



# Compassionate Ocean Zen Center

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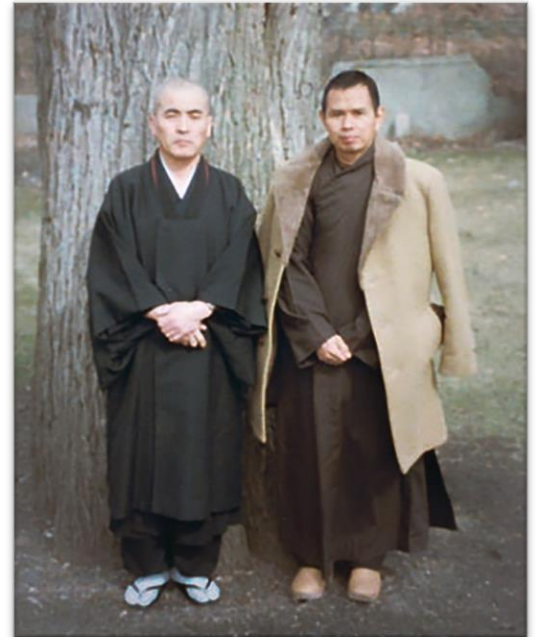
## Spring Programs 2024

# In Dependence, Things Rise Up

**Taught by Genpo Michael O’Neal, with Joen O’Neal**

*...we have to develop individual character, and simultaneously the global character of human beings. Beyond any ideas of whether we can build up a peaceful world or not, let’s do it: be peaceful. That’s why Thich Nhat Hanh says, “Breathing in, I calm my body and mind. Breathing out, I smile with joy.” What is this practice? What does he mean? ...day by day we have to build up peace in the very complicated overall picture of global existence, so-called human being. This is our peace work.*

—Dainin Katagiri Roshi  
*(from a talk given May 27, 1987, at the Minnesota Zen Meditation Center)*



Dainin Katagiri Roshi and Thich Nhat Hanh  
*(Minneapolis, 1983)*

One of the most profound teachings of the Buddha is *pratitya samutpada*—interdependent co-arising. Thich Nhat Hanh calls this “the foundation of all of Buddhist study and practice.” This teaching includes the Buddha’s insight into the working of *karma*—how our intentions, actions, and the energy within shape our world. This course will explore this foundational teaching from a variety of perspectives, ancient and modern, including teachings by Dainin Katagiri Roshi and Thich Nhat Hanh.



The primary course text is “*Taking Care of Karma: Katagiri Roshi’s Lectures on Karma*,” transcribed by Kikan Michael Howard, and is currently available only by taking this course. The class will be led by **Genpo O’Neal**, a Guiding Teacher of Compassionate Ocean and a Zen priest in Katagiri Roshi’s teaching lineage. **Joen O’Neal** will assist with the teaching.

**Wednesdays, April 3–May 22 (eight sessions) (#B109)  
7:00–9:00 P.M.**

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

**Course fee: \$185 (\$165 members)**

*Please deduct \$15 if you already have a copy of the course text, Taking Care of Karma: Katagiri Roshi’s Lectures on Karma, from the previous quarter.  
Reduced fees are offered as needed; please contact the Center to discuss.*



[www.oceanzen.org/buddhist-studies](http://www.oceanzen.org/buddhist-studies)

## Introductory Program in Mindfulness

# Mindfulness-Based Stress Reduction (MBSR)

*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.

The course fee is \$350, which includes the above materials. Gift Certificates are available. Payment plans and limited need-based support are also available. Please contact the Center to discuss.

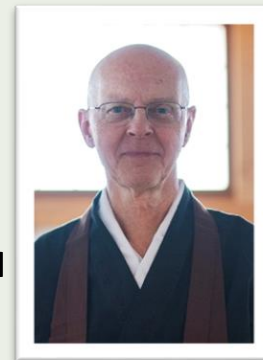
Enrollment is limited, and pre-registration is required.



**Tuesdays,**  
**Apr. 2–May 21**  
**6:30–9:00 P.M.**  
(eight sessions) (#616)

**Instructor:**  
**Genpo Michael O'Neal**

*Genpo has been teaching this course since 1995.*



*This course will be offered in-person only.*

**Day of Mindfulness Retreat**  
**Saturday, May 11, 9:00 A.M.–3:00 P.M.**

This retreat is part of the spring 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 [oceanzen.org/retreats](http://oceanzen.org/retreats) to register.

