

# OzZen Calendar 2023

- 1. Tuesday morning alternating Zoom Zazen and Zoom Guided Meditation: 7:45am – 8:45am - check-in from 7:45am and commences at 8:00am.*
- 2. Friday morning Zoom Reading group: 7:45am – 8:45am – commences at 7:45am with 15 minutes of Zazen.*
- 3. Sunday Zoom Meetings go from 10am – 11:30am every month.*
- 4. The Precepts Group meets from 1230pm – 1.30pm every month, finishing on the 16/04/23.*
- 5. Practice Interviews are held every second Wednesday from 1:30pm – 3:30pm – bookings on the OzZen website.*
- 6. Sunday Sawtell CWA Meetings are held at the CWA Hall in Sawtell from 10am – 12:30pm, followed by social lunch.*

## **SEMESTER ONE**

TUES	14/02	ZOOM ZAZEN
WEDS	15/02	PRACTICE INTERVIEWS
FRI	17/02	ZOOM READING GROUP
<b>SUNDAY</b>	<b>19/02</b>	<b>ZOOM MEETING AND PRECEPTS GROUP</b>
TUES	21/02	ZOOM GUIDED MEDITATION/DOSHIN
FRI	24/02	ZOOM READING GROUP
TUES	28/02	ZOOM ZAZEN
WEDS	01/03	PRACTICE INTERVIEWS
<b>SUNDAY</b>	<b>05/03</b>	<b>SAWTELL CWA MEETING</b>
TUES	07/03	ZOOM GUIDED MEDITATION/SONO

FRI	10/03	ZOOM READING GROUP
TUES	14/03	ZOOM ZAZEN
WEDS	15/03	PRACTICE INTERVIEWS
<b>SUNDAY</b>	<b>19/03</b>	<b>ZOOM MEETING AND PRECEPTS GROUP</b>
TUES	21/03	ZOOM GUIDED MEDITATION/LOUISE
FRI	24/03	ZOOM READING GROUP
TUES	28/03	ZOOM ZAZEN
WEDS	29/03	PRACTICE INTERVIEWS
FRI	31/03	ZOOM READING GROUP
<b>SUNDAY</b>	<b>02/04</b>	<b>SAWTELL CWA MEETING</b>
TUES	04/04	ZOOM GUIDED MEDITATION/ANDREW
FRI	07/04	ZOOM READING GROUP
TUES	11/04	ZOOM ZAZEN
WEDS	12/04	PRACTICE INTERVIEWS
FRI	14/04	ZOOM READING GROUP
<b>SUNDAY</b>	<b>16/04</b>	<b>ZOOM MEETING AND PRECEPTS GROUP</b>
TUES	18/04	ZOOM GUIDED MEDITATION/ELISABETH
FRI	21/04	ZOOM READING GROUP
TUES	25/04	ZOOM ZAZEN
WEDS	26/04	PRACTICE INTERVIEWS
FRI	28/04	ZOOM READING GROUP
<b>WED</b>	<b>03/05</b>	<b>YARRAWARRA RETREAT</b>
<b>THURSDAY</b>	<b>04/05</b>	<b>YARRAWARRA</b>
<b>FRIDAY</b>	<b>05/05</b>	<b>YARRAWARRA</b>
<b>SAT</b>	<b>06/05</b>	<b>YARRAWARRA</b>

<b>SUN</b>	<b>07/05</b>	<b>YARRAWARRA</b>
TUES	09/05	ZOOM ZAZEN
WEDS	10/05	PRACTICE INTERVIEWS
FRI	12/05	ZOOM READING GROUP
TUES	16/05	ZOOM GUIDED MEDITATION/DOSHIN
FRI	19/05	ZOOM READING GROUP
<b>SUNDAY</b>	<b>21/05</b>	<b>ZOOM MEETING</b>
TUES	23/05	ZOOM ZAZEN
WEDS	24/05	PRACTICE INTERVIEWS
FRI	26/05	ZOOM READING GROUP
TUES	30/05	ZOOM GUIDED MEDITATION/SONO
FRI	02/06	ZOOM READING GROUP
<b>SUNDAY</b>	<b>04/06</b>	<b>SAWTELL CWA MEETING</b>
TUES	06/06	ZOOM ZAZEN
WEDS	07/06	PRACTICE INTERVIEWS
FRI	09/06	ZOOM READING GROUP (SONO AWAY)
TUES	13/06	ZOOM GUIDED MEDITATION/LOUISE (SONO AWAY)
FRI	16/06	ZOOM READING GROUP
<b>SUNDAY</b>	<b>18/06</b>	<b>ZOOM MEETING</b>
TUES	20/06	ZOOM ZAZEN
WEDS	21/06	PRACTICE INTERVIEWS
FRI	23/06	ZOOM READING GROUP
TUES	27/06	ZOOM GUIDED MEDITATION/ELISABETH
FRI	30/06	ZOOM READING GROUP
<b>SUNDAY</b>	<b>02/07</b>	<b>SAWTELL CWA MEETING</b>

