



# Compassionate Ocean Zen Center

## *A Center for Mindful Living*

652 17th Avenue NE, Minneapolis, MN 55413 • Issue No. 53 • Fall 2019

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## Summer Ango

Michael O'Neal

During the time of the Buddha, monks and nuns would spend most of the year walking from village to village, giving Dharma talks and sharing their presence and practice and receiving food for sustenance, staying for a few days before moving on. During the rainy season, however, it was impractical to travel, and the tradition developed of groups staying in one place, dwelling in harmony and supporting each other in deepening practice.

This custom continues in most Buddhist countries to the present day. In Japanese Zen these practice periods are called *ango*, which literally means *dwelling in peace*. These are traditionally three months long, with participants staying in the monastery for a focused practice of meditation, study, and work.

This summer I had the opportunity to participate in a six-week angos at Ryumonji Monastery in northeastern Iowa, where I was ordained as a Zen priest a year and a half ago. Participating in angos is part of the training of a Zen priest, but it is equally open to non-priests. This was the longest continuous period of residential Zen practice I have done.

Someone asked me what happened at the angos. I said it was one-third church camp, one-third music camp, and one-third boot camp. I don't know if this is the best description, but it does cover some basic points.

The "church camp" aspect is that we practiced under the umbrella of Buddhist teaching. Zen meditation took place throughout the day—six forty-minute periods, in the early morning, late morning, late afternoon, and evening. Most mornings we would have *choson*, "*morning tea*," when we would gather to study and discuss some aspect of Buddhist teaching. A special focus for this angos was a koan that began with a question from a Chinese Zen adept: "I wonder, what does the golden fish who has passed through the net use for food?" We also recited short sutras and poems during liturgical services that we had before each meal. However, it may be different from many church camps in that we weren't trying to strengthen beliefs about particular religious tenets. Zen has a different understanding of the meaning of faith.

The "music camp" part is that we learned how to use the various instruments—bells, drums, wooden sounding boards, etc.—that delineate the daily schedule of the monastery. All of the various sounds have particular messages that they are conveying about what is happening in various parts of the monastic complex at different times of the day. It requires mindfulness, concentration, and plain old practice to sound the bells etc. at the right time and in a skillful way. How the monastery "sounds" is a tangible expression of the collective state of mind of the participants.

The "boot camp" part is that all of the participants were expected to follow the angos schedule and participate in all the activities, beyond personal preferences. Our schedule was not particularly grueling—we got up at 5:00 A.M. most mornings and went to bed around 9:30 P.M., with a rest period after lunch. But our individual time was quite limited. We were also expected to make a strong effort at whatever we were doing—to practice whole-heartedly. Mistakes or sloppiness were addressed.

Our core group was five people, with higher numbers at various times during the angos, at one point reaching about 60 people who participated in a special Head Monk ceremony. Part of monastic practice is accepting and accommodating with whomever we find ourselves. "Dwelling in peace" is an important practice for us human beings. It permeated the six weeks I spent at Ryumonji Monastery this summer. And as the Abbot of Ryumonji, Shoken Winecoff, would often say, the angos of our lives continues after we leave the monastery. Zen practice reminds us that ultimately, our lives are nothing but practice—whole-heartedly taking up the basic challenge of being alive and responsible in this world.

# New this Fall

## Fall Practice Period

A “Practice Period” at a Zen center is a particular period of time when Zen practice and study are given a special emphasis in participants’ lives. Traditionally, practice periods take place in a residential monastic setting for three months. This fall at Compassionate Ocean we will have a version that is adapted to our urban householder situation.

Our 2019 Fall Practice Period will take place from Sunday, Sept. 22 to Sunday, Dec. 15. This time period includes the fall Buddhist Studies class as well as the week-long Rohatsu sesshin in early December.

People who choose to participate will schedule an individual meeting with Joen or Michael. This meeting will have two purposes—a personal check-in, then developing an individualized plan for practice for the fall. The practice activities chosen are up to the individual.

Participants are also invited to attend monthly teas that will take place after our usual Sunday morning gatherings on Sept. 22, Oct. 13, Nov. 10, and Dec. 15. These teas will be a time to connect with others, give and receive support for continuing practice, and hear suggestions for practice from Joen and Michael and from each other.

