



Spring Programs 2012

Compassionate Ocean Dharma Center
681 17th Avenue NE, Suite 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

Start Where You Are

Taught by Joen Snyder O'Neal



With the practices presented [here], you can start just where you are. If you're feeling angry, poverty-stricken, or depressed, the practices described here were designed for you, because they will encourage you to use all the unwanted things in your life as the means for awakening compassion for yourself and others. These practices show us how to accept ourselves, how to relate directly with suffering, how to stop running away from the painful aspects of our lives. They show us how to work open-heartedly with life just as it is.

—from *Start Where You Are* by Pema Chodron

Wednesdays, March 28 - May 16

7:00-9:00 P.M.

Minneapolis (#B57)

#210 Casket Arts Building • 681 17th Ave. NE, Minneapolis

Fee: \$160 (members \$150) + \$15 materials fee

Reduced fees are offered as needed

In this eight-week class, we will focus on developing mindfulness in both formal meditation and daily life. Using Pema Chodron's book *Start Where You Are*, we will study how we can use our difficulties and problems to awaken our hearts. The practice presented makes use of aphorisms from the Buddhist tradition that succinctly point to more open and less stuck ways of being in the middle of our lives, including the painful and unwelcome aspects.

Each class will include presentations by the instructor, discussion, and suggestions for home practice, as well as a half-hour of meditation practice. The course text, *Start Where You Are*, will be given out in the first class.

Participants should have some experience with mindfulness or Zen meditation.

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, two 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.

#177 Minneapolis: Tuesdays

March 27 – May 15 • 6:30 - 9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: First Unitarian Society

900 Mt. Curve, Minneapolis (near the Walker Art Center)

#255 St. Paul: Thursdays

March 29 – May 17 • 6:30-9:00 P.M.

Instructor: Michael O'Neal

Location: Clouds in Water Zen Center

308 Prince St., St. Paul (near I-94 & the 7th St. exit)

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 12, 2012 • 8:30 A.M. - 2:30 P.M.

Location: First Unitarian Society

900 Mt. Curve, Minneapolis



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

2012 Great Gatherings

We are continuing the program of Great Gatherings started at the 2009 Silent Auction with nine programs offered by members and friends of the Compassionate Ocean Dharma Center this year. Price per guest is \$20. Space is limited. Call 612-781-7640 to reserve a space. Great Gatherings will be held in the Casket Arts Building, Suite 210 unless stated otherwise. The next three are:

- **The Poetry of Enlightenment, Saturday, April 28, 7:30–9:00 PM**

Michael O'Neal will offer commentary on a selection of poems by a variety of poets, seeking to illuminate the awakened quality of the poem.

- **Soma Yoga, Thursday, May 24, 6:30–8:00 PM**

Jean Fraser will offer a soma yoga class. It will begin with gentle movements for the spine, hips, and shoulders. No previous experience with yoga is necessary.

- **Tai Chi, Saturday, June 30, 4:00–5:30 PM**

Tai Chi Chen Style and is generally considered to be the original form of tai chi. Chen style differs from other styles in its use of coiling energy, known as "silk reeling". Jose Figueroa will teach this class.

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 Gathering: Sundays, 9:00-11:15 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.
Note: No Sunday gatherings on March 18.

Friday Gathering: Fridays, 9:30-11:00 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:30 sitting, 10:00 dharma talk and discussion, 11:00 ending.

Guiding Teachers



Joen Snyder O'Neal and Michael O'Neal are available for individual meetings regarding life and practice. Call the Center for an appointment.

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.

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. Activities include sitting and walking meditation, dharma talks, individual meetings with the teachers, formal oryoki meals, work practice, and service assignments. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

One-day Retreats

Saturday, April 21, 9:00 A.M. - 5:00 P.M.

Saturday, May 19, 9:00 A.M. - 5:00 P.M.

681 17th Avenue N.E., Suite 210, Minneapolis

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

This includes sitting and walking meditation, yoga practice, and a dharma talk by Joen or Michael. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers

Weekend Retreat at Ryumonji Monastery

Located in northeastern Iowa

Friday, March 16, 5:30 P.M. - Sunday, March 18 2 P.M.

Led by Shoken Winecoff, Joen Snyder O'Neal & Michael O'Neal. Fee due in advance: members \$55/night, non-members \$65/night (includes meals and lodging.)



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.

Spring 2012 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 (#177)
 St. Paul, Thursday evenings (#255)

Total Dynamic Living: One-Day Retreat

- Saturday, May 12, 8:30 A.M.– 2:30 P.M.
(by donation for program alumni)

Start Where You Are

- Minneapolis, Wednesday evenings (#B57)
(\$25 deposit)

Ryumonji Retreat

- Friday, March 16-Sunday, March 18
(enclose payment of \$110 members, \$130 non-members)

One-Day Sangha Retreat

- April 21 May 19
(enclose payment of \$20, members \$25 non-members)

Sangha Gatherings

No advance registration is necessary for the sangha gatherings. Call for directions.

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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RETURN SERVICE REQUESTED

Spring Program Highlights

**Introductory Programs in Mindfulness –
Offered in Minneapolis and St. Paul**

- **Buddhist Studies course:**
 - Start Where You Are
- **One-Day Retreats on April 21 & May 19**
- **Weekend Retreat at Ryumonji March 16-18**
- **Great Gatherings**
 - The Poetry of Enlightenment
 - Soma Yoga
 - Tai Chi

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