



Compassionate Ocean Dharma Center

A Center for Mindful Living

652 17th Avenue NE, , Minneapolis, MN 55413 • Issue No. 40 • Summer 2015

The Power of Kind Speech

By Joen Snyder O'Neal



Kind speech means that when you see living beings you arouse a mind of compassion and offer words of loving care. It is the absence of cruel or harsh speech. Please know that kind speech comes from a kind heart, and a kind heart has compassion as its seed.
—Zen master Dogen

Several times our Center has offered a course on “Mindful Speech and Deep Listening.” Once a participant said it was the hardest class he’d ever taken. I think he meant that it was the hardest practice he’d ever undertaken. It is hard because speech permeates our daily lives and we have deep habits of mindlessness. To bring awareness again and again to speech that may be harsh, untimely, dismissive, or untrue, or merely trivial, is indeed hard.

Our speech comes from our thoughts, and our thoughts come from the quality of our hearts. If we see our world and all the many beings in it as worthy of kindness and compassion, our

speech will reflect that. And when we practice kind speech, it waters the seed of compassion in us as well as others. Practicing kind speech involves changing our minds, and this involves doing something different from our customary ways.

Praise those with virtue; pity those without it. If kind speech is offered, little by little virtue will grow. Those who hear kind speech from you will have a gladdened countenance and a joyful mind. It is the basis for reconciling rulers and subduing enemies; it has the power to turn the destiny of a nation.
—Zen master Dogen

During the class we begin to see more clearly the difficulties and misunderstandings caused in our families, friendships, and work places through unwholesome, unkind speech, as well as the wondrous power of truly kind speech. A participant said that the most profound thing he got from the class was probably the simplest: remembering to use kind words whenever possible. “Not because the recipient has behaved in a certain way, or lived up to my expectations, or in any way ‘earned’ it, but just because they are alive, are there, right here, right now.” To notice, to become mindful, of what we say and the difference it makes is truly great! It is a key step in changing our destiny, our family’s destiny, and the destiny of our nation.

One of the kindest people I know is Norman Fischer, former abbot of the San Francisco Zen Center. He is also a former high school teacher, and wrote this about working with his students:

The other day in one of my classes a student complained to me, “Why did you tell me to shut up? She was talking too, and you didn’t tell her to shut up.” I said, “I never told you to shut up; I said ‘Please be quiet,’ but I would never tell you to shut up.”

There’s a big difference between “Please be quiet” and “Shut up,” a difference that the whole class realized then. In fact, I never do tell people to shut up or ever talk disrespectfully to any of my students at any time, no matter what they are doing.

There is a statue of the Buddha that has lotus flowers coming out of his mouth. This is an artistic way of expressing the kind of speech of a great being. When we practice kind speech it is just like bringing flowers into the world, cultivating a beautiful garden for others and ourselves through the words we speak.

Please be willing to gladly practice kind speech for this entire life and continue on, lifetime after lifetime.—Zen master Dogen.

Joen will be offering the course “Mindful Speech and Deep Listening” this summer beginning June 10. See details on page 3.

2015 Spring Appeal

Dear Friend:

I am a new member of Compassionate Ocean Dharma Center. I took my first class last fall, a life-changing experience that I deeply needed. I am now in the middle of my third course with the Center, continuing to study and practice mindfulness.

I'm also a new Board member, brimming over with "beginner's mind." The opportunities here seem almost endless for people who want to learn and become part of a community of people who practice mindful living. There are Sangha (community) gatherings every Friday and Sunday morning. There are classes for both beginners and more advanced practitioners most Tuesday, Wednesday, and Thursday evenings. There are open meditation periods as well as one-day and longer retreats. There are work days when we can paint or rake or clean together, whatever needs doing. And there are events in collaboration with other Zen centers.