If you would like to participate in the fall Practice Period at Compassionate Ocean, please send an email to [admin@OceanDharma.org](mailto:admin@OceanDharma.org), or leave a voicemail at 612-781-7640. A brochure with more details about the Practice Period will be sent to you.

## 2019-20 Sesshin Practice Group

A *sesshin* (literally, “to gather or collect the mind”) is a time when formal Zen practice is the focus of what we do. Sometimes these are called “retreats,” but we’re actually going forward into the heart of our lives.

Everyone is welcome to participate in any of our sesshins, which are offered monthly for two to seven days. The Sesshin Practice Group is designed for people who intend to participate in most or all of the sesshins we offer in the coming year, and who want to receive training from Michael and Joen in aspects of traditional Zen practice that especially come alive in sesshin practice. These include the practice positions of doan, ino, tenzo, jisha, and work leader. Participants will also have individual meetings with a teacher during sesshins, and become more familiar with the meaning of the chants we do. We will also incorporate continuing study of the Zen precepts.

If you would like to participate in the Sesshin Practice Group, please send an email to [admin@OceanDharma.org](mailto:admin@OceanDharma.org), or leave a voicemail at 612-781-7640, or talk to Joen or Michael.

## Work Days

To support and strengthen our Center, we are scheduling monthly Work Days to clean and maintain our building and take care of other important tasks as needed (mailings, etc.). These are also a great time for community practice. People of all skill levels are welcome.

Our fall work days will be from 10 A.M.-3 P.M., with a potluck vegetarian lunch at 1 P.M., on the following Saturdays: Sept. 28, Oct. 26, and Nov. 23. Sign-up lists will be available at the Center two weeks in advance of each Work Day.



## Fall Programs 2019

**Compassionate Ocean Zen Center**

652 17th Avenue NE, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)

# The Bodhisattva Path

**Taught by Michael and Joen O'Neal**

A *bodhisattva* is a being whose life-energy is directed toward awakening for the benefit of all.

Dainin Katagiri-roshi once said, "All beings, without exception, are bodhisattvas." Just as a plant naturally turns toward the sun, we naturally turn toward aliveness, with a heart that is concerned for the well-being of others as well as ourselves.

Our bodhisattva nature, however, is often obscured and underdeveloped. Zen practice is fundamentally about how to support our nature as bodhisattvas.

Traditionally, six interlocking practices, called the *Paramitas*, or Perfections, are seen as the path of a bodhisattva. These six are generosity, ethical discipline, patience, enthusiastic effort, meditative stabilization, and transcendental wisdom.



This course will explore how the bodhisattva path is cultivated through the six paramitas. We will study just what each of the paramitas refers to, both conceptually and in terms of practice. We will also see how we can integrate paramita practice into our daily lives, helping to bring alive our bodhisattva nature.

The course will include meditation, lecture, and discussion. Our texts will be *The World Could Be Otherwise: Imagination and the Bodhisattva Path* by Norman Fischer and *The Six Perfections: Buddhism and the Cultivation of Character* by Dale Wright.

**Wednesdays, Sept. 25 - Nov. 13 (eight sessions) (#B91)**

**7:00 - 9:00 p.m.**

**\$185 (members \$165) (includes course texts)**

*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, use the form on page 6 or go to [www.OceanDharma.org](http://www.OceanDharma.org).

## Center for Mindful Living: Programs in Mindfulness

### Total Dynamic Living - An Eight-Week Program in Mindfulness and Mindfulness-Based Stress Reduction (MBSR)

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 mp3s, 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.

**Note: All classes include a one-day retreat in Minneapolis.**

**#601 Minneapolis: Tuesdays**  
**Sept. 24 – Nov. 12 • 6:30-9:00 P.M.**

**Instructor: Joen O'Neal**

**Location: Compassionate Ocean Zen Center**  
652 17th Ave. NE, Minneapolis (in the Northeast Arts District)

**#282 St. Paul: Thursdays**  
**Sept. 26 – Nov. 14 • 6:30-9:00 P.M.**

**Instructor: Michael O'Neal**

**Location: Clouds in Water Zen Center**  
445 Farrington St., St. Paul (near University Ave. and Western Ave.)

### 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, November 9 • 9:00 A.M.-3:00 P.M.**

**Location: 652 17th Ave. NE, Minneapolis**



**27 CEUs are available for nurses, social workers, educators, and psychologists.**

### Guiding Teachers



**Joen O'Neal** and **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. Joen and Michael are Zen priests; Joen received Dharma transmission from Katagiri Roshi in 1989.

