



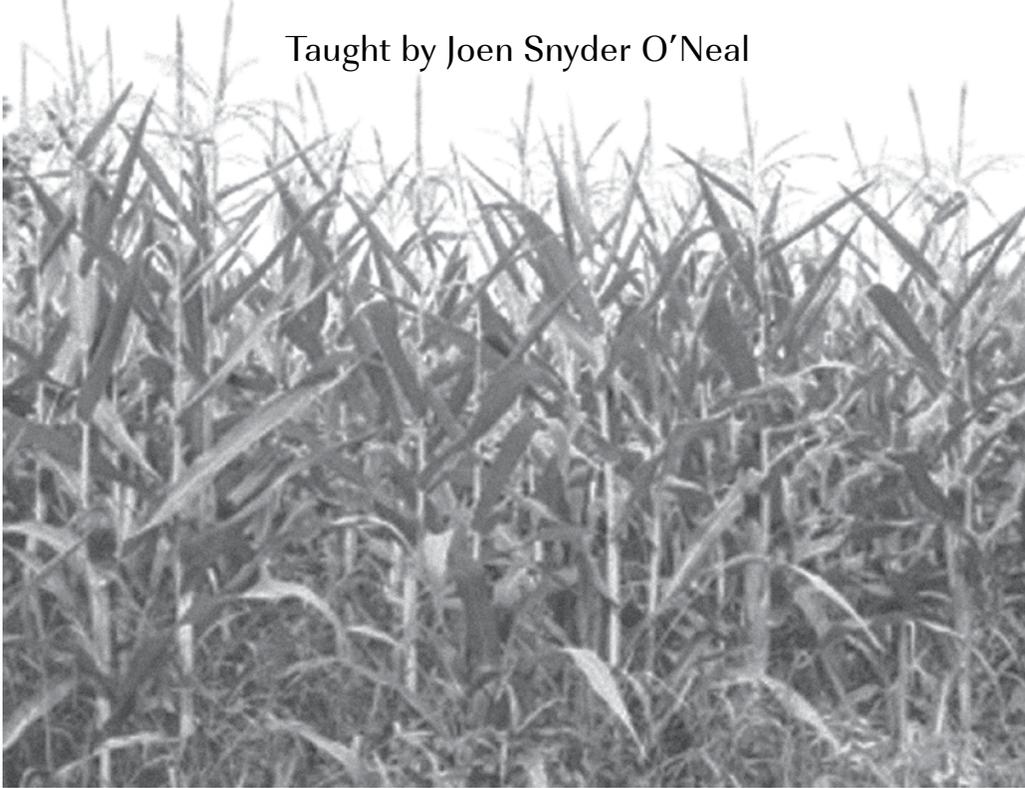
Summer Programs 2013

Compassionate Ocean Dharma Center
681 17th Avenue NE, Suite 210, Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

When Things Fall Apart

Exploring adversity with the teachings of Pema Chodron

Taught by Joen Snyder O'Neal



Mondays, June 17 – July 22 (Six Sessions) • 7:00-9:00 P.M.

Casket Arts Building, Suite 210

681 17th Ave. NE, Minneapolis (in the Northeast Arts District) (#B65)

Fee: \$120 (members \$100) + \$10 materials fee

Member rates apply to members of all local Dharma centers. Reduced fees are offered as needed.

It is said that unskilled farmers throw away their rubbish and buy manure from other farmers, but those who are skilled go on collecting their own rubbish, in spite of the bad smell and the unclean work, and when it is ready to be used they spread it on their land, and out of this they grow their crop.

from Chogyam Trungpa, *Meditation in Action*

In this class we will use Pema Chodron's book *When Things Fall Apart* as a platform to skillfully work with the garbage and the flowers of our lives. We will explore the basic practice that Pema, and traditional Buddhist wisdom, teaches about how to meet our difficulties: by not turning away, by leaning into the sharp points, and by bringing whatever we encounter to the path of awakening with friendliness and curiosity. This practice directly addresses loneliness, hopelessness, and fear; it cultivates courage, kindness, dedication, humor, and love. Let's come together and support each other in making good compost from the inevitable difficulties of our lives.

The class will include meditation, teaching by the instructor, group discussion, and recommended home practice.

Total Dynamic Living - Introductory Program in Mindfulness

For program description and details, please see our website: www.OceanDharma.org

#180 Minneapolis: Tuesdays

June 4 – July 23 • 6:30 - 9:00 P.M.

Instructor: Michael O'Neal

Location: Casket Arts Building, Suite 210

681 17th Ave. NE, Minneapolis (in NE Arts District)

#259 St. Paul: Thursdays

June 6 – August 1 (No class July 4) • 6:30-9:00 P.M.

Instructor: Michael O'Neal

Location: Clouds in Water Zen Center

308 Prince St., St. Paul (near I-94 & the 7th St. exit)

Total Dynamic Living: One-Day Retreat

The Total Dynamic Living One-Day Retreat will take place Saturday, July 20, 8:30 A.M.-2:30 P.M.

