



Spring Programs 2019

Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN

55413 (612) 781-7640 •

www.OceanDharma.org

Essential Zen Teachings

Branching Streams Flow in the Dark

Taught by Michael and Joen O'Neal



In Zen study, we are concerned with three things: the world of differences (form), the world of emptiness (oneness), and the relationship between the two (which is called harmony). —Bernie Glassman

Sandokai, translated as *The Harmony of Difference and Sameness*, is the name of a poem written in the 700s in China. It is one of the most frequently studied and recited texts in Zen. Only one page long, it presents a deep insight into the nature of reality and of human experience. This course will explore the meaning of the poem, using two commentaries along with the instructors' perspectives.

The course will include meditation, lecture, and discussion, with a special emphasis on bringing these teachings alive in our day-to-day lives. Our texts will be *Living by Vow* by Shohaku Okumura and *Infinite Circle* by Bernie Glassman.

Wednesdays, March 27 – May 15 (eight sessions) (#B89)

7:00—9:00 p.m.

\$185 (members \$165) (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 or go to www.OceanDharma.org.

Center for Mindful Living: Programs in Mindfulness

Total Dynamic Living - An Eight-Week Program in Mindfulness and Mindfulness-Based Stress Reduction (MBSR)

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 mp3s, 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.

#199 Minneapolis: Tuesdays
March 26–May 14 • 6:30-9:00 P.M.

Instructor: Joen O’Neal

Location: Compassionate Ocean Zen Center
652 17th Ave. NE, Minneapolis (in the Northeast Arts District)

#280 St. Paul: Thursdays
March 28–May 16 • 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.)

27 CEUs are available for nurses, social workers, educators, and psychologists.

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 11 • 9:00 A.M.-3:00 P.M.

Location: 652 17th Ave. NE, Minneapolis



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

Guiding Teachers



Joen 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 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 2018.

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 and Michael. 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 morning gatherings. To provide a special 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, April 5, 9:30-11:00 A.M.**
- **Sunday, April 7, 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, April 8 & 15, 7:00-9:00 P.M.

Weekday Meditation Sessions

Monday, Tuesday, Wednesday and Thursday mornings

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

Friday mornings

6:30 A.M. zazen (7:00 ending—no chanting service or temple cleaning)

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.

Retreats

These practice events are open to community members as well as others who have had some experience with Buddhist practice. They offer extended opportunities to settle the mind and body and open to the deep wisdom of human life. They support strengthening and deepening the practice of presence in community with other practitioners.

Sesshin/Days of Zen Practice

- **Friday, April 12, 7:30 P.M.-Saturday, April 13, 9:00 P.M.**
- **Friday, June 14, 7:30 P.M.-Saturday, June 15, 9:00 P.M.**

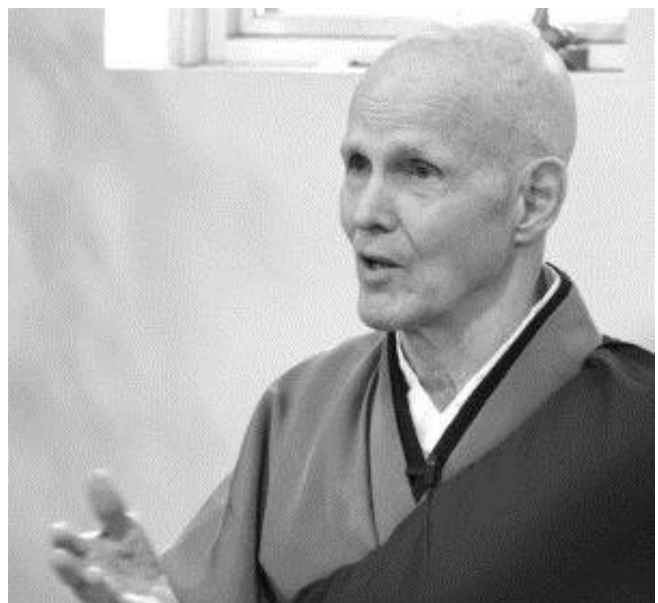
Led by Joen and Michael

These practice events 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 three vegetarian meals. Fee: \$50 (members \$45)

- **Memorial Day Sesshin with Tenshin Reb Anderson**

Hosted by Clouds in Water Zen Center
Wednesday, May 22-Monday, May 27

For our May sesshin we are joining Clouds in Water to practice with Tenshin Roshi, a senior Dharma teacher based at Green Gulch Farm, San Francisco Zen Center. Tenshin Roshi grew up in Minneapolis and has been practicing at the San Francisco Zen Center since the late 1960s, including working closely with Shunryu Suzuki Roshi. For further information about this retreat or to register, please visit cloudsinwater.org. People can participate either for all five days or for the three-day weekend.



Spring 2019 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 (#199)
- St. Paul, Thursday evenings (#280)

Total Dynamic Living: One-Day Retreat

- Saturday, May 11, 9:00 A.M.– 3:00 P.M.
(by donation for program alumni)

“Branching Streams Flow in the Dark” Course

- Wednesday evenings (#B89)
March 27-May 15
(\$25 deposit)

Introduction to Zen Practice Mini-Course

- April 8 & 15 (no fee)

Sesshin/ Days of Zen Practice

- Friday-Saturday, April 12-13
- Friday-Saturday, June 14-15
(\$50, members \$45)

Facing Climate Change (no fee)

- Friday, April 26
- Friday, May 17
- Friday, June 7

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 *Compassionate Ocean*) to: Compassionate Ocean Zen 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.



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Spring Zendo Music Night

Jarrelle Barton, guzheng
Michelle Kinney & Leila Awadallah,
cello & dance

7:30 P.M. Friday, April 19

By donation

Part of our ongoing series highlighting local musicians performing in our intimate zendo space.