



# Compassionate Ocean Dharma Center

## A Center for Mindful Living

681 17th Avenue NE, Suite 210, Minneapolis, MN 5541 • Issue No. 31 • Summer 2011

### Finding Freedom

by Joen Snyder O'Neal



*This spring Joen was invited by Rabbi Amy Eilberg to give some comments from a Buddhist perspective at an interfaith Seder hosted by Rabbi Eilberg's organization. The Seder celebrates the Israelites' exodus from ancient Egypt after being held in slavery for 400 years. Interfaith Seders bring together Jews and non-Jews to share in this story and discuss common themes of peace and freedom. Below are Joen's comments.*

There is slavery of the mind and slavery of the body. There is liberation of the mind and liberation of the body.

In Buddhist teaching we are most concerned with liberation and its lack in the mind: how, through our habit energy and lack of insight into the nature of reality, we create our own bondage and suffering.

The story of slavery, exodus, and liberation occurs over and over in our daily lives, in each breath and in each moment. Through our actions of body, speech, and thought, this story manifests both in our inner world and our outer world.

Through lack of seeing we become slaves to our habit energies, including our fear, our anger, our inferiority, our superiority, our prejudices, and our persistent delusion of the *other* as alien from ourselves. We are blind to what we are doing.

On the wall of our meditation hall is a calligraphy by the Venerable Thich Nhat Hanh, a Vietnamese Zen master and lifelong peace activist. The calligraphy reads *Be Free Where You Are*. He had first written this inside a prison where he had gone to inspire and encourage the inmates with his message of liberation. Now we have this saying in our place of practice to inspire and encourage us.

In Buddhist practice we say our liberation takes place each time we breathe in and know we are breathing in, and each time we breathe out and **know** we are breathing out. Each time we are caught by a feeling of anger and **know** we are caught by a feeling of anger, each time we are caught by a feeling of fear and **know** we are caught by a feeling of fear, each time we experience a moment of gratitude and **know** we are grateful for what is given.

Last week I saw a documentary film called *My So-Called Enemy*, which was introduced by Rabbi Eilberg. It focused on a group of Israeli Jewish and Palestinian girls who participated in a peace camp in New Jersey, followed by what happened in their lives after their return to Israel. It showed the construction of the long, high wall that was built between their homes after their return.

At one point a young Jewish woman, by then doing her compulsory military service, went to visit her Palestinian friend on the other side of the wall in East Jerusalem. They embraced. At that moment it felt that they were reuniting a long-divided family.

When there is a wall in our heart and we feel divided and we **know** there is a wall in our heart and we feel divided, when we reach out to our friend on the so-called opposite side of the wall and **know** we are doing that, then the wall ceases to exist. We have made our exodus and we have arrived on the shore of liberation.

In Buddhism we say, *There is a bridge for crossing over*. Right now, as we enter this special interfaith Seder, we are standing on that bridge.

# Spring Appeal

Dear Friend,

Warm days after our long winter energize us and inspire thoughts of green leaves, gardens, and more time outdoors.

At the Compassionate Ocean Dharma Center we are also energized by the prospect of the long building renovation project drawing to a close this year, making it possible for sangha gatherings, classes, retreats, and other activities to be held in our own space. We are making plans to host the Rohatsu Sesshin, celebrating the Buddha's enlightenment, in December with



Hokyoji Zen Monastery

Clouds in Water at our building. We are very grateful for the sangha members and friends who have made donations and loans that are making it possible to move the renovation project through its final phase.

We have continued to hold sangha gatherings on Friday and Sunday mornings and offer retreats from one to seven days long most months of the year. Our Total Dynamic Living courses in mindfulness continue to be offered in Minneapolis and St. Paul, and Buddhist Studies courses present in-depth exploration of fundamental issues in human life, such as "Riding the Waves of Birth and Death" taught by Michael O'Neal this winter and "Finding Freedom from Anger" taught by Joen Snyder O'Neal this spring. Diane Benjamin offered an experiential course on Mindful Parenting that was well received, and special events continue to be offered as well.

While the Center's programs are successful, we do not receive enough income from program fees alone to cover the Center's operating expenses. Fees cover only about one-third of total expenses. A number of programs are offered free of charge. To cover the remainder of expenses, we rely on contributions and other fundraising activities.

The successful 2010 Autumn Appeal brought in over \$14,000 from many generous donors. These funds provided essential support for 2010, enabling us to end the year with a small surplus in our operating budget. We are very grateful for this support.

At this time we are seeking donations for our Spring Appeal, with a goal of \$12,000. This will provide key support for the Center over the coming months.

Would you consider making a contribution at this time? Donations of all amounts are important and will make a real difference. All donations are tax-deductible as allowed by law, and an envelope is enclosed for your convenience.

