

ORDINARY MIND ZEN

CALENDAR FOR JANUARY-DECEMBER 2020

BELLINGEN ZENDO, EVERY TUESDAY MORNING

LOCATION: SUITE 4/54 WHEATLEY STREET, BELLINGEN

We will be meeting every Tuesday morning from 7.30 – 8.30 am in my counselling rooms for meditation, commencing on Tuesday 14 January. We begin with 10 minutes of standing yoga followed by a 30-40 min meditation sometimes followed by dialogue. Some mornings I will lead with a guided meditation, other mornings we will sit in silence. *On the last Tuesday of every month (except for December) we will be have our discussion group meeting in place of meditation.* This year we will be studying selected koans from the collection of koans known as the *Gateless Barrier*. We will be using the new translation by Guo Gu, called *Passing through the Gateless Barrier: Koan practice for Real Life*, published in 2016.

SAWTELL ZENDO, EVERY SECOND SUNDAY MORNING

LOCATION: THE CWA HALL, 21 ELIZABETH STREET, SAWTELL

The morning practice period, from 9.45 am – 12pm consists of standing yoga, seated and walking zazen (zen meditation) and a dharma talk followed by dialogue. This will be followed either by an OMZ Committee Meeting, an Open Group or a *focused* Discussion Group from 12-1pm. During 2020 there will be a *Discussion Group* meeting on *one* Sunday per month (except December) commencing on the 19/01/20. This year we will be studying selected koans from the collection of Koans known as the Gateless Barrier. We will be using the new translation by Guo Gu, called “Passing through the Gateless Barrier: Koan practice for Real Life”, published in 2016. Once we finalise our new constitution, we will to have a committee meeting once every three months during this time. The discussion group will be encouraged to personalise these koans and read them from both an awakening perspective and from a psychological perspective in the spirit of my teacher Barry Magid.

SAWTELL ZENDO 2020

SEMESTER ONE

SUNDAY	JAN	19	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	FEB	02	PRACTICE MORNING	10AM – 12PM
			OPEN GROUP	12PM – 1PM
SUNDAY	FEB	16	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	MARCH	01	ONE DAY RETREAT	9.45AM – 4PM
SUNDAY	MARCH	15	PRACTICE MORNING	9.45AM – 12PM
			COMMITTEE MEETING	12PM – 1PM
SUNDAY	MARCH	29	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	APRIL	12	CLOSED FOR EASTER	
SUNDAY	APRIL	26	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
THURS	MAY	07	YARRAWARRA RETREAT	4PM
FRIDAY	MAY	08	YARRAWARRA RETREAT	
SATURDAY	MAY	09	YARRAWARRA RETREAT	
SUNDAY	MAY	10	YARRAWARRA RETREAT	1PM

SUNDAY	MAY	24	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	JUNE	07	PRACTICE MORNING	9.45AM – 12PM
			COMMITTEE MEETING	12PM – 1PM
SUNDAY	JUNE	21	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	JULY	05	ONE DAY RETREAT	9.45AM – 4PM
SUNDAY	JULY	19	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	AUGUST	02	PRACTICE MORNING	9.45AM – 12PM
			OPEN GROUP	12PM – 1PM
SUNDAY	AUGUST	16	PRACTICE MORNING	9.45AM – 4.00PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	AUGUST	30	ONE DAY RETREAT	9,45AM – 4PM
SUNDAY	SEPT	13	PRACTICE MORNING	9.45AM – 12PM
			COMMITTEE MEETING	12PM – 1PM
SUNDAY	SEPT	27	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	OCT	11	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM

THURS	OCT	22	YARRAWARRA RETREAT	4PM
FRIDAY	OCT	23	YARRAWARRA RETREAT	
SAT	OCT	24	YARRAWARRA RETREAT	
SUNDAY	OCT	25	YARRAWARRA RETREAT	1PM
SUNDAY	NOV	08	PRACTICE MORNING	9.45AM – 12PM
			COMMITTEE MEETING	12PM – 1PM
SUNDAY	NOV	22	PRACTICE MORNING	9.45AM – 12PM
			DISCUSSION GROUP	12PM – 1PM
SUNDAY	DEC	06	PRACTICE MORNING	9.45AM – 12PM
			OPEN GROUP	12PM – 1PM
			SHARED LUNCH	1PM - 2PM