



Compassionate Ocean Zen Center

A Center for Mindful Living

652 17th Avenue NE, , Minneapolis, MN 55413 • Issue No. 49 • Summer 2018

Depth, Love, and Transformation

Michael O'Neal

Editor's Note: In January, 2000, after several years of practice under a more informal structure, we incorporated as Compassionate Ocean Dharma Center. In the summer newsletter of that year the following article appeared, which reflects a vision of the core values of our Center.

How would we like our Dharma Center to unfold? When we formally became a nonprofit a few months ago I found myself thinking a lot about this question, along with my personal hopes and aspirations for Compassionate Ocean Dharma Center. What kind of situation do I hope to be part of and devote my energies to?

As I consider this I notice a tendency to build a castle in the sky—to create an idealized image that is beautiful to contemplate but far from where we are now. And I notice the beginnings of dissatisfaction creeping in along with that idealized image, as I yearn to be someplace other than where we are now. So, as I explore my hopes and dreams, I want to remember that in a sense our Dharma Center is already complete—it lacks nothing essential. The Dharma—the living reality of the present moment, containing past and future—and the opportunity to practice and realize this Dharma, will never be more fully available than it is right now. My first hope, then, is that our practice stays grounded in this awareness.

But we also want to grow and develop like every healthy living thing. We naturally want to mature and realize our full potential. What are some guidelines for our Center's future direction?

When I think back on my Buddhist practice over the past twenty-plus years, including time with Dainin Katagiri-roshi at the Minnesota Zen Meditation Center, I realize how much I have valued the opportunity to touch the *depth* of human life. I will always be grateful for having been part of communities where this is a central concern, and I see this as being at the core of what a Dharma Center is all about. We want to experience our lives as vast and meaningful, while so much of our environment encourages us to see our lives as trivial and superficial. A place where deep looking is practiced is like a spring in an oasis. I believe our Center, informed by the practices and wisdom of the Buddhist tradition along with other wisdom traditions, has unlimited potential in its ability to touch real depth. I would like to be part of such a community.

This deep looking needs to connect with our day-to-day lives, and the form this takes is *love*—for ourselves, for those around us, for all beings. Needless to say, this is no small undertaking, and I wonder if “love” is the best word—it's easy to equate it with sentimentality and being “nice.” But along with the depth at the heart of this practice is a boundless sense of caring, respect, and appreciation. A teacher once said that life is so hard, how can we be anything but kind. To cultivate this open-heartedness is a gift to us and to the whole world, and I would like to dedicate my energies to this, with whatever ability and shortcomings I have.

There is one more thing—*transformation*. However wonderful depth and love may be, our way is not to seek out a cozy and static state to cling to, but rather to be free and open in the dynamic play of the world. We are constantly facing challenges as individuals, as members of families and communities, as residents of this planet. These challenges may change over time, but the fact of there being challenges will never end. My hope is to be part of a Center and a community that accepts the “full catastrophe” of life with a sense of joy and wholehearted engagement, taking responsibility for the world we create, helping each other to find the strength to grow and care and be of real assistance.

This is my hope for the future of Compassionate Ocean Dharma Center. As Katagiri-roshi used to say, Let's walk forward together, hand in hand, forever.

2018 Spring Appeal

Dear Friend:

The Buddha said, "An idea that is developed and put into action is more important than an idea that exists only as an idea."

Over twenty years ago Joen and Michael had the idea of developing a Zen community that would foster a broad-minded and openhearted way to live through the central activity of awakening. That idea became Compassionate Ocean Zen Center.

Today, Compassionate Ocean is a strong and living presence in northeast Minneapolis. This past year, we have increased our membership and outreach. We have added Monday through Thursday morning zazen practice, which means the Center now offers seven open meditation sessions each week. Several donors provided support for furthering our social media presence, which has resulted in significant enrollment increases in our classes and other events.

In appreciation of our neighbors, this Mother's Day we distributed flowering plants. This year we also held music events at our Center for the first time: a baroque flute and harpsicord concert this winter, and a spring contemporary "Zendo Music Show." Both were outstanding events. Folks young and old joined together to wholeheartedly enjoy the music in our unique and intimate space. Our plan is to host more musical events as we go forward.