TUES	04/07	ZOOM ZAZEN
WEDS	05/07	PRACTICE INTERVIEWS
FRI	07/07	ZOOM READING GROUP
TUES	11/07	GUIDED MEDITATION/DOSHIN
FRI	14/07	ZOOM READING GROUP
<b>SUN</b>	<b>16/07</b>	<b>ZOOM MEETING</b>
TUES	18/07	ZOOM ZAZEN
WEDS	19/07	PRACTICE INTERVIEWS
FRI	21/07	ZOOM READING GROUP
TUES	25/07	GUIDED MEDITATION/SONO
FRI	28/07	ZOOM READING GROUP
<b>SUN</b>	<b>30/07</b>	<b>SAWTELL CWA MEETING</b>
TUES	01/08	ZOOM ZAZEN
WEDS	02/08	PRACTICE INTERVIEWS
FRI	04/08	ZOOM READING GROUP
TUES	08/08	GUIDED MEDITATION/LOUISE
FRI	11/08	ZOOM READING GROUP
<b>SUN</b>	<b>13/08</b>	<b>ZOOM MEETING</b>
TUES	15/08	ZOOM ZAZEN
WEDS	16/08	PRACTICE INTERVIEWS
FRI	18/08	ZOOM READING GROUP
TUES	22/08	GUIDED MEDITATION/ELISABETH
FRI	25/08	ZOOM READING GROUP
<b>SUN</b>	<b>27/08</b>	<b>SAWTELL CWA MEETING</b>
TUES	29/08	ZOOM ZAZEN

WEDS	30/08	PRACTICE INTERVIEWS
FRI	01/09	ZOOM READING GROUP
TUES	05/09	GUIDE MEDITATION/DOSHIN
FRI	08/09	ZOOM READING GROUP
<b>SUN</b>	<b>10/09</b>	<b>ZOOM MEETING</b>
TUES	12/09	ZOOM ZAZEN
WEDS	13/09	PRACTICE INTERVIEWS
FRI	15/09	ZOOM READING GROUP
TUES	19/09	GUIDED MEDITATION/SONO
FRI	22/09	ZOOM READING GROUP
<b>SUN</b>	<b>24/09</b>	<b>SAWTELL CWA MEETING</b>
TUES	26/09	ZOOM ZAZEN
WEDS	27/09	PRACTICE INTERVIEWS
FRI	29/09	ZOOM READING GROUP
TUES	03/10	GUIDED MEDITATION/LOUISE
FRI	06/10	ZOOM READING GROUP
<b>SUN</b>	<b>08/10</b>	<b>ZOOM MEETING</b>
TUES	10/10	ZOOM ZAZEN
WEDS	11/10	PRACTICE INTERVIEWS
FRI	13/10	ZOOM READING GROUP
TUES	17/10	GUIDED MEDITATION/ELISABETH
FRI	20/10	ZOOM READING GROUP
<b>SUN</b>	<b>22/10</b>	<b>SAWTELL CWA MEETING</b>
TUES	24/10	ZOOM ZAZEN
WEDS	25/10	PRACTICE INTERVIEWS

FRI	27/10	ZOOM READING GROUP
TUES	31/10	GUIDED MEDITATION/DOSHIN
<b>WEDS</b>	<b>01/11</b>	<b>TASMANIAN RETREAT STOOGIE FARM</b>
<b>Thursday</b>	<b>02/11</b>	<b>TASMANIAN RETREAT</b>
<b>FRIDAY</b>	<b>03/11</b>	<b>TASMANIAN RETREAT</b>
<b>SAT</b>	<b>04/11</b>	<b>TASMANIAN RETREAT</b>
<b>SUN</b>	<b>05/11</b>	<b>TASMANIAN RETREAT</b>
TUES	07/11	ZOOM ZAZEN
WEDS	08/11	PRACTICE INTERVIEWS
FRI	09/11	ZOOM READING GROUP
TUES	14/11	GUIDED MEDITATION/SONO
FRI	17/11	ZOOM READING GROUP
<b>SUN</b>	<b>19/11</b>	<b>ZOOM MEETING</b>
TUES	21/11	ZOOM ZAZEN
WEDS	22/11	PRACTICE INTERVIEWS
FRI	24/11	ZOOM READING GROUP
TUES	28/11	GUIDED MEDITATION/LOUISE
FRI	01/12	ZOOM READING GROUP
<b>SUN</b>	<b>03/12</b>	<b>SAWTELL CWA MEETING FOLLOWED BY END OF YEAR CELEBRATION</b>
TUES	05/12	ZOOM ZAZEN (FINAL FOR THE YEAR)
WEDS	06/12	PRACTICE INTERVIEWS (FINAL FOR THE YEAR)
FRI	08/12	ZOOM READING GROUP (FINAL)