### **What past participants have said about our MBSR Program**

*"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!"*

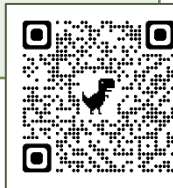
*"The meditation taught in this class is invaluable, ideally suited for those who are skeptical or new to meditation."*

*"Very, very meaningful and wonderful instructors and classmates. Life-changing experience."*

### **Future MBSR Course Dates**

- Summer course: June 11 – July 30
- Fall course: Sept. 24 - Nov. 12

[www.OceanZen.org/mindfulness](http://www.OceanZen.org/mindfulness)



## New to Zen?

*Newcomers are always welcome to participate; the boxed activities are especially for you!*

## Meditation & Dharma Talks

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. Sunday gatherings are co-led by Genpo and Joen O'Neal.

**Sundays, 9:00-11:15 A.M.**  
**(In-person and via Zoom)**

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



## Welcome Session 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. No pre-registration is necessary.

**(In-person and via Zoom)**

- **Sunday, May 5, 9:00–11:15 A.M.**

## Intro to Zen Practice Mini-Course

This two-session introduction to Zen meditation and related practices is a starting point for those curious about or new to Zen. In it, guiding teacher Genpo O'Neal discusses Zen and its place in Buddhism and human life, answers questions about Compassionate Ocean Zen Center, and provides instruction in sitting meditation. The mini-course is in-person only. There is no fee.

- **Mondays, May 6-13, 7:00-9:00 P.M.**

**To register:**

[www.oceanzen.org/intro-to-zen](http://www.oceanzen.org/intro-to-zen)



## 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.

**Monday–Friday, 7:00–8:15 A.M.**  
**(In-person and via Zoom)**

- 7:00 zazen (sitting)
- 7:40 chanting service
- 8:00 temple cleaning
- 8:15 ending



## Weekend Sesshins (Retreats)

A *sesshin* (literally, “to gather the mind”) is a time when formal Zen practice is our primary focus. Sometimes these are informally called “retreats,” but in actuality they involve going forward into the heart of our lives. Each sesshin offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. Sesshins are led by Genpo and Joen O'Neal.

- **Friday, Mar. 15, 7:00 P.M.–Sunday, Mar. 17, noon**
- **Friday, Apr. 26, 7:00 P.M.–Sunday, Apr. 28, noon**
- **Friday, June 7, 7:00 P.M.–Sunday, June 9, noon**

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.

**To register:** [www.OceanZen.org/retreats](http://www.OceanZen.org/retreats)

## Annual Meeting

**Sunday, Apr. 21, 9:00 A.M.** *This will be in place of our usual Sunday morning program.*

Our Annual Meeting is an opportunity for all who are interested in the well-being of Compassionate Ocean to reflect on the state of our Center. Board members and our guiding teachers will review accomplishments from the past year, and board committees will report on finances and other important areas.

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.



## 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.

Becoming a member is easy! Just complete an online pledge form at [www.OceanZen.org/membership](http://www.OceanZen.org/membership).



## Art-A-Whirl Weekend: Open House and Doors Open Minneapolis

This year, Compassionate Ocean will participate in [Doors Open Minneapolis](#) during Art-a-Whirl Weekend, **Friday, May 17– Sunday, May 19.**

*Doors Open Minneapolis* is an annual event produced by the historic preservation nonprofit, Rethos. This event enables the public to explore dozens of buildings that tell our city's story. We are looking forward to this opportunity to share Compassionate Ocean's serene and carefully designed space with the greater community.

**We are seeking volunteers for Art-a-Whirl weekend**—to help clean the building (before and after the event), greet and guide guests, and answer questions about design elements of the building, our programs, and Zen practice. Training will be provided. Email the Center for more information.



***Make Compassionate Ocean a part of your Art-A-Whirl plans! Stop in while you're out enjoying Minneapolis's Arts District or Email [admin@oceanzen.org](mailto:admin@oceanzen.org) to volunteer at our Open House!***

## Thank You!

We are deeply grateful to all who contributed to our 2023 Year End Appeal. Over \$26,000 was donated to help make it possible for us to offer space and programs that support our mission of cultivating full engagement with life-as-it-is, for the benefit of all.

## 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 completed an MBSR 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.*