



Compassionate Ocean Dharma Center

A Center for Mindful Living

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413 • Issue No. 33 • Winter 2012



Sosan Flynn pouring tea for Terry Miller at Hokyoji Zen Monastery during our Labor Day week-long practice period

Fall Highlights



Sue Harrington, Aaron Tovo, Sosan Flynn, Edo Sandstedt, Joen Snyder O'Neal, and Nancy James at the Mississippi Thich Nhat Hanh Retreat



Chi-Sing, Andy Jones, and Donneen Torrey at the Thich Nhat Hanh retreat in Vancouver



Lyn Horness, John Carmody, Judy McConnell, and Jim Bolton at the Thich Nhat Hanh retreat at Blue Cliff Monastery in New York



Harriet O'Brian speaking to the Lotus Sutra class



Musicians Tim Weinhold and Mark Munson at the Silent Auction

Year End Appeal

December, 2011

*Eyes of compassion, observing sentient beings,
assemble an ocean of blessings, beyond measure.*

The Lotus Sutra

Dear Friend,

As bodhisattvas—beings dedicated to awakening for the welfare of all—we are committed to sharing the benefits of this practice with everyone.

During the past year Compassionate Ocean has offered many doorways to mindfulness: six introductory classes, four introductory retreats, six sangha retreats, five Buddhist Studies classes, and twice-weekly sangha gatherings, as well as joint activities with Clouds in Water Zen Center and Hokyōji Zen Practice Community. Our teachers have made presentations at universities, interfaith gatherings, and nonprofit organizations, and have offered counseling to individuals. As a community we have made contributions to individuals in need, victims of the Japan earthquake, and residents of a shelter for women. And we are close to finishing the renovation of our building, a long labor of love, which will result in a dedicated practice home offering refuge to many for a long time to come.

Throughout the year our Center has received wonderful financial support in the form of membership, donations, program fees, gifts and loans for the building, and participation in our fundraising events. We, and all who have benefitted from this generosity, are very grateful.

As we continue to provide quality programming we are also devoting time and money to completing our building renovation, and we are in an exceptional period of stretched resources. Soon our opportunities for what we can offer will greatly increase, but we need to join together to support the Center during this bridge period. It is crucial that we end the year in a positive financial position.

Now, as we come to the end of our financial year, it is time for our Year-End Appeal. We need to raise \$25,000 to meet our financial obligations and begin 2012 on solid financial ground.

Please consider making a donation to Compassionate Ocean at this time. All donations are tax-deductible as allowed by law. Donations can be made online at www.OceanDharma.org (see the “Membership and Donations” tab), or use the enclosed envelope to help save on transaction fees.

Thank you sincerely for considering joining in this effort. May all beings find peace, and awaken to the joy and transformation that this brings.

Respectfully,

Donneen Torrey

Donneen Torrey
Chair, Board of Directors

Donna Simmons

Donna Simmons
Treasurer, Board of Directors



Winter Programs 2012

Compassionate Ocean Dharma Center

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413
612-781-7640 • www.OceanDharma.org

How Can I Help? A Bodhisattva's Four Methods of Guidance (#B55)

Taught by Joen Snyder O'Neal

Unwise people think that if they help others first, their own benefit will be lost; but this is not so. Beneficial action is an act of oneness, benefiting self and others together. – Dogen Zenji

A bodhisattva is a great being who helps others. We all have bodhisattva energy, but a never-ending challenge for us is to discover how to express it in a skillful way.

In this class we will study Zen Master Dogen's profound and elegant teaching on four ways we can be of assistance: Giving, Kind Speech, Beneficial Action, and Identity-Action (oneness of self and others). Each of these four methods is right at hand in the midst of our everyday lives, and therefore this teaching is eminently practical.

Each class will include sitting meditation and presentations by the teacher. During the six weeks we will be particularly mindful of these four methods as they are expressed (or not expressed) in our daily life, which will be the basis of our group discussion.

Mondays, January 23 – February 27 (six sessions) • 7:00 - 9:00 P.M.

Tuition: \$120 (members \$100)

Reduced fees are offered as needed

The Wonderful Teachings of Thich Nhat Hanh (#B56)

Taught by Diane Benjamin and Berit Talan

In this course Diane and Berit will present Thich Nhat Hanh's teachings on mindfulness in daily life, as practiced in Thay's communities throughout the world. These teachings and practices, rooted in Buddhism, are applicable for anyone wishing to live a mindful life, and bring alive the wondrous gift that is at the heart of each moment. By learning and practicing in this way, we can create more happiness and peace for ourselves, our loved ones, our communities, and our planet.

Each class will include guided meditation, sharing on the teaching and practices, songs developed in Thay's communities, and discussion.

Diane Benjamin and **Berit Talan** are long-time practitioners and members of Compassionate Ocean. Diane and her family have participated in many retreats with Thich Nhat Hanh and his community, both in the U.S. and at Plum Village in France. Berit practiced for six months with the nuns and monks at Blue Cliff Monastery, a practice center in the tradition of Thich Nhat Hanh in upstate New York, as well as at other retreat sites in Europe and the United States.



Sundays, February 19 – March 25 (six sessions) • 6:00 - 8:00 P.M.

Tuition: \$120 (members \$100)

Reduced fees are offered as needed

**All courses will meet at the CASKET ARTS BUILDING
681 17th Ave. NE, Suite 210 (in the Northeast Arts District of Minneapolis)**

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, two 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.

#176 Minneapolis: Tuesdays

January 17 – March 6 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: First Unitarian Society

900 Mt. Curve, Minneapolis (near the Walker Art Center)

#254 St. Paul: Thursdays

January 19 – March 8 • 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

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, March 3, 2012 • 8:30 A.M.-2:30 P.M.

