



# Compassionate Ocean Zen Center

*A Center for Mindful Living*

652 17th Avenue NE, Minneapolis, MN 55413 • Issue No. 68 • Summer 2025

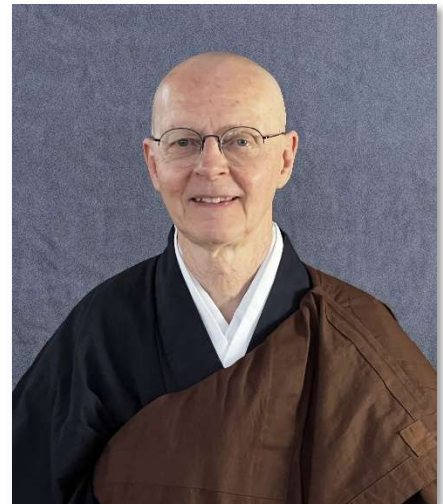
## *Special 25<sup>th</sup> Anniversary Fundraising Event*

# The Zen of Oz

## *Finding Our Way Home*

What is our true self? Where is our true home?  
Bringing these questions to life is at the heart of Zen.

In this special 25<sup>th</sup> anniversary event, Genpo Michael O’Neal will present key themes of Zen practice in the context of *The Wizard of Oz*. His presentation will be followed by a showing of the classic film in a rare Technicolor print that is screened at only a few theaters in the country. The event will conclude with a catered reception at the beautiful Heights Theater.



**Sunday, August 3**

**1:00 p.m.**

**The Heights Theatre**

3951 Central Ave NE, Columbia Heights 55421



**Donation: \$50**

*Discounts are available for older children accompanied by a family member.*

*Not recommended for young children.*



HEIGHTS  
THEATRE



**Tickets:**

[www.oceanzen.org/zen-of-oz](http://www.oceanzen.org/zen-of-oz)

# 2025 Spring Appeal

Dear Friend,

As we soak in these early days of spring, may you feel your heart warm and expand with a sense of renewal as the days lengthen and the grass greens. This spring, we all have a reason to feel a special sense of joy: Compassionate Ocean Zen Center is 25 years old!

For a quarter of a century, **our Center has been a sanctuary** for peace, mindfulness, and spiritual growth. At Compassionate Ocean we can come together to find stillness, connect with our true selves, and build a compassionate community. Each meditation session, every Dharma talk, and all our gatherings are made possible by the support of us all, and for that **we are deeply grateful.**

Compassionate Ocean's continued existence is rooted in the generosity and commitment of our community. **80% of our income comes from donors.** Because of this support, we can keep our programs—the greatest portion of our *expenses*—as affordable as possible, enabling us to offer Zen teachings to all who seek them. This support also makes it possible to maintain the beautiful building that hundreds of donors helped purchase and renovate. And it provides the very modest financial sustenance given to our Guiding Teachers, who have dedicated their lives to sharing the Dharma with others.

**As we celebrate this special anniversary, we humbly ask for your continued financial support.** Please consider making a donation at this time to our Spring Appeal to help our Center continue to grow.

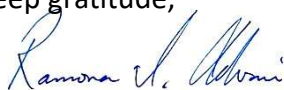
## Here's how your donation will help:

- Provide financial support for our Guiding Teachers and Administrative Director.
- Ensure the resources to continue offering classes, Dharma talks, meditation sittings, and other communal events.
- Maintain the Center's website, newsletter, and communication tools, ensuring that the teachings reach a broad audience.
- Cover the cost of essential services, including electricity, water, heating, and insurance, required to sustain our practice spaces.
- Help with regular maintenance of the building and grounds.

**Your gift, no matter the size, is an investment in the lasting peace and mindfulness** that our Center fosters. It enables us to honor our past, celebrate our present, and look forward to the future with confidence and aspiration.

We hope you will join us in this special anniversary celebration by donating to help our Center thrive as we begin our second quarter century. Your involvement—whether through practice, donations, or other kinds of support—means everything to us.

With deep gratitude,



Ramona Advani  
Board of Directors Co-Chairs



Mark Ostrander

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



# Summer Programs 2025

## Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413

(612) 781-7640 • [www.OceanZen.org](http://www.OceanZen.org)

## Engaging with Aging

Taught by Joen O'Neal, with Lisa Boesen

"Everything changes," yes, but that truth has two sides. It is true that everything we love is destined to change, age, and pass away. But it is equally true that every moment brings with it new possibilities.

— Lewis Richmond, from *Aging as a Spiritual Practice*

In this class, we will explore both the rewards and challenges of aging. The class will draw on the wisdom and experience of participants as we examine Buddhist teachings related to mindfulness, patience and equanimity, inter-being, the transformation of suffering, generosity, curiosity, and gratitude—all as tools for enriching the elder years of ourselves and of elders we care for and about.

