

LONDON JIZO ZEN CENTRE Zazenkai Schedule, 2022 Feb-Dec

LOCATION: The Meditatio Centre, St Marks Church (enter via the right of the church and go left up the stairs), **Myddleton Square, London EC1R 1XX**
The upstairs room in Meditatio, where we sit, is large, with good space for social-distancing.

In normal times, in-person Zazenkai sits are on Tuesdays. Short evening sits are from 5.45 pm to 7.45 pm. Long sits, on the 1st and 3rd Tuesday of each month, led by Zen Teacher Sandy Chubb, are from 2pm to 7.45pm. Members may join sits at any time. **PLEASE SEE COVID RULES BELOW.**

February 1	Zoom sit: 17.30 doors open; 17.55 short reading; 18.00-19.00 two sits
February 8	Zoom sit: 17.30 doors open; 17.55 short reading; 18.00-19.00 two sits
February 15	Zoom sit (due to Sesshin): 17.30 doors open; 17.55 short reading; 18.00-19.00 two sits
February 14-17	WINTER SESSHIN at St Cassians, Kintbury, Berks
February 22	<u>RESUMPTION OF SITTING IN PERSON</u> : Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
March 1	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
March 8	Short sit: 5.45 pm -7.45 pm
March 15	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
March 19	Saturday Zazenkai at Meditatio, London, 10 am to 4 pm
March 22	Short sit: 5.45 pm -7.45 pm
March 29	Short sit: 5.45 pm -7.45 pm
April 5	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
April 12	Zoom sit (due to Sesshin): 17.30 doors open; 17.55 short reading; 18.00-19.00 two sits
April 12-13	SPRING ORIENTATION SESSHIN at Meditatio, London: 8 am to 4 pm. (No evening sits in Meditatio on Tuesday 12th.)
April 19	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
April 26	Short sit: 5.45 pm -7.45 pm
May 3	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
May 10	Short sit: 5.45 pm -7.45 pm
May 14	Saturday Koan Practice Day, Oxford, 10 am - 4 pm
May 17	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
May 24	Short sit: 5.45 pm -7.45 pm
May 31	Short sit: 5.45 pm -7.45 pm
June 7	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
June 14	Short sit: 5.45 pm -7.45 pm
June 21	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
June 23	Sitting, Oxford, , 4pm – 5pm followed by the AGM and Trustee meeting; then the annual Summer Garden Party at 6.30 pm
June 28	Short sit: 5.45 pm -7.45 pm
July 5	Zoom sit (due to Sesshin): 17.30 doors open; 17.55 short reading; 18.00-19.00 two sits
July 4-7	SUMMER SESSHIN at St Cassians, Kintbury, Berks No London sit on Tuesday July 5th
July 12	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
July 19	Short sit: 5.45 pm -7.45 pm
July 26	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb

AUGUST - ZEN BREAK - NO SHARED SITTING

September 6	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
September 13	Short sit: 5.45 pm -7.45 pm
September 20	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
September 24	Saturday Zazenkaï at Oxford, 10 am to 4 pm
September 27	Short sit: 5.45 pm -7.45 pm
October 4	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
October 11	Short sit: 5.45 pm -7.45 pm
October 18	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
October 25	Short sit: 5.45 pm -7.45 pm
November 1	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
November 8	Short sit: 5.45 pm -7.45 pm
November 15	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb
November 19	Saturday Koan Practice Day, Meditatio, London, 10 am - 4 pm
November 22	Short sit: 5.45 pm -7.45 pm
November 29	Short sit: 5.45 pm -7.45 pm
December 2-3	Yaza: overnight sit to celebrate the Buddha's enlightenment: 8 pm - 4.30 am at 12 Mortimer Drive, followed by breakfast
December 6	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb + Online
December 13	Short sit: 5.45 pm -7.45 pm
December 20	Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb

Zen Christmas Break until Tuesday, January 3th, 2023, a long sit + Online

COVID SAFETY

To keep everyone safe and protected, we require everyone who wants to sit in Meditatio: **either to have had all three vaccinations** (i.e. including the booster); **or, if you have not had all three vaccines, to inform Mark Hudson a day before you come to Meditatio**, so that we can make appropriate arrangements in terms of sitting places. **IN ADDITION, we require everyone (vaccinated or not) to take a lateral flow test on the day each time you sit**. We will not be checking this and will rely on members taking personal responsibility. Masks will not be required and remain personal choice so please wear one if you wish.

In terms of track and tracing we will be keeping a sign-in sheet. The Jiki Jitsu will remind members at the start and at end of the sessions to sign in. If you have been in contact with anyone who has developed Covid or if you have Covid symptoms or a positive test, please do not come to Zazenkaï until your quarantine is finished.

MEDITATION IN OXFORD Contact: Jason Doble – oxfordzen@google.mail.com. Sits take place on Thursdays at 12 Mortimer Drive, Old Marston, and Oxford.OX3 ORR Evening Sits are from 6.30 to 8.30 pm. Afternoon Sits are from 4.00pm to 8.30 pm.

MEDITATION IN LONDON Contact: Mark Hudson – mark@londonjizozencentre.org. Sits takes place on Tuesdays at The Meditatio Centre, St Marks Church, Myddelton Square, Islington, London EC1R 1XX.

JIKIJITSUS: If you have taken part in a Shoken ceremony you are invited to contribute to Zazenkaï as a Jikijitsu. Note your Jikijitsu dates in your diary when they are arranged, and find cover for any date which is not convenient. Jikijitsus are not expected to do afternoon sits, unless they wish.

TRUSTEES MEETINGS are open to all Sangha members. Meeting dates for 2022 tbc. The AGM and Summer Trustee Meeting takes place on Thursday 23rd June followed by a Garden Party for all sitters and their families at our Zendo at 12 Mortimer Drive. If you would like to raise an issue for discussion at the meeting (whether you can attend or not) please contact Simon Roffey - simonroffey@me.com - or Elizabeth Spence - easpence99@gmail.com - at least 2 weeks in advance of the meeting.

The London Jizo Zen Centre and the Oxford Zen Centre are part of the international Sanbo Zen community.

<https://oxfordzencentre.org.uk/>

<https://londonjizozencentre.org/>

<https://sanbo-zen-international.org/>