I want you to know that your participation in all of this is important and valued. If you have taken a class, come to hear a speaker, participated in a meditation session, or attended a concert, I trust that you have received something that makes you feel that you are on a path to more depth and happiness in your life. Personally, I cherish the time I spend at our serene and beautiful "COZC" center. I value the clear, kind, and often humorous way classes are taught and our practice is carried on.

At this time we are carrying out our annual Spring Appeal, and **I ask for your financial support to carry on the programming of our Center.** We keep the costs of classes and programs low so that everyone who wants to get involved can do so. As a result, two-thirds of the money we need to operate must come from people like us who want Compassionate Ocean to continue, to grow, and to flourish.

Please help now by contributing to our Spring Appeal. Donations of any amount are important and valued. Your tax deductible donation may be mailed in the enclosed return envelope. If you have ideas for the future development of our Center, please put them in as well. You can also contribute online at OceanDharma.org (see the "Membership and Donations" tab).

Thank you for considering this request. May mindful awareness and a loving heart be present in us all.

Jan Sutton

Jan Sutton
Chair, Board of Directors



Compassionate Ocean Dharma Center is a 501(c)(3) non-profit organization. Donations are tax deductible as allowed by law.



Summer Programs 2018

Compassionate Ocean Zen Center

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

Mindful Speech and Deep Listening

Taught by Joen O'Neal

Aware of the suffering caused by unmindful speech and the inability to listen to others, I vow to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am determined to learn to speak truthfully, with words that inspire self-confidence, joy, and hope. I will not spread news that I do not know to be certain and will not criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.

—from *For a Future to Be Possible* by Thich Nhat Hanh

In this seven-week course we will look deeply into the ways we create happiness or suffering with the words we speak and the ways we listen. By bringing mindfulness to the basic human practice of speaking and listening, we will explore the opportunities and challenges that arise with every sound we utter.

We will study excerpts from the book *For a Future to Be Possible* by Thich Nhat Hanh, as well as writings by other teachers, ancient and modern. The course will include presentations by the instructor, discussion, and suggestions for home practice. Each session will also include meditation practice with instruction.



Wednesdays, June 6—July 25

(no class on July 4) (#B86)

7:00—8:45 p.m.

\$130 (members \$115)

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 registration form on page 6, go to OceanDharma.org, or call (612) 781-7640.

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.

#196 Minneapolis: Tuesdays
June 5–July 24 • 6:30-9:00 P.M. (no class July 4)
Instructor: Joen Snyder O’Neal
Location: Compassionate Ocean Zen Center
652 17th Ave. NE, Minneapolis (in the Northeast Arts District)

#277 St. Paul: Thursdays
June 7–July 26 • 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, July 14 • 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



Michael O’Neal and Joen O’Neal

Joen Snyder O’Neal and Michael O’Neal are the guiding teachers of Compassionate Ocean Zen 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. Michael was ordained as a Zen priest in May of this year.

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 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, June 8, 9:30-11:00 A.M.

Sunday, June 10, 9:00-11:15 A.M.

Orientation to Zen Meditation

Basic instruction in Zen sitting practice. No pre-registration needed.

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, June 11 & 18, 7:00-8:30 P.M.

Weekday Meditation Sessions

Monday, Tuesday, Wednesday and Thursday mornings

7:00 zazen (sitting), 7:40 chanting service, 8:00 temple cleaning (to 8:15)

Thursday evenings

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

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

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.

Days of Zen Practice

Saturday, June 23, 7:00 A.M.-4:30 P.M.

Saturday, July 21, 7:00 A.M.-4:30 P.M.

Led by Joen and Michael

The day will include sitting and walking meditation, a Dharma talk, body practice, and a work period. There will also be an opportunity to meet with a teacher. Includes vegetarian breakfast and lunch. Fee: \$40 (members \$35).

Practice Period at Hokojo

Located in southeastern Minnesota

Seven-day practice period:

Monday Aug. 27, 5:00 P.M.—Monday Sept. 3, 2:00 P.M.

Sesshin only:

Friday Aug. 31, 7:00 P.M.—Monday Sept. 3, 2:00 P.M.