Each class will include zazen (sitting practice), presentations by the instructor, and discussion.

**Course Text:** *Aging as a Spiritual Practice* by Lewis Richmond

[www.oceanzen.org/buddhist-studies](http://www.oceanzen.org/buddhist-studies)



Joen O'Neal with her grandson

**Wednesdays, June 11–July 30 (8 sessions) (#B114)**  
**7:00–9:00 p.m.**

*This course will be held in-person at the Center,  
with an option for remote participation via Zoom.*

**\$185 • members \$165 (fee includes course text\*)**

*\*Deduct \$15 if you obtain your own copy of the course text.*

*Member rates apply to members of all local Buddhist centers.*

*Reduced fees are offered as needed; please contact the Center at (612) 781-7640.*

# Mindfulness-Based Stress Reduction (MBSR)

## *A Thorough Introduction to Mindfulness Practice*

This program is a comprehensive, well-structured introduction to mindfulness practice in everyday life. It follows the nationally-acclaimed MBSR model developed by Jon Kabat-Zinn, presenting mindfulness as a universal practice for people of any (or no) religious background.

Skills are introduced in class, practiced at home, and integrated to form new habits. The program enables participants to develop their own base in mindfulness integrated into everyday life, using the practices of:

- sitting meditation
- gentle yoga
- body awareness meditation
- daily-life applications of mindfulness
- stress and relaxation practice

### **What's included:**

- an individual interview with the instructor
- eight two-and-a-half hour classes
- a six-hour Saturday retreat
- a copy of the book *Full Catastrophe Living* by Jon Kabat-Zinn
- four mp3 guided meditations
- weekly handouts

27 CEUs are available for nurses, social workers, educators, and psychologists. Contact the Center for details.

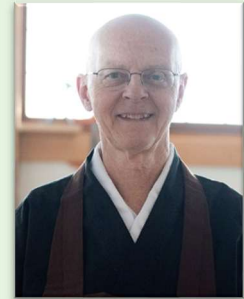


The course fee is \$350, which includes the above materials. Payment plans and limited need-based support are available. Please contact the Center to discuss.

Enrollment is limited, and pre-registration is required.

[www.oceanzen.org/mindfulness](http://www.oceanzen.org/mindfulness)

**Tuesdays,  
June 10–July 29  
6:30–9:00 P.M.  
(#621)**



**Instructor:  
Michael O'Neal**

*This course will be offered in-person.*

**Day of Mindfulness Retreat  
Saturday, July 26, 9:00 A.M.–3:00 P.M.**

This retreat is part of the MBSR program and is included for all current participants in the MBSR course. It is also open to graduates of past Compassionate Ocean MBSR courses on a donation basis. People not enrolled in the current course should visit [www.oceanzen.org/retreats](http://www.oceanzen.org/retreats) to register.

### ***What past participants have said about this course***

*"This course taught me valuable skills of how to be in the present moment."*

*"The eight-week mindfulness class helped lower my stress and alleviate some pain issues. My mother was so impressed by the changes in me that she signed up too!"*

*"The best thing that could have happened to me."*

*"Very, very meaningful and wonderful instructors and classmates. Life-changing experience."*

*~ Gift certificates are available. ~*

**Fall MBSR Course Dates  
Sept. 23–Nov. 11, 2025**

## Meditation & Dharma Talks

### Sunday Meditation & Dharma Talk

Most Sunday mornings throughout the year, Compassionate Ocean offers meditation practice (sitting and walking) followed by a Dharma talk and discussion. The talks focus on aspects of Buddhist teaching and their application to everyday life. Our practice is in the tradition of Soto Zen, with inspiration from the mindfulness practices of Thich Nhat Hahn. Everyone is invited to participate. There are no prerequisites or fees; donations are welcome. The Sunday gathering is co-led by Michael Genpo O’Neal and Joen O’Neal.

**Sundays, 9:00–11:15 A.M.**

*In-person and via Zoom*

Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.

**Note: Sunday gatherings will not take place in August.**

### Welcome Sessions for New People

Guided meditation instruction and a Dharma talk oriented to those newer to Compassionate Ocean or Zen will be presented. Welcome sessions provide extra orientation and are a great time to bring a friend to attend the Sunday morning program for the first time.

**Sunday, June 1, 9:00–11:15 A.M.**

*In-person and via Zoom*

### Weekday Meditation

Five mornings a week, Compassionate Ocean hosts a forty-minute zazen (sitting meditation) period followed by a short chanting service. Everyone is invited to participate.

**Monday–Fridays, 7:00–8:00 A.M.** *(In-person and via Zoom)*

Schedule: 7:00 sitting, 7:40 chanting service, 8:00 closing.