Casket Arts Building, 681 17th Ave. NE, Suite 210, Minneapolis

Spring Appeal

Dear Friends,

At our May retreat with Tenshin Reb Anderson from the San Francisco Zen Center, we looked deeply into the nature of phenomena—the true nature of all things that we experience as being “around us.” Everything we see, hear, smell, taste, and touch—everything in our universe—is dependent upon everything else. Because of “this,” there is “that.” Whatever is happening is dependent on others; we don't need to cling to the idea of a separate self. Understanding this can help us act to benefit everyone.

With this in mind, what we do as sangha members, we dedicate to the benefit of all. We know that as we help others, others help us. In a very real sense we as a sangha cannot exist without the support of innumerable other beings. You are a part of Compassionate Ocean, and I am grateful.

Today I am writing to reaffirm this connection among all of us, and to ask you to consider supporting Compassionate Ocean with a financial gift at this time.

Our Friday and Sunday sanghas continue to meet weekly, with sitting and talks and discussion, and I warmly invite you to visit. Retreat practice and meetings with teachers continue to be offered. We regularly join with other Zen centers to sponsor events, helping to build a strong family connection among area sanghas. And we are moving ever closer to being in our new space, excited about having greater opportunities for offering meditation, retreats, and classes, including Buddhist studies and foundation mindfulness courses.

As you may already realize, the Dharma Center needs your support to meet its operating expenses and be able to grow. Program fees cover only about a third of total expenses. To cover the remainder we rely on contributions and other fundraising. We operate on a very tight budget, with strong support from many volunteers, but financial needs are very real.

At this time we are seeking donations for our Spring Appeal, with a goal of \$10,000. This will provide essential support for the summer months and beyond. Donations of all amounts are important and make a real difference.

We thank you sincerely for considering this request. May we all join hands and joyfully walk together for the welfare of all beings.

Donneen Torrey, Chair
For the Board of Directors

Sangha Gatherings

The Compassionate Ocean Sangha is a group practicing in the Buddhist mindfulness traditions of Soto Zen and Thich Nhat Hanh. Throughout the year the sangha (community) has 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: Sundays, 9:00-11:15 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.
The last Sunday gathering before the summer break will be on July 28. Sunday gatherings will resume on Sept. 8.

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

681 17th Avenue N.E., Suite 210, Minneapolis
Schedule: 9:30 sitting, 10:00 dharma talk and discussion, 11:00 ending.
The last Friday gathering before the summer break will be on July 26. Friday gatherings will resume on Sept. 6.

Guiding Teachers



Joen Snyder O'Neal and Michael O'Neal are available for individual meetings regarding life and practice. Call the Center for an appointment.

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.

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 Sittings

Saturday, June 15, 9:00 A.M. - 5:00 P.M.

Saturday, July 13, 9:00 A.M. - 5:00 P.M.

681 17th Avenue N.E., Suite 210, Minneapolis

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

This includes sitting and walking meditation, yoga practice, and a dharma talk by Joen Snyder O'Neal or Michael O'Neal. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers

Practice Period at Hokyoji Practice Center

Located in Southeastern Minnesota

Seven-day practice period:

Monday Aug. 26, 3:00 P.M. - Monday, Sept. 2, 2:00 P.M.

Retreat only:

Friday Aug. 30, 7:00 P.M. - Monday, Sept. 2, 2:00 P.M.

Led by Joen Snyder O'Neal and Michael O'Neal, with resident priest Dokai Georgesen Fee: \$65/day (members \$55/day)

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 meditation, and dharma discussion. There will be opportunities for individual meetings with the teachers. Please contact the Center for more details. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this practice session but have not attended a Compassionate Ocean sangha retreat in the past, please call.



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.

Summer 2013 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 (#180)
 St. Paul, Thursday evenings (#259)

Total Dynamic Living: One-Day Retreat

- Saturday, July 20, 8:30 A.M.– 2:30 P.M.
(by donation for program alumni)

Buddhist Studies Class: When Things Fall Apart

- Minneapolis, Monday evenings (#B65)
(\$25 deposit)

Practice Period at Hokyoji

- Monday, August 26 – Monday, Sept. 2
(enclose payment of \$55/night members,
\$65/night non-members)

One Day Sittings

- Saturday, June 15, 9 A.M.– 5 P.M.
 Saturday, July 13, 9 A.M.– 5 P.M.
(enclose payment of \$20 members,
\$25 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:

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Summer Program Highlights

- **Introductory Programs in Mindfulness**
– Offered in Minneapolis and St. Paul
- **Buddhist Studies courses:**
– **When Things Fall Apart**
- **One Day Retreats:**
– **June 15 and July 13**
- **Practice Period at Hokyoji:**
– **August 26–September 2**
– **Retreat only: August 30–Sept. 2**

Yard Sale

**Friday, June 21 – Saturday, June 22,
9 A.M. – 4 P.M.**

3206 Holmes Ave. So., Minneapolis

We need donations of good quality furniture, small electronics, books, kitchenware, CDs, decorative items, games and toys.

Good quality, gently used women's clothes welcomed.

No other clothes, please. Also, no skis, heavy furniture, TVs or computers.

Contact the Center for more information or to volunteer.