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

Donneen Torrey, Chair and  
Bobbie Fredsall, Secretary  
For the Board of Directors





# Summer Programs 2011

Compassionate Ocean Dharma Center

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413  
(612) 781-7640 • [www.oceandharma.org](http://www.oceandharma.org)



## The Opening of Patience

*Taught by Joen Snyderl O'Neal*

*Kshanti*, usually translated as *patience*, is one of the core practices of a bodhisattva. The Zen teacher Dainin Katagiri, whose name “Dainin” means “great patience,” described it as “bearing that which cannot be borne.” Sometimes it is just this way, but it also has the sense of inclusivity and tolerance—opening to everything in the mandala of our lives and showing tolerance toward the deep nature of reality expressing itself in our world. Patience is considered an antidote to afflictive emotions such as anger. It is a more subtle practice than we usually imagine, yet it is powerfully transformative.

Each class will include sitting and walking meditation, a talk by the instructor, and discussion. Teachings and writings by Shantideva, Pema Chodren, Thich Nhat Hanh, the Dalai Lama, and Dainin Katagiri will be included. The course text will be provided at the first class.

**Register** using the form included in this newsletter, online at [www.oceandharma.org](http://www.oceandharma.org), or call (612) 781-7640.

**Minneapolis (#B53)**

**Mondays, June 6–July 25 (eight sessions)**

**7:00 - 9:00 P.M.**

**Fee: \$160 (members \$150)**

**+ \$15 materials fee**

Reduced fees are offered as needed.

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

## Center for Mindful Living: Programs in Mindfulness

### 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. Psychologists, social workers, nurses and teachers can receive 27 CEUs for this course.

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.

#### #174 Minneapolis: Tuesdays

June 7 – July 26 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: First Unitarian Society

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

#### #253 St. Paul: Thursdays

June 9 – July 28 • 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, July 23, 2011 • 8:30 A.M.-2:30 P.M.

Location: First Unitarian Society

900 Mt. Curve, Minneapolis



### Comments from recent graduates of the Total Dynamic Living Program in Mindfulness:

- This course has given me a renewed focus on continuing my practice using the power of shared experience and group energy...I really liked the course...Thank you very much and I hope you can continue to offer this course for a long time to come.*
- I have been wanting to start learning about meditation and this course got me started and made the concepts real to me. No suggestions for changes, everything worked fine for me.*

### Meetings with 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.

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



Michael O'Neal &  
Joen Snyder O'Neal

## Compassionate Ocean Sangha: Ongoing Practice Groups

### 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. There is also a meditation session offered on Wednesday mornings.

#### **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:* The last Sunday gathering before the summer break will be on July 31. Sunday gatherings will resume on Sept. 11.

#### **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:* The last Friday gathering before the summer break will be on June 17. Friday gatherings will resume on Sept. 9.

#### **Wednesday Morning Meditation: 6:30-7:50 A.M.**

*Three Smooth Stones, 3336 E. 25th St., Minneapolis.*

Schedule: 6:30-7:30 sitting, with a bell at 7:00 for stretching or standing, 7:30 chanting service. These will continue through May 25. No Wednesday morning meditation after May 25th until further notice.

### 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 Retreat

**Saturday, June 18, 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 Monastery

*Located in Southeastern Minnesota*

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.

#### **Seven-day practice period:**

**Monday Aug. 29, 3:00 P.M. - Monday, Sept. 5, 2:00 P.M.**

#### **Retreat only:**

**Friday Sept. 2, 7:00 P.M. - Monday, Sept. 5, 2:00 P.M.**

Led by Joen Snyder O'Neal and Michael O'Neal, with resident priest Dokai Georgesen  
Fee: \$55/day (members \$45/day)

### 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 2011 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 (#174)
- ☐ St. Paul, Thursday evenings (#253)

### Total Dynamic Living- One Day Retreat

- ☐ July 23 (by donation)

### The Opening of Patience

- ☐ Minneapolis, Monday evenings (#B53) (\$25 deposit)

### Retreat at Hokyoji

- ☐ Seven-day or Three-day.  
(enclose payment of \$55 per night, members \$45)

### One-Day Retreat

- ☐ June 18 (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](http://www.oceandharma.org)

## Deep Appreciation...

...to all who supported the Compassionate Ocean Dharma Center in the past nine months by making a financial contribution. A dharma center only exists through the generous support of many beings. The following people, foundations, and organizations made donations, either through membership pledges, year-end contributions, building fund support, designated giving, or general contributions. Heartfelt thanks go to all.

