Our Annual Mindfulness Reunion 6:30-9:00 P.M. Wednesday, Sept. 21

This is an evening of mindfulness practice, discussion, and fellowship for all graduates of our Total Dynamic Living Introductory Program in Mindfulness, which has been offered since 1994 in Minneapolis, St. Paul, Stillwater, Minnetonka, Chaska, Northfield, and other locations. This is a great opportunity to reinvigorate your mindfulness practice whether it is active or dormant, see our beautiful practice space, and greet teachers and fellow students. The evening will consist of yoga, a body scan, and a short sitting period, followed by discussion, social time, and refreshments. Joen and Michael will lead the evening's practice.

There is no charge; donations are welcome.

Please let us know you are coming by calling or emailing to reserve a place.

Wish List

- Video Projector (highest need)
- Washing machine and electric dryer
- Sound system components
- Stainless steel serving pots (need 3 sets of 4)
- Up to 20 zabutons (large sitting cushions)
- Special assistance with marketing/promotion, graphic design, and computer technical support, as well as general volunteer support to help sustain and grow our Center

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.



Sunday morning gathering



Michael offering incense before giving a talk at Ryumonji Monastery



Open House during the Art-a-Whirl Weekend in May



Open House during the Art-a-Whirl Weekend in May



Greeting visitors on Central Avenue at Open Streets Northeast in August



Lansing, Iowa, zazen group in June (near Ryumonji Monastery)



Sosan Flynn, Guiding Teacher of Clouds in Water, about to give a talk in July



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Administrative Annex
681 17th Ave NE, Suite 210
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admin@OceanDharma.org
www.OceanDharma.org

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Fall Program Highlights

- **Introductory Programs in Mindfulness (MBSR) offered in Minneapolis and St. Paul**
- **Buddhist Studies Course: Zen Awakening**
- **Day of Mindfulness, Weekend Sesshin, and Rohatsu Sesshin**
- **For a Future to Be Possible: Facing Climate Change**
- **Introduction to Zen Practice**
- **Total Dynamic Living Annual Reunion**
- **New Days and Times for Weekday Meditation**

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.

Friday, Sept. 16: "Climate Change 101" led by Michael O'Neal. Up-to-date information on the science, politics, psychology, and remedies of climate disruption.

Friday, Oct. 14: Special presentation by Kaia Svien, sharing the transformative practices developed by environmental activist and Buddhist scholar Joanna Macy in *The Work that Connects*: bringing the emotions we have about climate change to greater consciousness.

Friday, Nov. 11 and Friday, Dec. 16: Programming to be announced