I feel lucky to be a beginner in our newly renovated building, a beautiful center for study, meditation, and community. It is peaceful, serene, and clear. The building opens up possibilities beyond what Compassionate Ocean has been able to offer previously. As a Board we invite your ideas for the future, and we also hope for your presence to help bring this practice alive in our new space.

We also ask for your financial support. Fees for Compassionate Ocean classes and activities are kept low so that finances are a minimal barrier for people who want to participate. This revenue is about a third of what Compassionate Ocean needs to operate—the rest must come from us, members and contributors.

Specifically, beyond keeping the Dharma Center open, our support is needed to provide the Center with basics including updated communication tools and administrative support so that our beloved teachers can focus on supporting the community to build, learn, and grow. Please help at this time as you are able.

Your donations may be mailed in the enclosed envelope. Feel free to put ideas in there, too. You can also contribute online at www.OceanDharma.org.

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

John Stuart

John Stuart
For the Board of Directors



Compassionate Ocean Dharma Center is a 501(c)(3) organization. Donations are tax deductible.



Summer Programs 2015

Compassionate Ocean Dharma Center

652 17th Avenue NE., Minneapolis, MN 55413

(612) 781-7640 • www.OceanDharma.org

Mindful Speech and Deep Listening

Taught by Joen Snyder O'Neal



Mayumi Oda

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 eight-week class we will look deeply into the ways we create happiness or suffering with the words we speak. 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 twenty minutes of meditation practice with instruction.

Summer 2015: Mindful Speech and Deep Listening (#B74)

Wednesdays, June 10—July 29 (eight sessions)

7:00—8:30 p.m.

Compassionate Ocean Dharma Center

652 17th Avenue NE, Minneapolis, MN 55413

\$130 (members \$115), materials included

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 www.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.

#186 Minneapolis: Tuesdays

June 9–July 28 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

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

#266 St. Paul: Thursdays

June 11–July 30 • 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 25, 2015 • 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 Snyder O'Neal
and Michael O'Neal

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.

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.

Sangha Gatherings

The Compassionate Ocean Sangha (community) is a group practicing in the Buddhist mindfulness traditions of Soto Zen and Thich Nhat Hanh. Throughout the year we have 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: 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

Note: the last Sunday gathering before the August break will be on July 26. Sunday gatherings will resume on Sept. 13.

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

Schedule: 9:30 sitting, 10:00 walking, 10:10 dharma talk and discussion, 11:00 ending.

Note: No Friday gathering on June 19 due to the yard sale. The last Friday gathering before the August break will be on July 31. Friday gatherings will resume on Sept. 11.

Introduction to Zen Meditation

Includes orientation and brief instruction in Zen meditation for new people. No advance registration required

Sundays, 8:15-8:45 A.M.

Note: no Introduction to Zen on May 31 or in August.

Meditation Sessions

Wednesday mornings:

7:00 A.M. zazen (sitting), 7:30 kinhin (walking), 7:40 zazen, 8:10 chanting service, 8:30 temple cleaning (to 8:45).

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

Note: no Wednesday morning meditation on June 3. August dates to be determined.

Friday evenings: June 12 and July 24

7:00 P.M. zazen (sitting), 7:30 kinhin (walking), 7:40 zazen, 8:10 kinhin, 8:20 zazen, 8:50 closing chant

Building Work Days

Most Tuesdays, 10:00-4:30 P.M. (lunch at 1:00 P.M.)

Painting, cleaning, and light carpentry projects. Volunteers of all skill levels are welcome. People are welcome to come for part of the day. Sign up by the preceding Sunday by calling the Center at (612)781-7640. (Note: no work day June 2. August dates to be determined.)

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. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

One-day Retreat

Saturday, June 13, 9:00 A.M.-4:30 P.M.

Led by Michael O'Neal

This day of practice includes sitting and walking meditation, yoga practice, and a dharma talk. Participants should bring a bag lunch; drinks will be provided. Offered by donation.

Advance registration required.

