

OzZen Calendar 2024

*All meetings are held in Sono's
[Personal Meeting Room](#):*

- 1. Every Tuesday morning alternating Zazen and Guided Meditation: 7:45am – 8:45am - check-in from 7:45am and commences at 8:00am.*
- 2. Every Friday morning Reading group: 7:45am – 8:45am commences at 7:45am with 15 minutes of Zazen.*
- 3. Every Sunday fortnight during the morning, we alternate between the philosophical teachings of Buddhism and their experiential realisation in meditation. The Sunday Meetings go from 9:30am – 11:00am every fortnight and are held on Zoom. The Sunday meditation sessions are also available for on-site attendance at the Sawtell CWA and finish at 12:30pm.*
- 4. The Full Moon Precepts Group meets from 6:00pm – 7.30pm every month on a Sunday.*
- 5. Attending Individual Practice Interviews (Dokusan) are essential for deepening your commitment to the way. Please email Sono to arrange an interview. Interviews are for 45 minutes to deepen your approach to Zen practice including the precepts. It is best to commit to attending an interview once every four weeks, but one-off interviews are also available. Interviews are offered based on dana (see website for suggested dana).*
- 6. Two one day sesshins (retreats) will be led by OzZen Facilitators Jack Dosho and Louise Shinsho. These will commence at 9 and finish at 5pm.*
- 7. Two residential sesshins (retreats) will be held. The first at Yarrawarra, Red Rock, near Coffs Harbour and the second at Boundless River in Tasmania. These retreats commence on a Wednesday evening and finish on a Sunday lunchtime.*

FIRST SEMESTER

TUES	16/01	ZAZEN
FRI	19/01	READING GROUP
SUN	21/01	DHARMA TALK
TUES	23/01	GUIDED MEDITATION (SONO)
FRI	26/01	PUBLIC HOLIDAY
TUES	30/01	ZAZEN
FRI	02/02	READING GROUP
SUNDAY	04/02	MEDITATION (SAWTELL CWA)
TUES	06/02	GUIDED MEDITATION (DOSHO)
FRI	09/02	READING GROUP
TUES	13/02	ZAZEN
FRI	16/02	READING GROUP
SUN	18/02	DHARMA TALK
TUES	20/02	GUIDED MEDITATION (LOUISE)
FRI	23/02	READING GROUP
SUN	25/02	FULL MOON PRECEPTS GROUP
TUES	27/02	ZAZEN
FRI	01/03	READING GROUP
SUNDAY	03/03	MEDITATION (SAWTELL CWA)
TUES	05/03	GUIDED MEDITATION (ELISABETH)
FRI	08/03	READING GROUP
TUES	12/03	ZAZEN

FRI	15/03	READING GROUP
SUNDAY	17/03	DHARMA TALK
SUNDAY	17/03	FULL MOON PRECEPTS GROUP
TUES	19/03	GUIDED MEDITATION (SONO)
FRI	22/03	READING GROUP
TUES	26/03	ZAZEN
FRI	29/03	READING GROUP
SUNDAY	31/03	ONE DAY SESSHIN (SAWTELL CWA)
TUES	02/04	GUIDED MEDITATION (DOSHO)
FRI	05/04	READING GROUP
TUES	09/04	ZAZEN
FRI	12/04	READING GROUP
SUNDAY	14/04	DHARMA TALK
TUES	16/04	GUIDED MEDITATION (LOUISE)
FRI	19/04	READING GROUP
TUES	23/04	ZAZEN
FRI	26/04	READING GROUP
SUN	28/04	FULL MOON PRECEPTS GROUP
SUN	28/04	MEDITATION (SAWTELL CWA)
TUES	30/04	GUIDED MEDITATION (ELISABETH)
FRI	03/05	READING GROUP
TUES	07/05	ZAZEN
FRI	10/05	READING GROUP
SUN	12/05	DHARMA TALK
TUES	14/05	GUIDED MEDITATION (SONO)