**New: Thursday Evening Meditation** *(during June & July)*

Schedule: Thursdays, 7:30 sitting, 8:10 walking, 8:20 sitting, 9:00 ending. *(In person only)*

## Sesshins (Retreats)

A *sesshin* (literally, “to gather the mind”) is a time when formal Zen practice is the primary focus of what we do. Sometimes these are informally called “retreats,” but in actuality they involve going forward into the heart of our lives. Each sesshin offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life.

### Weekend Sesshin

Friday, June 6, 7:00 P.M.–Sunday, June 8, Noon

*Led by Genpo O’Neal and Joen O’Neal*

Weekend sesshins include sitting and walking meditation, a Dharma talk, a work period, and an opportunity to meet with a teacher. Each weekend sesshin also includes four vegetarian meals.

Location: Compassionate Ocean

Fee: by donation.

### July Sesshin at Ryumonji

**Friday, July 18, 5:30 P.M.–Sunday, July 20, 1:00 P.M.**

*Led by Rev. Shoken Winecoff, Abbot*

**Location:** Northeastern Iowa

**Suggested Donation:** \$175



### August Seven-day Practice Period at Hokyoji

**Monday, Aug. 25, 5:00 P.M.–Monday, Sept. 1, 2:00 P.M.**

**Weekend-only participation and other options are possible.**

*Led by Genpo O’Neal, Joen O’Neal, and resident priest Dokai Georgeson*

**Location:** Southeastern Minnesota, near New Albin, Iowa

**Fee:** \$80/night (members \$70/night)

To learn more and register  
for a sesshin, go to  
[www.oceanzen.org/retreats](http://www.oceanzen.org/retreats)

## New Board Members Elected at Annual Meeting



Participants chat after the annual meeting

Compassionate Ocean held its Annual Meeting on Sunday, April 27. Robin Bohumil and Frank Paraday were elected to three-year terms on the board of directors, joining continuing board members Lisa Boesen, Chuck Caldarale, Libby Donahue, and Ben Durrant. Michael O’Neal and Joen O’Neal are also on the board as Guiding Teachers.

During the meeting, retiring co-chairs Ramona Advani and Mark Ostrander reviewed 2024 activities and described activities for the current year, our 25th anniversary.

A highlight of the 2024 financial report is that all loans have been paid off. Over the years, our income has been just enough to cover our expenses. This means that we have always been able to pay the bills, but we have had to hold back on some desired initiatives and may have difficulty meeting unexpected expenses in the future. If you would like a copy of the financial report, please email [admin@oceanzen.org](mailto:admin@oceanzen.org).

To strengthen community engagement, a Volunteer Interest Survey was distributed. Please email the Center if you would like to be a part of this.

## Thank you, retiring board members

Mark Ostrander, Ramona Advani and Alex Murkve are stepping down from the board. Mark and Ramona have served as board co-chairs for several years, serving beyond their initial three-year term; Alex has served as secretary. The board and community express their deep gratitude to Mark, Ramona, and Alex for their many contributions to the well-being of Compassionate Ocean.



Mark Ostrander



Ramona Advani



Alex Murkve

## Art-A-Whirl Weekend: Open House and Doors Open Minneapolis

Art-a-Whirl Weekend in NE Minneapolis is one of the largest open art events in the country. Add a visit to Compassionate Ocean, located across the street from the Casket Arts building, to your Art-a-Whirl weekend!

This year, Compassionate Ocean will also participate in Doors Open Minneapolis during Art-a-Whirl Weekend. *Doors Open Minneapolis* is an annual event produced by the historic preservation nonprofit, Rethos. This event enables the public to explore buildings that tell our city’s story. This event is an opportunity to share Compassionate Ocean’s serene and carefully designed space with the greater community.

You are invited to:

- Tour the Zen Center
- Learn about our programs
- Meet our Guiding Teachers
- Enjoy refreshments
- Attend a short introductory presentation at 1:00 p.m. on Saturday or Sunday

*Friday, May 16, 5:00–10:00 P.M.*  
*Saturday, May 17, 10:00–8:00 P.M.*  
*Sunday, May 18, 12:00–5:00 P.M.*



# 25<sup>th</sup> Anniversary Events

## Flowing Like a River: An Evening of Music and Poetry

**Friday, June 20, 7:00 P.M. (doors open at 6:30)**

Join us for an evening of music and poetry at Compassionate Ocean as we continue to celebrate our 25th anniversary year. A remarkable group of musicians and poets will perform, flowing from one to another.

Author and poet Wang Ping will begin the evening, reading from her new book *The River Within* with accompaniment from guitarist and collaborator Jeff Lambert. A second set will begin with composer and jazz musician Davu Seru filling the room with deep vibrations and resonance using a Dora gong. Adam Kuenzel, principal flutist with the Minnesota Orchestra, will bring a special performance.

A surprise element of the evening will be an outdoor sound installation by JG Everest, greeting guests as they come to the Center. Participants will also be able to create their own prayer flag with materials and guidance from Wang Ping.