Location: First Unitarian Society

900 Mt. Curve, Minneapolis (near the Walker Art Center)

Gift certificates for the Introductory Program in Mindfulness are available. Please email admin@oceandharma.org or call (612) 781-7640.



2012 Great Gatherings

We are continuing the program of Great Gatherings started at the 2009 Silent Auction with nine programs offered by members and friends of the Compassionate Ocean Dharma Center this year. Price per guest is \$20. Space is limited. Call 612-781-7640 to reserve a space. Great Gatherings will be held in the Gasket Arts Building, Suite 210 unless stated otherwise.

The first three are:

The Art of Vegetarian Soups, January 22, 3:00-4:30 PM

Diane Benjamin will prepare vegetarian soups sharing her special recipes and tips.

Location: a Minneapolis kitchen.

Zen Tea Ceremony, February 18, 2:00-3:30 PM

Sosan Theresa Flynn will lead a tea ceremony and provide information about tea ceremonies.

The Poetry of Enlightenment, April 28, 7:30-9:00 PM

Michael O'Neal will offer commentary on a selection of poems by a variety of poets, seeking to illuminate the awakened quality of the poem.

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.

Note: No Sunday gatherings on Dec. 25 or Jan. 1. Sunday gatherings will resume on Jan. 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.

Note: No Friday gatherings on Dec. 23 or Dec. 30. Friday gatherings will resume on Jan. 6.

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.

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. Activities include sitting and walking meditation, dharma talks, individual meetings with the teachers, formal oryoki meals, work practice, and service assignments. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

One-day Retreats

Saturday, January 21, 9:00 A.M. - 5:00 P.M.

Saturday, February 25, 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 or Michael. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers

Guiding Teachers

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.



Michael O'Neal &
Joen Snyder O'Neal

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

Winter 2012 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 (#176)
- ☐ St. Paul, Thursday evenings (#254)

Total Dynamic Living: One-Day Retreat

- ☐ Saturday, March 3, 8:30 A.M. – 2:30 P.M.
(by donation for program alumni)

How Can I Help?

- ☐ Minneapolis, Monday evenings (#B55)
(\$25 deposit)

The Wonderful Teachings of Thich Nhat Hanh

- ☐ Minneapolis, Monday evenings (#B56)
(\$25 deposit)

One-Day Retreats

- ☐ January 21, 9:00 A.M. – 5:00 P.M.
(enclose payment of \$25, members \$20)
- ☐ February 25, 9:00 A.M. – 5:00 P.M.
(enclose payment of \$25, members \$20)

**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

Update on the Building Project

Dear sangha members and friends,

Thanks to many of you, we are in the final stages of finishing renovations to the Compassionate Ocean Dharma Center building in northeast Minneapolis. The rough-in plumbing has been completed and the rough-in electrical work is substantially finished as well. A newly redesigned entrance is also nearing completion. This will enable rapid progress installing sheetrock, flooring, finish carpentry, kitchen cabinets and light fixtures.

We had hoped to be finished with the building in time for the Rohatsu sesshin in early December. However, unforeseen delays in redesigning the entrance and solving various code and construction problems have made it necessary to hold Rohatsu at Clouds in Water this year. If everything goes according to plan with no further surprises, we anticipate completing the building in early 2012.

Completing the building will strengthen the sangha and its mission in many ways, providing opportunities for more classes and retreats as well as attracting new members. With a combination of loans and gifts we have received most of the funding we anticipate needing to complete the building. We are grateful for the many past contributions and efforts from sangha members and friends. If you have any questions or are in a position to provide a loan or gift of any size to help complete the building, please email or call me.

John Carmody
Chair, Building Committee
Email: carmo001@umn.edu
Cell phone: 612-251-1630

New Book Discussion Group Forming

Beginning in January Marie Pannier will host a monthly sangha book discussion group in St. Paul.

The first book will be *Radical Acceptance* by Tara Brach. Scheduling will be worked out with interested participants.

Contact Marie at marie.m.p.f@gmail.com or
(651) 292-9643.

Jukai Ceremony



Kelly with his family and guiding teachers

A Jukai Ceremony was held for Kelly Reynolds in October. The Jukai Ceremony is also called lay ordination, an occasion to publicly express one's intention to enter the Buddha Way.



Kelly with sangha members and a grand daughter

Silent Auction

The Silent Auction held by Compassionate Ocean on November 12 was a very successful fundraising event. It also was a wonderful community event for the members of Compassionate Ocean, bringing us together serving on committees, collecting donations, preparing food, decorating, setting up for the event, and in many ways affirming our community and interconnection.

The planning effort was led by Sharon Bottorff and Sue Harrington. As the local leader, Sharon bore the most responsibility. She was aided by a planning committee approaching a dozen. Sangha members and many friends volunteered to provide food and work at the auction.

A successful silent auction needs items to auction and people to bid on them. We received over 175 donations of items to auction from many businesses and individuals, and over 100 people attended the event: sangha members, friends and relatives of sangha members, and people from the neighborhood.

Many thanks to planners, donors, and bidders, for helping create a great event.



*Marco and Regula
from Switzerland*



*Many options
for bidding*



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Center
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Winter Program Highlights

- Introductory Programs in Mindfulness offered in Minneapolis and St. Paul
- Buddhist Studies courses:
 - How Can I Help?
 - The Wonderful Teachings of Thich Nhat Hanh
- One-Day Retreats
- Great Gatherings
 - The Art of Vegetarian Soups
 - Zen Tea Ceremony
 - The Poetry of Enlightenment

See Year End Appeal on page 2

2011 Silent Auction a great success!



In the Asian room



Joen Snyder O'Neal and Sosan Theresa Flynn enjoying the Silent Auction