Ramona Advani	Glenn Howatt	Phoebe Reinhart
Karen Ahern	Timothy Iverson	Kelly Reynolds
Julia Anderson	Nancy James	Alan Rodgers
Anonymous (2)	Beth Johnson	Jacqueline Rodkewich
Page Appelbaum	Andrew Jones	Sara Rogers
Cal Appleby	Richard Jones	John Russell
Jennifer Ashwill	Kairos Foundation	Joe Schierl
Katheleen Avila	Marilyn Keith	Lisa Schlesinger
Karen Becker	Keith Kennedy	Pamela Scott
Diane Benjamin	David Klafter	Mary Alice Sell
Barbara Block	Amy Knox	Lynne Sethre
Marion Blomgren	Robert Kokott	Donna Simmons
Sharon Bottorff	Janet Kortuem	Lorna Smith
John Carmody	Adam Kuenzel	Annamay Snyder
Tyrone Cashman	Emily Lagace	Marie Sorensen
Amy Clark	Michael Lander	Paula Staff
Leslie Cloonan	Barbara & Dennis Larson	Oliver Stocker
Martha Cohen	LoRene Leikind	Kristin Stout
Rebecca Lee Crowder	Lee Lewis	Kaia Svien
Brent Derowitsch	Ann Lumry	Berit Talan
Elizabeth Snyder	Lisa Mabley	Emily Talley
Lincoln Fetcher & Kathy Kater	Deborah Magnuson	Flora Taylor
Fidelity Charitable Gift Fund	Diane Marsh	Rosemary Taylor
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Linda Fox	Judith McConnell	Donneen Torrey
Angelique Frederiksen & Sue Okerstrom	Mary McCulley	Aaron Tovo
Bobbie Fredsall	William McDonough	John & Mary Ursu
Dokai Ron Georges	Patty McGowan	Karen Van Auken
Steve Goldsmith	Mary Ann McLeod	Sandra Vatassery
Shamlall Gupta	Michael O'Neal & Joen Snyder O'Neal	Rochelle Weber
Sarah Haberman	Jennifer Myhre	James Wichmann
Marilyn Habermas-Scher	June Noronha	Leslie Wilson
Richard Snyder & Judith Harmatys	Debora Nugent	Shoken Winecoff
Mary Harrington	Michael Nystuen	Steve Zieke
Sue Harrington & Terry Miller	Harriet O'Brian	
Steve Haskin	Judy Ostendorff	
Susan Heitzman	Alonzo Parsons	
Peter Herzog	Audrey Peham	
Daniel Hess	Vicki Pierre	
Julie Holmen	Kimberly Pollock	
	Norman Randolph	
	Scott Rattet	



# Building Renovation Update



Michael O'Neal, Adam Kuenzel, Carl Hultman and Bob Lyman

Powered by a combination of volunteer labor and paid contractors, our building renovation project is entering its final phase. All structural improvements have been completed, as well as interior framing and most of the exterior work, insulation, and heating and air-conditioning. The plumbing was recently roughed in, and electrical work is next on the agenda.

Our Building Committee, chaired by John Carmody, has been working to secure the final funding needed. In 2010 it was determined that \$90,000 was needed. We have a very small debt load on the building, and since we rely on donations to support our operating budget, it was decided to ask for either gifts or no-interest loans. So far, \$40,000 in loans, \$11,500 in gifts, and \$10,000 in pledges have been received. If you can help with the final funding needed, please contact John Carmody at [carmo001@umn.edu](mailto:carmo001@umn.edu).

A large number of volunteers have helped out at various stages of the project, and a core group comes weekly. It is very heartening to see all the progress being made through people's combined effort. The building is coming together very nicely, and we are looking forward to its completion and use this year.



## Heartfelt Thanks

The people listed below have provided volunteer work on our future dharma center since September 1, 2008. Many have offered help on many occasions. While contractors have done major pieces of work requiring specific expertise, these volunteers have contributed essential parts of the renovation. Heartfelt thanks go to all!

Ramona Advani	Doug Margolis
Doug Anderson	Don Martin
Jennifer Ashwill	Judy McConnell
Katheleen Avila	Mary Ann McLeod
Diane Benjamin	Colleen Mikelson
Barbara Block	Terry Miller
John Carmody	Jim Moore
Chan Cleland	Scott Morgensen
Eunice Collette	Kerri Norman
Ed Erickson	Harriet O'Brian
Lincoln Fetcher	Wendy Paulsen
Bobbie Fredsall	Vicki Pierre
Barb Gottfried	Kelly Reynolds
Sue Harrington	Alan Rodgers
Robert Hedin	Susan Rosen
Dan Hess	Fernando Senior
Julie Holmen	Donna Simmons
Carl Hultman	Joe Smith
Ryden Huynh	Joel Snyder O'Neal
Andy Jones	Paula Staff
Dean Jurek	Ron Staff
Kathy Kater	Manly Stevens
Adam Kuenzel	Sean Scott Sueko
Eric Level	Waseng Xiong
Bob Lyman	Thomas Young



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**Spring Appeal**  
see page 2

**Summer Programs**  
see below

**Save The Date**  
Silent Auction • November 12

## SUMMER PROGRAM HIGHLIGHTS



- **Introductory Programs in Mindfulness**  
offered in Minneapolis and St. Paul  
(Summer only-new location for Minneapolis  
class at the First Unitarian Society)
- **Buddhist Studies course:**  
"The Opening of Patience"
- **Hokyoji Retreat** – Seven-day and Labor  
Day weekend
- **One-day Retreat** – June 18

## Save the date!

**June 3 and 4**

Compassionate Ocean Dharma Center

### **YARD SALE**

**3206 Holmes Ave. So., Minneapolis**  
.....

*We need your good quality furniture, small  
electronics, books, CD's, kitchenware,  
decorative items, games and toys.*

*Good quality, gently used women's clothes  
welcomed. No other clothes, please. Also,  
no skis, heavy furniture, computers, TV's  
etc.*  
.....

**Contact the Center for more information  
or to volunteer.**