*The guiding teachers are available for individual meetings regarding life and practice. To set up an appointment, please call the Center.*

**Volunteers are needed and welcomed** to help sustain and grow Compassionate Ocean. Special areas for volunteer help are the Publicity and Promotion Committee and the Fundraising Committee. People to help take care of our building (cleaning, painting, carpentry, etc.) are also needed. If interested, please contact Maiwenn at the Center.



### Meditation and Dharma Talks

Most Sunday and Friday mornings throughout the year Compassionate Ocean offers meditation practice (sitting and walking) followed by a Dharma talk and discussion, focusing on aspects of Buddhist teaching and their application to everyday life. Our practice is in the mindfulness traditions of Soto Zen and Thich Nhat Hahn. 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 Sunday gathering is co-led by Joen and Michael. Joen leads the Friday group.

- **Sundays, 9:00-11:15 A.M.**

Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.

- **Fridays, 9:30-11:00 A.M.**

Schedule: 9:30 sitting, 10:00 walking, 10:10 dharma talk and discussion, 11:00 ending.

### Welcome Sessions

New people are always welcome at our Sunday and Friday morning gatherings. To provide a special welcome, welcome sessions that include an orientation to our practice are offered periodically. These are excellent opportunities to find out more if you are curious but haven't got around to coming.

- **Friday, Sept. 6, 9:30-11:00 A.M.**

- **Sunday, Sept. 8, 9:00-11:15 A.M.**

### Orientation to Zen Meditation

Basic instruction in Zen sitting practice. No pre-registration needed.

**Sunday mornings at 8:15 A.M.**

### Introduction to Zen Practice with Michael

A two-class introduction to Zen meditation and related practices. No fee; pre-registration required.

**Mondays, Oct. 7 & 14, 7:00-9:00 P.M.**

### Weekday Meditation Sessions

**Monday, Tuesday, Wednesday and Thursday mornings**  
7:00 zazen (sitting), 7:40 chanting service, 8:00 temple cleaning (to 8:15)

**Thursday evenings**

7:30 zazen (sitting), 8:00 kinhin (walking), 8:10 zazen, 8:40 ending.

People are welcome to come for any part of the schedule.

### Retreats

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 are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

### Weekend Sesshins

- **Friday, Oct. 4, 7:00 P.M. – Sunday, Oct. 6, 11:15 A.M.**

- **Friday, Nov. 1, 7:00 P.M. – Sunday, Nov. 3, 11:15 A.M.**

Led by Joen O'Neal & Michael O'Neal

These weekend sesshins ("collecting the mind") 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: \$50 (members \$45).

### Rohatsu: Buddha's Enlightenment Sesshin

**Saturday, Dec. 1, 7:00 P.M. – Saturday, Dec. 8, 11:00 A.M.**

Led by Michael O'Neal & Joen O'Neal

A sesshin is a multi-day period of dedicated Zen practice. The December Rohatsu ("eighth day") sesshin commemorates and reenacts the seven days of meditation culminating in the enlightenment of the Buddha, traditionally celebrated on Dec. 8. Rohatsu sesshins take place at Zen centers throughout the world at this time. This sesshin offers a special opportunity to touch the depth of human life, supporting and being supported by innumerable beings.

If this will be your first retreat with us, please call Michael at Compassionate Ocean in advance to discuss.

Full participation is encouraged; however, people can register for one to seven days. Registration will open on November 1 with fees and registration information available on our website. Space is limited; early registration is encouraged.



## Fall 2019 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_

H: (     ) \_\_\_\_\_

W or C: (     ) \_\_\_\_\_

To register, please check the appropriate activities.

