

OzZen Calendar 2025

*All meetings are held in Sono's
[Zoom 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 two weeks on a Sunday we alternate between a Zoom meeting and a Sawtell CWA Hall plus Zoom meeting: check-in at 8:45am for 9:00am start finishing at 12:30pm with the Practice Principles.*
- 4. There will also be three one-day retreats held at the Sawtell CWA in March, August and December from 9.00am to 5.00pm.*
- 5. Two residential sesshins (retreats) will be held throughout the year. The first will be held at Yarrowarra, Red Rock, near Coffs Harbour in May. The second will be held in September, at Kalang Hall in Kalang.*

FIRST SEMESTER

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| TUES | 07/01 | ZAZEN |
| FRI | 10/01 | READING GROUP |
| TUES | 14/01 | GUIDED MEDITATION (SONO) |
| FRI | 17/01 | READING GROUP |
| SUN | 19/01 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 21/01 | ZAZEN |

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| FRI | 24/01 | READING GROUP |
| TUES | 28/01 | GUIDED MEDITATION (DOSHO) |
| FRO | 31/01 | READING GROUP |
| SUN | 02/02 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 04/02 | ZAZEN |
| FRI | 07/02 | READING GROUP |
| TUES | 11/02 | GUIDED MEDITATION (SHINSHO) |
| FRI | 14/02 | READING GROUP |
| SUN | 16/02 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 18/02 | ZAZEN |
| FRI | 21/02 | READING GROUP |
| TUES | 25/02 | GUIDED MEDITATION (ELISABETH) |
| FRI | 28/02 | READING GROUP |
| SUN | 02/03 | FULL DAY RETREAT SAWTELL CWA (JACK) |
| TUES | 04/03 | ZAZEN |
| FRI | 07/03 | READING GROUP |
| TUES | 11/03 | GUIDED MEDITATION (GENKAI) |
| FRI | 14/03 | READING GROUP |
| SUN | 16/03 | HALF-DAY ZAZENKAI (ZOOM ONLY) AND AGM |
| TUES | 18/03 | ZAZEN |
| FRI | 21/03 | READING GROUP |
| TUES | 25/03 | GUIDED MEDITATION (ENO) |
| FRI | 28/03 | READING GROUP |
| SUN | 30/03 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 01/04 | ZAZEN |

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| FRI | 04/04 | READING GROUP |
| TUES | 08/04 | GUIDED MEDITATION (SONO) |
| FRI | 11/04 | READING GROUP |
| SUN | 13/04 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 15/04 | ZAZEN |
| FRI | 18/04 | EASTER HOLIDAYS |
| TUES | 22/04 | GUIDED MEDITATION (DOSHO) |
| FRI | 25/04 | READING GROUP |
| SUN | 27/04 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 29/04 | ZAZEN |
| FRI | 02/05 | READING GROUP |
| TUES | 06/05 | GUIDED MEDITATION (SHINSHO) |
| FRIDAY | 09/05 | READING GROUP |
| SUNDAY | 11/05 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 13/05 | ZAZEN |
| WEDS | 14/05 | YARRAWARRA RESIDENTIAL RETREAT |
| THURS | 15/05 | YARRAWARRA |
| FRI | 16/05 | YARRAWARRA |
| SAT | 17/05 | YARRAWARRA |
| SUN | 18/05 | YARRAWARRA |
| TUES | 20/05 | GUIDED MEDITATION (ELISABETH) |
| FRI | 23/05 | READING GROUP |
| SUN | 25/05 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 27/05 | ZAZEN |
| FRI | 30/05 | READING GROUP |

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| TUES | 03/06 | GUIDED MEDITATION (GENKAI) |
| FRI | 06/06 | READING GROUP |
| SUN | 08/06 | HALF-DAY ZAZENKAI (ZOOM ONLY) |

END OF FIRST SEMESTER BREAK

SECOND SEMESTER

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| TUES | 24/06 | ZAZEN |
| FRI | 27/06 | READING GROUP |
| TUES | 01/07 | GUIDED MEDITATION (ENO) |
| FRI | 04/07 | READING GROUP |
| SUN | 06/07 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 08/07 | ZAZEN |
| FRI | 11/07 | READING GROUP |
| TUES | 15/07 | GUIDED MEDITATION (SONO) |
| FRI | 18/07 | READING GROUP |
| SUN | 20/07 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 22/07 | ZAZEN |
| FRI | 25/07 | READING GROUP |
| TUES | 29/07 | GUIDED MEDITATION (DOSHO) |
| FRI | 01/08 | READING GROUP |
| SUN | 03/08 | FULL-DAY RETREAT SAWTELL CWA (JACK) |
| TUES | 05/08 | ZAZEN |
| FRI | 08/08 | READING GROUP |

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| TUES | 12/08 | GUIDED MEDITATION (SHINSHO) |
| FRI | 15/08 | READING GROUP |
| SUN | 17/08 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 19/08 | ZAZEN |
| FRI | 22/08 | READING GROUP |
| TUES | 26/08 | GUIDED MEDITATION (ELISABETH) |
| FRI | 29/08 | READING GROUP |
| SUN | 31/08 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 02/09 | ZAZEN |
| FRI | 05/09 | READING GROUP |
| TUES | 09/09 | GUIDED MEDITATION (GENKAI) |
| FRI | 12/09 | READING GROUP |
| SUN | 14/09 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 16/09 | ZAZEN |
| FRI | 19/09 | READING GROUP |
| TUES | 23/09 | GUIDED MEDITATION (ENO) |
| FRI | 26/09 | READING GROUP |
| FRI | 26/09 | WEEKEND RETREAT KALANG (LOUISE) |
| SAT | 27/09 | WEEKEND RETREAT KALANG |
| SUN | 28/09 | WEEKEND RETREAT KALANG |
| TUES | 30/09 | ZAZEN |
| FRI | 03/10 | READING GROUP |
| TUES | 07/10 | GUIDED MEDITATION (SONO) |
| FRI | 10/10 | READING GROUP |
| SUN | 12/10 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |

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| TUES | 14/10 | ZAZEN |
| FRI | 17/10 | READING GROUP |
| TUES | 21/10 | GUIDED MEDITATION (DOSHO) |
| FRI | 24/10 | READING GROUP |
| SUN | 26/10 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 28/10 | ZAZEN |
| FRI | 31/10 | READING GROUP |
| TUES | 04/11 | GUIDED MEDITATION (SHINSHO) |
| FRI | 07/11 | READING GROUP |
| SUN | 09/11 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) |
| TUES | 11/11 | ZAZEN |
| FRI | 14/11 | READING GROUP |
| TUES | 18/11 | GUIDED MEDITATION (ELISABETH) |
| FRI | 21/11 | READING GROUP |
| SUN | 23/11 | HALF-DAY ZAZENKAI (ZOOM ONLY) |
| TUES | 25/11 | ZAZEN |
| FRI | 28/11 | READING GROUP |
| TUES | 02/12 | GUIDED MEDITATION (GENKAI) |
| FRI | 05/12 | READING GROUP |
| SAT | 06/12 | FULL DAY RETREAT SAWTELL CWA (SONO) |
| SUN | 07/12 | ROHATSU DAWN SITTING SAWTELL HEADLAND |
| SUN | 07/12 | HALF-DAY ZAZENKAI (ZOOM/SAWTELL CWA) FOLLOWED BY END OF YEAR PARTY |
| TUES | 09/12 | ZAZEN |
| FRI | 12/12 | READING GROUP |

