



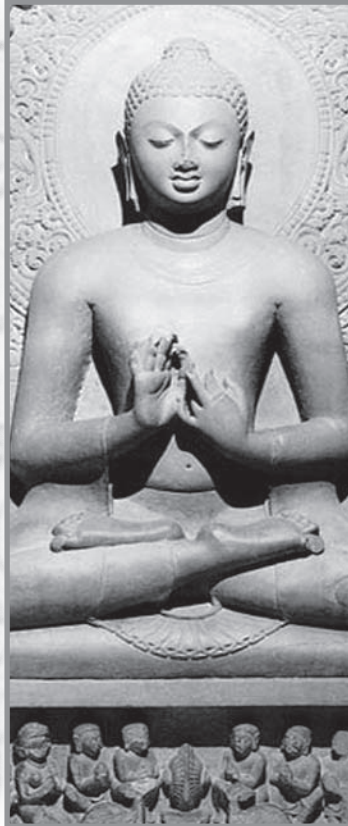
Spring Programs 2017

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

Living Zen Series

Zen Insight

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



In Buddhist practice one of the basic trainings is in *prajña*, translated as wisdom or deep understanding. When we look very deeply into the nature of our lives and our world, what do we see? How can we touch ultimate reality, and what does this have to do with life-and-death itself? In this course we will explore the interplay of unity and differentiation that makes up the contents of our experience. We will study the meaning of interbeing, *shunyata*. We will examine how wisdom practice connects with meditation and upright conduct. And we will see how the cultivation of this practice can be radically transformative, both for ourselves and for others.

The course texts will be two by Thich Nhat Hanh: *The Heart of Understanding* and *No Death, No Fear*.

Minneapolis (#B81)

Wednesdays, March 29 – May 10 (seven sessions)

7:00–9:00 p.m.

\$180 (members \$160) (includes course texts)

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 4, go to www.OceanDharma.org, or call (612) 781-7640.

Center for Mindful Living: Programs in Mindfulness

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.

#192 Minneapolis: Tuesdays
March 28-May 16 • 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)

#272 St. Paul: Thursdays
March 30-May 18 • 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, May 13, 2017 • 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.



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

Guiding Teachers



Michael O'Neal and Joen Snyder 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.

Sustaining Membership:

You are invited to become a sustaining 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 at (612) 781-7640.

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, March 31, 9:30-11:00 A.M.

Sunday, April 2, 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, April 10 & 17, 7:00-8:30 P.M.

Weekday Meditation Sessions

Tuesday & Wednesday mornings

7:00 A.M. zazen (sitting), 7:40 chanting service,

8:00 temple cleaning (to 8:15)

Thursday evenings

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

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

For a Future to Be Possible: Facing Climate Change

See page 4 for spring information on this ongoing series.

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, April 15, 9:00 A.M.-4:30 P.M.

Led by Joen and Michael

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

Zen Meditation as World Transformation

Wednesday, May 17, 7:00 P.M. – Saturday, May 20, 5:00 P.M.

Led by Tenshin Reb Anderson

This special sesshin will be hosted and located at Clouds in Water Zen Center in St. Paul. Early bird discount applies through March 31; registration closes May 3. For details and to register, go to cloudsinwater.org.



Weekend Sesshin at Ryumonji Monastery

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.



Ryumonji Monastery

Spring 2017 Registration Form

Name _____

Address _____

Zip _____ Email _____

Phone – H: () _____

W: () _____

To register, check the appropriate activities.

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

- Minneapolis, Tuesday evenings (#192)
 St. Paul, Thursday evenings (#272)

Total Dynamic Living: One-Day Retreat

- Saturday, May 13

Zen Insight

- Minneapolis, Wednesday evenings (#B81)
(\$25 deposit)

Introduction to Zen Practice

- Minneapolis, April 10 & 17 (no fee)

For a Future to be Possible

- Friday, April 21 (no fee)
 Friday, May 26 (no fee)
 Friday, June 23 (no fee)

Day of Mindfulness

- April 15 (enclose payment of \$25 members,
\$30 non-members)

Zen Meditation as World Transformation

- May 17 - May 20
Led by Tenshin Reb Anderson
Register at cloudsinwater.org.

Weekend Sesshin at Ryumonji Monastery

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

In the Footsteps of the Buddha

- Friday, April 14 (by donation)

I Take Refuge in Poetry

- Saturday, April 29 (\$30)

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

Special Events This Spring

In the Footsteps of the Buddha

Report on a Pilgrimage to India
Sue Harrington & Terry Miller
7:00 P.M. Friday, April 14
By donation

Hokyoji Capital Campaign Presentation

With Emmy Award Winner Peter Coyote
5:30-7:00 P.M. Thursday, April 27
3450 Irving Ave. S., Minneapolis

I Take Refuge in Poetry

A Writing Workshop for Difficult Times
Led by Mary Jean Port
1:00-3:00 P.M. Saturday, April 29
\$30

For a Future to Be Possible: Facing Climate Change

6:00 P.M. Potluck, 7:00 P.M. Presentation & Discussion
Fridays, April 21 (Earth Day Eve), May 26, June 23
No fee; register in advance by email or phone.

Contact the Center for additional information.