### **Total Dynamic Living – Introductory Program in Mindfulness** (\$25 deposit)

- ☐ Minneapolis, Tuesday evenings (#601)
- ☐ St. Paul, Thursday evenings (#282)

### **Total Dynamic Living: One-Day Retreat**

- ☐ Saturday, Nov. 9, 9:00 A.M. - 3:00 P.M.  
(by donation for program alumni)

### ☐ **“The Bodhisattva Path” Course**

Wednesday evenings (#B91)  
Sept. 25 - Nov. 13 (\$25 deposit)

### **Introduction to Zen Practice Mini-Course**

- ☐ Oct. 7 & 14 (no fee)

### **Weekend Sesshins**

- ☐ Friday-Sunday, Oct. 4-6
- ☐ Friday-Sunday, Nov. 1-3
- Fee: \$50 (members \$45)

### **Facing Climate Change** (no fee)

- ☐ Friday, Sept. 27
- ☐ Friday, Oct. 25
- ☐ Friday, Nov. 22
- ☐ Friday, Dec. 20

### **Awakening the Sage Within**

Register for this event through the link on our website (OceanDharma.org).

### **Enrollment for these activities is limited, and early registration is encouraged.**

To register, send this form along with the non-refundable deposit listed (payable to CODC) to:

Compassionate Ocean Zen Center  
652 17th Ave. NE, Minneapolis, MN 55413

(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)  
You can also register on our website in the “Classes and Retreats” section

## Facing Climate Change: For a Future to Be Possible

This ongoing monthly series focuses on the unfolding crisis of climate disruption and the many related issues facing us at this time, including how we can meaningfully engage.

Each evening begins with an optional vegetarian potluck at 6:00 P.M., followed by a program from 7:00-9:00. Programming includes guest presenters, films, information sharing, and dialogue. Anyone with an interest is invited to come to any of these gatherings.

There are no fees, but please sign up in advance by emailing the Center at [admin@OceanDharma.org](mailto:admin@OceanDharma.org), indicating whether you will be attending the potluck. Also email if you would like to be added to the “For a Future to Be Possible” email list to be kept informed of future events.

### **Fall Schedule:**

**Friday evenings, Sept. 27, Oct. 25, Nov. 22, & Dec. 20**



### **Wish List**

- Graphic design help
- Assistance with marketing/promotion

### **You are invited...**

... to become a Sustaining Member of Compassionate Ocean, joining others to help make possible the continued life of our Center. Membership is not a requirement to participate at Compassionate Ocean. It is simply a way to help our Center and our community thrive.

For further information please go to our website or contact the Center to request a Membership Brochure.







Our summer Introduction to Mindfulness (MBSR) classes—the Minneapolis class at left, and *chi gong* at the one-day retreat.



In June, our Zendo Music Night featured New York-based performer, improviser, and teacher William Lang and local group Lip Gym.



In July six members of Compassionate Ocean took part in the monthly sesshin at Ryumonji Monastery, which included a special Head Monk ceremony for Eishin Tom Houghton (holding the fan in the picture above) from the Des Moines Zen Center. The position of Head Monk, or Shuso, is an important part of the training of a Zen priest.



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www.OceanDharma.org

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## Fall Program Highlights

- **Buddhist Studies Course:**  
*The Bodhisattva Path*
- **Introductory Programs in Mindfulness**  
(MBSR) offered in Minneapolis & St. Paul
- **Retreats—weekend and seven-day**
- **Introduction to Zen Practice Mini-course**
- **Climate Change Action Gatherings**
- **Ongoing Meditation and Dharma Talks**
- **Zendo Music Night**

*Plus:* Awakening the Sage Within,  
Fall Practice Period, Sesshin Practice Group,  
Work Days, and Open House



### Open House

**Saturday, Sept. 14, 1:00 - 5:00 P.M.**

*Free and all are welcome*



*Buddhist Studies Course:*

### The Bodhisattva Path

**Wednesdays, Sept. 25 – Nov. 13**



### Fall Zendo Music Night

**Featuring local band The Gated Community**

**Friday, Oct. 11, 7:30 P.M. (by donation)**



### Awakening the Sage Within, a Workshop on Conscious Ageing

**Led by Karen West**

**Saturday, Oct. 12, 9:00 A.M. to 4 P.M., \$75**

*(To register for this event, see special link on our website.)*