



Spring Programs 2010

Compassionate Ocean Dharma Center

3206 Holmes Avenue, Minneapolis, MN 55408

(612) 825-7658 • www.oceandharma.org

Buddhism and Zen A Historical Overview

Taught by Ken Ford and Michael O'Neal

Brush painting by Paula Staff

Mondays, March 29 - May 17 (eight classes) 7:00-9:00 P.M.

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

Fee: \$150 (members \$140)

Zen practice and teaching have reached us through a long historical journey. This course will provide an overview of that journey to help ground insights and perspectives that we encounter in our practice. We will look at the life and society of the Buddha; the development of the written record of his teaching; the elaboration of Buddhist mythology and the emergence of different schools and approaches; and the development of the Zen path in China and Japan. The course will also include an overview of the major Buddhist canons. This course is open to everyone but will be of most value to people with some background in Zen practice.

Ken Ford is on the teaching staff of Clouds in Water Zen Center. He is a long-time Zen practitioner, having begun his practice with Dainin Katagiri-roshi at the Minnesota Zen Center. He has recently participated in practice periods at Tassajara Zen Center and Hokyo-ji Zen Practice Community.

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. Gift certificates are available.

#171 Minneapolis: Tuesdays

March 30 – May 18 • 6:30 - 9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: Three Smooth Stones, 3336 E. 25th St., Minneapolis (near I-94 & the Riverside exit)

#248 St. Paul: Thursdays

April 1 – May 20 • 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, May 15, 2010 • 8:30 A.M. - 2:30 P.M.

Location: First Unitarian Society, 900 Mt. Curve, Minneapolis

GREAT GATHERING EVENTS

Great Gatherings are offered by members and friends of the Center on topics of particular interest. These events were organized as part of the Silent Auction the Center held in November and will be offered monthly throughout 2010. The next four gatherings are:

- **Haiku Writing** by Terry Miller, Saturday, March 14, 2:00 - 3:30 P.M.
- **Mindful Marriage** by Martha Cohen, Saturday, April 17th, 7:30 - 9:00 P.M.
- **Remembering Our Great Evolutionary Journey** by Kaia Svien, Saturday, May 8, 7:00 - 8:30 P.M.
- **Brother Bear, Sister Bear: Cosmic Connections between People and Bruins** by Dr. David Mattson, Saturday, June 12, 2:00 - 3:30 P.M.

The Haiku event will be held in Edina. The other gatherings will be held at #210 Casket Arts Building in N.E. Minneapolis. The price per individual is \$20. For the Mindful Marriage event, the price for a couple is \$30.

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: On May 2 there will be no meeting at the Casket Arts Building. Join us at Clouds in Water Zen Center for the dharma talk.

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: On April 30 there will be no meeting at the Casket Arts Building. Join us at Clouds in Water Zen Center for the dharma talk.

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

*Three Smooth Stones 3336 E. 25th St., Minneapolis
(near I-94 & Riverside exit)*

Schedule: 6:30-7:30 sitting, with a bell at 7:00 for stretching or standing, 7:30 chanting service. Held at Three Smooth Stones, 3336 E. 25th St., Minneapolis.

2009 Autumn Appeal

Deep Appreciation to all who contributed to our Autumn Fundraising Appeal. Ninety four people donated \$14,201 to the Dharma Center, which made a big difference in our financial health.

Thank you!

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.

Inter-Sangha Events with Tenshin Reb Anderson

These events are hosted jointly by the Minnesota Zen Center, Clouds in Water Zen Center, Dharma Field Zen Center, and Compassionate Ocean Dharma Center.

Dharma talk at Minnesota Zen Center Tuesday, April 27, 7:00 P.M.

See www.mnzencenter.org/events.php for more information.

Sesshin at Clouds in Water Zen Center.

Wednesday, April 28, 7:00 P.M.–Sunday, May 2, 3:00 P.M.

See www.cloudsinwater.org for more information.

One-day Retreats

Saturday, March 27, 9:00 A.M. - 5:00 P.M.

Saturday, May 22, 9:00 A.M. - 5:00 P.M.

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

These include 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

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 Hokyo-ji 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.



Spring 2010 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 (#171)
 St. Paul, Thursday evenings (#248)

Total Dynamic Living: One-Day Retreat

- Saturday, May 15, 8:30 A.M.– 2:30 P.M.
(by donation for program alumni)

Buddhism and Zen: A Historical Overview

- Minneapolis, Monday evenings (#B45)
(\$25 deposit)

Introduction to Zen Practice

- Minneapolis, Wednesday evenings (#B46)
(no charge)

One-Day Retreats

- March 27, 9:00 A.M. - 5:00 P.M.
(enclose payment of \$25, members \$20)
 May 22, 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:

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meditate@oceandharma.org
www.oceandharma.org

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U.S. Postage
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Minneapolis, MN

RETURN SERVICE REQUESTED

Spring Program Highlights

- Introductory Programs in Mindfulness offered in Minneapolis & St. Paul
- Buddhist Studies course: "Buddhism and Zen: A Historical Overview"
- Inter-Sangha Events with Tenshin Reb Anderson
- Free four-week class: Introduction to Zen Buddhism
- One-day Retreats

Introduction to Zen Practice

Taught by Joen Snyder O'Neal

Sit straight, and before you buy shoes, measure your feet.

Looking around this way and that isn't worth a cent. —Zen Master Shouchih

Zen means our original mind as it is. To practice Zen means to practice letting be whatever is confronting you, putting down whatever you pick up. This four-week class on the basics of Zen practice will include instruction and practice in sitting and walking meditation, short talks by the teacher pointing to the meaning of Zen, and group discussion on its integration into our daily lives. This course is ideal for people curious about Zen; no experience necessary.

Wednesdays, April 7 - 28

7:00 - 8:30 P.M.

#210 Casket Arts Building

681 17th Ave. NE, Minneapolis

This course is offered free of charge. Donations are welcomed.