FRI	17/05	READING GROUP
TUES	21/05	ZAZEN
WED	22/05	YARRAWARRA RETREAT
THURS	23/05	YARRAWARRA
FRIDAY	24/05	YARRAWARRA
SAT	25/05	YARRAWARRA
SUN	26/05	YARRAWARRA
TUES	28/05	GUIDED MEDITATION (DOSHO)
FRI	31/05	READING GROUP
TUES	04/06	ZAZEN
FRI	07/06	READING GROUP
SUNDAY	09/06	MEDITATION (SAWTELL CWA)
TUES	11/06	GUIDED MEDITATION (LOUISE)
FRI	14/06	READING GROUP
TUES	18/06	ZAZEN
FRI	21/06	READING GROUP
SUN	23/06	DHARMA TALK
TUES	25/06	GUIDED MEDITATION (ELISABETH)
FRI	28/06	READING GROUP
SUN	30/06	FULL MOON PRECEPTS GROUP
SUNDAY	07/07	MID-SEMESTER BREAK

SECOND SEMESTER

TUES	09/07	ZAZEN
FRI	12/07	READING GROUP

TUES	16/07	GUIDED MEDITATION (SONO)
FRI	19/07	READING GROUP
SUN	21/07	DHARMA TALK
TUES	23/07	ZAZEN
SUN	28/07	FULL MOON PRECEPTS GROUP
FRI	26/07	READING GROUP
TUES	30/07	GUIDED MEDITATION (DOSHO)
FRO	02/08	READING GROUP
SUN	04/08	MEDITATION (SAWTELL CWA)
TUES	06/08	ZAZEN
FRI	09/08	READING GROUP
TUES	13/08	GUIDED MEDITATION (LOUISE)
FRI	16/08	READING GROUP
SUN	18/08	DHARMA TALK
TUES	20/08	ZAZEN
FRI	23/08	READING GROUP
SUN	25/08	FULL MOON PRECEPTS GROUP
TUES	27/08	GUIDED MEDITATION (ELISABETH)
FRI	30/08	READING GROUP
SUN	01/09	ONE DAY SESSHIN (SAWTELL CWA)
TUES	03/09	ZAZEN
FRI	06/09	READING GROUP
TUES	10/09	GUIDED MEDITATION (SONO)
FRI	13/09	READING GROUP
SUN	15/09	DHARMA TALK

TUES	17/09	ZAZEN
FRI	20/09	READING GROUP
SUN	22/09	FULL MOON PRECEPTS GROUP
TUES	24/09	GUIDED MEDITATION (DOSHO)
FRI	27/09	READING GROUP
SUN	29/09	MEDITATION (SAWTELL CWA)
TUES	01/10	ZAZEN
FRI	04/10	READING GROUP
TUES	08/10	GUIDED MEDITATION (LOUISE)
FRI	11/10	READING GROUP
SUN	13/10	DHARMA TALK
TUES	15/10	ZAZEN
FRI	18/10	READING GROUP
SUN	20/10	FULL MOON PRECEPTS GROUP
TUES	22/10	GUIDED MEDITATION (ELISABETH)
FRI	25/10	READING GROUP
SUN	27/10	MEDITATION (SAWTELL CWA)
TUES	29/10	ZAZEN
FRI	01/11	READING GROUP
TUES	05/11	ZAZEN
WEDS	06/11	TASMANIAN RETREAT – BOUNDLESS RIVER
THURS	07/11	TASMANIAN RETREAT
FRIDAY	08/11	TASMANIAN RETREAT
SAT	09/11	TASMANIAN RETREAT
SUN	10/11	TASMANIAN RETREAT

TUES	12/11	ZAZEN
FRI	15/11	READING GROUP
SUN	17/11	FULL MOON PRECEPTS GROUP
TUES	19/11	GUIDED MEDITATION (SONO)
FRI	22/11	READING GROUP
SUN	24/11	DHARMA TALK
TUES	26/11	ZAZEN
FRI	29/11	READING GROUP
TUES	03/12	GUIDED MEDITATION (DOSHO)
FRI	06/12	ZOOM READING GROUP
SUN	08/12	END OF YEAR PARTY - CELEBRATION OF BUDDHA'S ENLIGHTENMENT
SUN	15/12	FULL MOON PRECEPTS GROUP