



# Spring Programs 2018

## Compassionate Ocean Zen Center

652 17th Ave. NE, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)

## Buddhist Psychology Series

### Who Am I?

Taught by Michael and Joen O'Neal



One of the most basic things we do is divide the world into *self* and *other*.

What is the nature of this self?

How do we construct it, and what are the consequences?

How can looking deeply at the nature of self bring greater freedom, happiness, and engagement?

The course will include a study of Vasubandhu's *Thirty Verses on Consciousness Only*.

Each class will include meditation, lecture, and discussion.

#### Minneapolis (#B85)

Wednesdays, March 28-May 16 (eight sessions)

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](http://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 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.

**#195 Minneapolis: Tuesdays**  
March 27-May 15 • 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)

**#276 St. Paul: Thursdays**  
March 29-May 17 • 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 12 • 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](mailto:admin@OceanDharma.org) or call (612) 781-7640.*

### Guiding Teachers



Joen 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.

*The guiding teachers are available for individual meetings regarding life and practice. To set up an appointment, call the Center.*

### Membership

You are invited to become a member of Compassionate Ocean Zen Center. Membership is an excellent way to support our many programs and help provide financial stability. Membership is encouraged for those who participate regularly and also for those who simply would like to help make possible the continued life of the Center. A membership brochure is available at the Center or by mail. Please request one if interested.

## 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, March 23, 9:30-11:00 A.M.**

**Sunday, March 25, 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 2 & 9, 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

### Day of Zen Practice

**Saturday, April 14, 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).

### Weekend Sesshin at Ryumonji Monastery

**Friday, May 18, 7:00 P.M. – Sunday, May 20, 1:00 P.M.**

Led by Shoken Winecoff, Joen O'Neal, and Michael O'Neal. Location is in northeastern Iowa.

Fee due in advance: members \$150, non-members \$175 (includes meals and lodging).

"Sesshin" means "to gather the mind," and the term is used to describe a multi-day period of dedicated zen practice. To register for this retreat, call the Center at (612) 781-7640 well in advance.

## Facing Climate Change: For a Future to Be Possible

This ongoing monthly series focuses on the unfolding crisis of climate, atmospheric, and oceanic disruption and on what we can do.

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](mailto: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.

### Spring Schedule:

**Friday evenings, April 27, May 25, June 22.**



## Spring 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 (#195)
- St. Paul, Thursday evenings (#276)

### Total Dynamic Living: One-Day Retreat

- Saturday, May 12, 9:00 A.M.– 3:00 P.M.  
(by donation for program alumni)

### “Who Am I?” Course

- Wednesday evenings (#B85)  
March 28-May 16 (\$25 deposit)

### Introduction to Zen Practice Mini-Course

- April 2 & 9 (no fee)

### Day of Zen Practice

- Saturday, April 14  
(\$35 members, \$40 non-members)

### Weekend Sesshin at Ryumonji

- May 18-20  
Call if you are interested in attending this sesshin.

### Facing Climate Change (no fee)

- Friday, April 27
- Friday, , May 25
- Friday, , June 22

**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 Zen Center  
652 17th Ave. NE, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)  
Or register online on our website in the “Classes & Retreats” section.



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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](mailto:admin@OceanDharma.org).

## Ordination of Michael O’Neal to Take Place in May



On Sunday, May 20 at 10:00 A.M. Michael will be ordained as a Soto Zen priest by Rev. Shoken Winecoff.

Rev. Winecoff is the abbot of Ryumonji Zen Monastery and a Dharma heir of Dainin Katagiri Roshi, who brought Soto Zen to the Midwest.

The ceremony will take place at Ryumonji in northeastern Iowa, about 3½ hours by car from Minneapolis. The ceremony is open and visitors are warmly invited to attend, either for just the ceremony or for the weekend sesshin which will precede the ceremony (see page 3 for further information about the sesshin). The ceremony will take about an hour and a half and will be followed by a reception and lunch. For further information, please contact the Center as early as possible at (612) 781-7640.