



Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413
(612) 781-7640 • OceanZen.org

Spring Programs 2023

The Practice of Transforming Suffering

Taught by Genpo Michael O'Neal & Joen O'Neal



The practice of Right Speech is to try to change our habits so that our speech arises from the seed of Buddha that is in us, and not from our unresolved, unwholesome seeds....Right Action means Right Action of the body. It is the practice of touching love and preventing harm, the practice of nonviolence toward ourselves and others....Right Livelihood is a collective matter....Everything we do contributes to our effort to practice Right Livelihood. It is more than just the way we earn our paycheck.

—Thich Nhat Hanh, *The Heart of the Buddha's Teaching*

This course is part of a series exploring Thich (Thây) Nhat Hanh's presentation of core Buddhist teachings. This spring course will give special attention to three elements of the Buddha's teaching of the Noble Eightfold Path: right speech, right action, and right livelihood.

Thich Nhat Hanh (1926–2022) was one of the most influential teachers of mindfulness and the bodhisattva path in the world. He was active his entire life in presenting ways of engaging with the challenges of our lives and our world that are profound, inspiring, and accessible to everyone. His example and teachings have greatly influenced the development of Compassionate Ocean, our teachers, and our members.

Each class will include sitting meditation and a talk based on readings from the course text, *The Heart of the Buddha's Teaching*, with discussion. The text will be available at the first class (and mailed to those who will be participating via Zoom). We will also be making references to *No Mud, No Lotus: The Art of Transforming Suffering*, also by Thây.

Wednesdays, March 29–May 17 (eight sessions) (#B105)

7:00–9:00 P.M.

\$185 (members \$165) (includes course text)

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

*Member rates apply to members of all local Buddhist centers.
Reduced fees are offered as needed; please contact the Center at (612) 781-7640.*

To register, go to www.OceanZen.org/buddhist-studies.

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.



**Tuesdays,
Mar. 28–May 16
6:30–9:00 P.M.
(eight sessions) (#609)**

**Instructor:
Michael O’Neal**



This course will be offered in-person.

**Day of Mindfulness Retreat
Saturday, May 13, 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 our [retreats page](#) to register.

What past participants have said about our Introductory Program in Mindfulness

“I feel more relaxed and centered, more accepting of myself and others.”

“The eight-week mindfulness class is an excellent way to both introduce and deepen this practice. It 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 meditation taught in this class is invaluable, ideally suited for those who are skeptical or new to meditation.”

“Very, very meaningful and wonderful instructors and classmates. Life-changing experience.”

~ Gift certificates are available. ~

Future MBSR Course Dates

- June 6 - August 1 (no class on July 4)
- Sept. 19 - Nov. 7

www.OceanZen.org/mindfulness

New to Zen?

New people are always welcome to participate in the Center's activities; the boxed activities are designed especially for you!

If you would like to talk to one of our teachers to get acquainted or for more information, please contact the Center and we'll follow up.

Sunday Meditation and 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 Genpo Michael O'Neal and Joen O'Neal.

Sundays, 9:00–11:15 A.M.

- 9:00 sitting
- 9:25 walking
- 9:35 sitting
- 10:00 Dharma talk and discussion
- 11:15 ending

Sunday Welcome Sessions for Newcomers

Guided meditation instruction and a Dharma talk oriented to those newer to Compassionate Ocean or Zen will be presented at these Sunday morning programs. These 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, March 26, 9:00–11:15 A.M.**
- **Sunday, April 30, 9:00–11:15 A.M.**

Weekday Morning 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. There are no prerequisites; people are welcome to come when they wish. There is no fee; donations are welcome. The weekday meditations are led by Michael O'Neal.

Monday–Friday, 7:00–8:00 A.M.

- 7:00 zazen (sitting)
- 7:40 chanting service
- 8:00 closing comments

Introduction to Zen Practice Mini-Course

- **Mondays, March. 13 & 20, 7:00-9:00 P.M**
- **Mondays, May. 15 & 22, 7:00-9:00 P.M. (in person)**

This is a two-session introduction to Zen meditation and related practices. It will be a combination of discussion about Zen and its place in Buddhism and human life, some information about Compassionate Ocean Zen Center, and instruction in sitting meditation. Guiding Teacher Michael O'Neal will lead this program, which is intended to be a starting point for those curious about or new to Zen. There is no fee.

To register, visit www.OceanZen.org/intro-to-zen.

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. Participation in sesshin is open to community members and others who have some experience with Buddhist practice and meditation.

Weekend Sesshins

- **Friday, March 24, 7:00 P.M.–Sunday, Mar. 26, noon**
- **Friday, April 28, 7:00 P.M.–Sunday, April 30, noon**

Led by Michael O'Neal & Joen O'Neal

These weekend sesshins will include sitting and walking meditation, a Dharma talk, a work period, and an opportunity to meet with a teacher. Each weekend sesshin also includes three vegetarian meals on Saturday. Fee: by donation.

Annual Meeting

This is an opportunity for all those interested in the well-being of Compassionate Ocean to look at the state of our Center and consider how we can provide the best support as we go forward. There will be a review of accomplishments in the past year, reports from the Finance Committee and other committees, and information from the Guiding Teachers. Sustaining Members of Compassionate Ocean will elect new members to the Board of Directors. There will also be an opportunity for everyone to share reflections, ideas, and aspirations for our Center. Following the meeting everyone is invited to stay for brunch. A Zoom option will be available as well.

Sunday, May 7, 9:00 A.M. *This will be in place of our usual Sunday morning program.*

Open House During Art-A-Whirl Weekend

Add a visit to Compassionate Ocean to your Art-a-Whirl weekend! You are warmly invited to attend our Art-a-Whirl Open House **Friday, May 19–Sunday, May 21**. For more information, visit www.OceanZen.org. We have an ADA accessible building.

- Tour the Center
- Learn about our programs
- Meet our Guiding Teachers and community members



We are open for both in-person and Zoom participation

Our Introduction to Mindfulness (MBSR) course, our Introduction to Zen Practice mini-courses, and our weekend sesshins are in-person only at the Center. Other activities that take place at the Center can be accessed via Zoom. These include our Sunday morning gatherings, weekday morning sittings, and Wednesday evening Buddhist Studies classes.

Everyone is welcome to attend Sunday and weekday morning gatherings without pre-registering. Pre-registration is required for our courses (Buddhist Studies, Mindfulness-Based Stress Reduction, and Introduction to Zen Practice), as well as for sesshins.

The following COVID guidelines are in effect for people entering the Center:

- Masks are required while inside the building.
- Please do not visit if you are feeling ill.
- Full COVID-19 vaccination (including boosters) is encouraged.

Your cooperation with these guidelines is greatly appreciated.

March is Membership Month

You are invited to become a Sustaining Member of Compassionate Ocean.

Sustaining membership donations provide foundational support for the principles, practices, and community that make up our Center. Sustaining membership provides the largest single source of financial support for Compassionate Ocean, and makes it possible for our activities to continue and to be widely affordable. Completed pledge forms are important because they affect our budgeting. To complete an online pledge form, please visit www.OceanZen.org/membership.

Guiding Teachers



Joen O'Neal and Genpo 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. Both Joen and Michael are Zen priests.

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