



# Mindfulness, Meditation, Zen Nothing More



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## Zoom Schedule

**H**andy links can be found on [my personal link tree](#)  
*One day I will sign up for the sangha to have its own!*

**D**uring lockdown - **Monday Sangha Sitting**  
6.45 pm — 8.40 ish. Sit at 7.00. Simple form.  
<https://bit.ly/NMsangha>

Alternatively

<https://us02web.zoom.us/j/87384531244?pwd=cGVvYU1ha3U1ekxCZlcrOEZHclFEQT09>

Meeting ID: 873 8453 1244

Password: sandokai

**P**ractice Period (Currently Spring — April 20 —> June 22)  
Online Zendo every Thursday morning 7.15 to Sit at 7.30. Extended form.  
<https://bit.ly/NMZendo>

Alternatively

<https://us02web.zoom.us/j/82864448655?pwd=aEdBNitjUE9vYmJNT2VNbjNmWWRVdz09>

Meeting ID: 828 6444 8655

Password: gassho

An Online Zendo script, covering technical issues and the form, is [available here](#).

**D**uring lockdown - **Friday morning Zenoffee**  
10.30 am until 12.30 pm (or as it works out!)  
Invite family and friends if you will, and welcome new Sangha members  
<https://bit.ly/zenoffee>

Alternatively

<https://us02web.zoom.us/j/379683924?pwd=QjVlejZ6cFdVZ2g2WGk0YlAzeGZoZz09>

Meeting ID: 379 683 924

Password: zenoffee

**C**asual meeting  
Zoom room often open so we can run into each other (connection!)  
<https://bit.ly/davidhop>

Alternatively

<https://us02web.zoom.us/j/7913760341?pwd=V0xEUUnpqaHhUeivUm0xMFlaYlA1Zz09>

Meeting ID: 7913760341

Password: 925790