Weekend Sesshin

Friday, July 10, 7:00 P.M.–Sunday, July 12, Noon

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

Sesshin means "to gather or collect the mind." Includes sitting and walking meditation, chanting services, dharma talks, and formal meals. This will be our first weekend sesshin at our new space. Register at least one week in advance.

Fee: \$60 (members \$50) (includes four meals)

Practice Period at Hokyoji

Located in southeastern Minnesota

Seven-day practice period:

Monday Aug. 31, 5:00 P.M.–Monday Sept. 7, 2:00 P.M.

Sesshin only:

Friday Sept. 4, 7:00 P.M.–Monday Sept. 7, 2:00 P.M.

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

Led by Joen Snyder O'Neal, Michael O'Neal, and resident priest Dokai Georgeson



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 even but have not attended a Compassionate Ocean sangha retreat in the past, please call.

Summer 2015 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 (#186)
- St. Paul, Thursday evenings (#266)

Total Dynamic Living: One-Day Retreat

- Saturday, July 25, 9:00 A.M.– 3:00 P.M. (by donation)

Mindful Speech and Deep Listening:

- Minneapolis, Wednesday evenings (#B74) (\$25 deposit)

One-Day Sangha Retreat

- June 13, (by donation)

Weekend Sesshin

- June 26–June 28, (enclose payment of of \$50 members, \$60 nonmembers)

Hokyoji Retreat

- Friday, August 31, September 7 (enclose payment of \$55/night members, \$65/night 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: Compassionate Ocean Dharma Center
681 17th Ave. NE Ste. 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org
Or register online on our website in the Classes & Retreats section.

Jikai Dainin Katagiri, 1928-1990



March 1 of this year marked the 25th anniversary of the death of Dainin Katagiri, founder of the Minnesota Zen Meditation Center in Minneapolis and Hokyoji Zen Practice Community in southeastern Minnesota. At the time of his death he was 62 years old; he had been in residence in Minnesota for a little over 17 years.

Katagiri roshi was the root teacher of Joen (who began practice with him in 1973) and Michael (who began practice in 1978). He is also the direct spiritual source of a great number of students, teachers, and Zen Centers throughout the United States, especially in the Midwest. His life energy is carried forward in the dedicated practice of us all. For more information about Katagiri roshi, please see “The Katagiri Project” at www.mnzencenter.org.



Joen and Katagiri roshi at Hokyoji in the mid-eighties

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.





Joen about to give a talk at Hokyoji Zen Practice Community last September.



The winter Minneapolis *Total Dynamic Living: Introductory Program in Mindfulness* class at the Center.



Judy McConnell signing books after the March reading of her memoir, *A Penny a Kiss: Memoir of a Minnesota Girl in the Forties and Fifties*.



Compassionate Ocean Dharma Center
Administrative Annex
681 17th Ave NE, Suite 210
Minneapolis, MN 55413
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admin@OceanDharma.org
www.OceanDharma.org

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Summer Program Highlights

- **Introductory Programs in Mindfulness (MBSR) offered in Minneapolis and St. Paul**
- **Buddhist Studies course**
– *Mindful Speech and Deep Listening*
- **One-day sitting in June**
- **Weekend retreat in June**
- **Practice Period at Hokyoji Zen Practice Community**

Open House

Saturday, June 27, 1:00-5:00 P.M.



Come and tour the building, greet the teachers and community members, and share refreshments.

Yard Sale



Friday & Saturday, June 19 & 20
9:00 A.M.-4:00 P.M.

Compassionate Ocean Dharma Center
652 17th Ave. NE, Minneapolis

This fundraiser for Compassionate Ocean invites donations of good quality items, including furniture, kitchenware, decorative items, toys, games, books, CDs and DVDs, and gently used clothing. Please avoid outdated electronics, and call in advance to discuss donations of especially heavy or bulky items.

Please come to shop as well! Volunteers are also needed; please call the Center.