No fee; donations welcome. Seating is limited; please arrive early.

### *Musicians*

*Davu Seru  
Adam Kuenzel  
Double Dragon  
Jeff Lambert  
Robin Bohumil  
Ben Durrant  
Juhl Kuhlemeier-Sarao*

### *Poets/Authors*

*Wang Ping  
Alexei Casselle  
Julia Klatt Singer  
Scott Vetsch*

## Future Events

### *The Zen of Oz*

Presentation, film, and reception at the Heights Theater in Northeast Minneapolis  
Sunday, August 3, 1:00  
See page 1 for more.

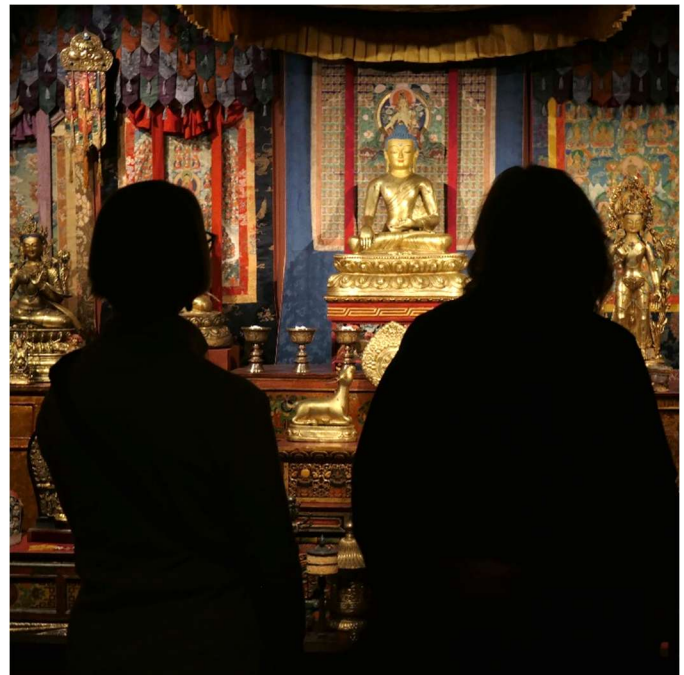
### **25<sup>th</sup> Anniversary Gala**

Community banquet and program at Compassionate Ocean.  
Saturday evening,  
October 4



## Members and Friends Enjoy Tour of Asian Art

*Spiritual Reflections and Sacred Spaces: Discovering Mia's Asian Art Treasures*, the first of four events celebrating the 25<sup>th</sup> Anniversary of Compassionate Ocean, took place on Saturday, April 5 at the Minneapolis Institute of Arts. Two guided tour groups ended with a visit to the new Tibetan Shrine Room exhibit. The tours were followed by a social gathering.



*Left:* One of our guided tour groups at Mia. *Right:* Participants view the Tibetan Shrine Room at Mia.



Compassionate Ocean Zen Center  
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 Minneapolis, MN 55413  
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 admin@OceanZen.org  
[www.OceanZen.org](http://www.OceanZen.org)

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# Mindfulness

Come or refer a friend to our  
 Mindfulness-Based Stress Reduction  
 (MBSR) program.

Many long-time community members  
 discovered Compassionate Ocean through our  
 MBSR program. Referrals are a major way  
 people hear about this exceptional course.

## Summer 2025 Course begins June 10

If you know someone who might benefit from  
 this course, please encourage them to visit:

[www.oceanzen.org/mindfulness](http://www.oceanzen.org/mindfulness)

(See page 4 for more information.)

**Thank you!**

## Summer and Fall Activities Calendar

	Introduction to Zen Mini-Course	Introduction to Mindfulness (MBSR)	Buddhist Studies	Sesshin	Special Events
<b>Summer</b>	July 7 & 14	June 10 – July 29 (Retreat: July 26)	June 11 – July 30	June 6 – 8  July 18 – 20 (Ryumonji) Aug. 25 – Sep. 1 (Hokyoji)	<i>Open House:</i> May 16 – 18 <i>Flowing Like a River:</i> June 20 <i>Zen of Oz:</i> Aug. 3
<b>Fall</b>	Sep. 15 & 22	Sep. 23 – Nov. 11 (Retreat: Nov. 8)	Sep. 24 – Nov. 12	Sep. 26 – 28 Oct. 24 – 26 Dec. 1 – 8 (Rohatsu)	<i>Open House:</i> Sep. 13 <i>Anniversary Gala:</i> Oct. 4

Ongoing Activities (These activities are offered both in person and on Zoom unless otherwise noted.)

- **Sunday morning Meditation and Dharma Talk** (every Sunday except during the month of August)
- **Weekday morning Meditation** (Monday through Friday mornings)
- **Thursday evening Meditation** (June and July; in person only)