Fee: \$65/night (members \$55/night)

Led by Joen O'Neal, Michael O'Neal, and resident priest Dokai Georgesen.

This practice period offers participants an opportunity to practice mindfulness in a variety of forms over the course of seven days. It will include sitting and walking meditation, dharma talks, study time, yoga and mindful movement, deep relaxation, vegetarian meals, work practice, and dharma discussion. There will be opportunities for individual meetings with teachers. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this event but have not attended a Compassionate Ocean sangha retreat in the past, please call.



Summer 2018 Registration Form

Name _____

Address _____

Zip _____ Email _____

Phone

H: () _____

C or W: () _____

To register, please check the appropriate activities.

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

- Minneapolis, Tuesday evenings (#196)
- St. Paul, Thursday evenings (#277)

Total Dynamic Living: One-Day Retreat

- Saturday, July 14, 9:00 A.M.– 3:00 P.M.
(by donation for program alumni)

Mindful Speech and Deep Listening” Course

- Minneapolis, Wednesday evenings (#B86)
June 6-July 25 (\$25 deposit))

Introduction to Zen Practice Mini-Course

- June 11 & 18 (no fee)

Days of Zen Practice

- Saturday, June 23
- Saturday, July 21
(\$35 members, \$40 non-members)

Hokyoji Practice Period

- August 27-September 3 (enclose payment of \$55/night members, \$65/night non-members)

Facing Climate Change (no fee)

- Friday, June 22
- Friday, July 13

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
652 17th Ave. NE, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org
Or register online on our website in the Classes & Retreats section.

Facing Climate Change: For a Future to Be Possible

This ongoing monthly series focuses on the unfolding crisis of climate disruption and the many related issues facing us at this time, including how we can meaningfully engage.

Each evening begins with an optional vegetarian potluck at 6:00 P.M., followed by a program from 7:00-9:00. Programming includes guest presenters, films, information sharing, and dialogue. Anyone with an interest is invited to come to any of these gatherings.

There are no fees, but please sign up in advance by emailing the Center at admin@OceanDharma.org, indicating whether you will be attending the potluck. Also email if you would like to be added to the “For a Future to Be Possible” email list to be kept informed of future events.

Summer Schedule: Friday evenings, June 22 & July 13



Yard Sale Fundraiser

Friday & Saturday, July 27 & 28
Contact the Center for details.

Wish List

- Good-quality camera
- Computer technical support
- Graphic design help
- Assistance with marketing/promotion



Joen and Jan distributing flowers to our neighbors

You are invited...

...to become a Sustaining Member of Compassionate Ocean, joining others to make possible the continued life of our Center. For further information please go to our website or contact us to request a Membership Brochure.

Ordination and Concerts



Joen with her daughter and grandson at the ceremony.



Michael entering for his ordination.



Tomoe Katagiri, esteemed matriarch of Zen in the upper Midwest.



Michael prepares to receive the bodhisattva precepts from Rev. Shoken Winecoff.



Sangha members gather after the ordination.



Leighton "Skip" James and Adam Kuenzel performing at our Baroque Concert in February.



Adam Zahller and Zach Poulson performing at our Zendo Music Night in May.



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admin@OceanDharma.org
www.OceanDharma.org

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Summer Program Highlights

- **Buddhist Studies course:**
Mindful Speech and Deep Listening
- **Introductory Programs in Mindfulness (MBSR)** offered in Minneapolis and St. Paul
- **Retreats at Compassionate Ocean and Hokyoji**
- **Introduction to Zen Practice mini-course**
- **Climate Change Gatherings**
- **Ongoing Meditation and Dharma Talks**



On May 20 Michael O'Neal was ordained as a Zen priest by Rev. Shoken Winecoff. The ceremony took place at Ryumonji Zen Monastery in northeastern Iowa. Michael received the name "Zuisen Genpo," meaning "Auspicious Spring, Facilitation of Universal Virtue." On Sunday, June 10 Michael will give a talk at Compassionate Ocean at 10:00 A.M. on his path to ordination, followed by a reception at 11:00 A.M. For additional photos from the ceremony, see page 7.