

# 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 guided meditations or talks/discussions. The Sunday Meetings go from 9:30am – 11:00am every fortnight and are held on Zoom. The Sunday guided meditation sessions are also available for on-site attendance at the Sawtell CWA.*
- 4. Attending Individual Practice Interviews (Dokusan) are essential for deepening your commitment to the way. Please email Sono to arrange an interview to discuss any aspect of zen practice and how it relates to your life and relationships. Interviews are for 45-50 minutes. 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).*
- 5. Two one day sesshins (retreats) will be led by OzZen Facilitators Jack Dosho and Louise Shinsho. These will commence at 9 and finish at 3pm.*
- 6. Two residential sesshins (retreats) will be held. The first at Yarrawarra, Red Rock, near Coffs Harbour and the second at Kalang Hall near Bellingen. These retreats commence on a Wednesday evening and finish on a Sunday lunchtime.*

## SECOND SEMESTER

TUES	09/07	ZAZEN
FRI	12/07	READING GROUP
TUES	16/07	GUIDED MEDITATION (SONO)
FRI	19/07	READING GROUP
<b>SUN</b>	<b>21/07</b>	<b>DHARMA TALK</b>
TUES	23/07	ZAZEN
FRI	26/07	READING GROUP
TUES	30/07	GUIDED MEDITATION (DOSHO)
FRO	02/08	READING GROUP
<b>SUN</b>	<b>04/08</b>	<b>MEDITATION (SAWTELL CWA)</b>
TUES	06/08	ZAZEN
FRI	09/08	READING GROUP
TUES	13/08	GUIDED MEDITATION (LOUISE)
FRI	16/08	READING GROUP
<b>SUN</b>	<b>18/08</b>	<b>DHARMA TALK</b>
TUES	20/08	ZAZEN
FRI	23/08	READING GROUP
<b>SUN</b>	<b>25/08</b>	<b>ONE DAY SESSHIN (SAWTELL CWA)</b>
TUES	27/08	GUIDED MEDITATION (ELISABETH)
FRI	30/08	READING GROUP
TUES	03/09	ZAZEN
FRI	06/09	READING GROUP
TUES	10/09	GUIDED MEDITATION (SONO)
FRI	13/09	READING GROUP

<b>SUN</b>	<b>15/09</b>	<b>DHARMA TALK</b>
TUES	17/09	ZAZEN
FRI	20/09	READING GROUP
TUES	24/09	GUIDED MEDITATION (DOSHO)
FRI	27/09	READING GROUP
<b>SUN</b>	<b>29/09</b>	<b>MEDITATION OR TALK (ZOOM/SAWTELL CWA)</b>
TUES	01/10	ZAZEN
FRI	04/10	READING GROUP
TUES	08/10	GUIDED MEDITATION (LOUISE)
FRI	11/10	READING GROUP
<b>SUN</b>	<b>13/10</b>	<b>DHARMA TALK (ZOOM)</b>
TUES	15/10	ZAZEN
FRI	18/10	READING GROUP
TUES	22/10	GUIDED MEDITATION (ELISABETH)
FRI	25/10	READING GROUP
<b>SUN</b>	<b>27/10</b>	<b>MEDITATION OR TALK (ZOOM/SAWTELL CWA)</b>
TUES	29/10	ZAZEN
FRI	01/11	READING GROUP
TUES	05/11	GUIDED MEDITATION (SONO)
FRIDAY	08/11	READING GROUP
TUES	12/11	ZAZEN
<b>WEDS</b>	<b>13/11</b>	<b>SPRING SESSHIN</b>
<b>THURS</b>	<b>14/11</b>	<b>KALANG HALL (NEAR BELLINGEN)</b>
<b>FRI</b>	<b>15/11</b>	<b>KALANG HALL</b>
<b>SAT</b>	<b>16/11</b>	<b>KALANG HALL</b>

<b>SUN</b>	<b>17/11</b>	<b>KALANG HALL</b>
TUES	19/11	GUIDED MEDITATION (SONO)
FRI	22/11	READING GROUP
<b>SUN</b>	<b>24/11</b>	<b>DHARMA TALK</b>
TUES	26/11	ZAZEN
FRI	29/11	READING GROUP
TUES	03/12	GUIDED MEDITATION (DOSHO)
FRI	06/12	ZOOM READING GROUP
SUN	08/12	<b>MEDITATION OR TALK (ZOOM/SAWTELL CWA)</b> <b>FOLLOWED BY END OF YEAR SOCIAL LUNCH</b>