

LONDON ZEN GROUP - LZG

England & Wales · Charity number 1194847

Details

Status Registered

Legal form CIO

Registered 2021-06-18

Register [View on the Charity Commission register](#)

Contact

Address Basement
486 Caledonian Road
London

Phone 02033186952

Email cally@zeninlondon.org

Website <https://zeninlondon.org>

Activities

Objects: TO ADVANCE THE SOTO ZEN BUDDHISM RELIGION IN LONDON FOR THE BENEFIT OF THE PUBLIC THROUGH THE HOLDING OF - REGULAR CLASSES AND GUIDED SESSIONS OF MEDITATION, - CEREMONIES FOR SICK OR BEREAVED INDIVIDUALS, - OPEN LECTURES AND WORKSHOPS ON BUDDHIST ETHICS AND DOCTRINES, - AND OTHER OPEN COMMUNAL ACTIVITIES RELATED TO ZEN PRACTICES AND CULTURE.

Activities: London Zen Group has a regular schedule of meditation - zazen - sessions, lectures, discussions and related teachings. The activities are held at our premises at 486 Caledonian Road, N7 9RP, London. They are also accessible via our Zoom channel.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Religious Activities
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£23,525	£13,691	-	-
2024-12-31	£17,093	£11,629	-	-
2023-12-31	£15,775	£11,436	-	-
2022-12-31	£12,676	£10,955	-	-
2021-12-31	£6,979	£5,183	-	-

Trustees

Name	Role	Appointed
WILLIAM JOHN LAMDIN	Chair	2021-06-05
John Blythe		2022-05-27
REV JOHANN MARTIN PETER LANDOLT		2021-06-05
RYAN ROBERTS		2021-02-16
Rev Alana Berrington		2021-02-16
Rev Edgar Koeb		2021-02-16

LONDON ZEN GROUP - LZG

England & Wales - Charity number 1194847

Accounts

London Zen Group (LZG)

Trustees Report for the year ending 31st December 2025

OUR AIMS

The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit and consider that the charity's activities further its charitable purposes for the benefit of the public.

It is our aim to advance the Sōtō Zen Buddhism religion in London for the benefit of the public through the holding of

- regular classes and guided sessions of zazen meditation,
- ceremonies for attendees who are bereaved or have friends or relatives who are ill,
- open lectures and workshops on Buddhist ethics and doctrines, sutras and stories,
- and other open communal activities related to Zen practices and culture

REVIEW OF ACTIVITIES AND ACHIEVEMENTS

Schedule and Activities

LZG maintained a daily schedule of zazen meditation entirely staffed by its volunteers and trustees. This year, in April, we halted our Saturday afternoon sessions due to a loss of the volunteer who ran that session.

Members of the public were welcome to join our daily morning sessions from Monday to Friday from 07:00 to 08:00 in person at our dojo or via our Zoom channel. Regular evening sessions of zazen have been held on Mondays 18:30 – 19:45, Thursdays 19:30 – 20:00, and Fridays 18:30 – 19:15. Drop-in introductions to the practice of zazen-meditation were offered on Monday, and Thursday evenings. These were always a half-hour duration, and took place just before each session's normal start time.

On Sunday mornings LZG offered a slightly extended period of zazen from 9:00 to 10:30, followed by an extended ceremony, communal cleaning of the dojo space (*samu practice*) and socializing with coffee and biscuits. Evening and Sunday morning periods of meditation also offered opportunities for training attendees in various ceremonial elements of our tradition.

LZG continued its successful study group activity on Monday evenings following the regular evening zazen sessions on these days. Participants discussed texts from the Buddhist and Zen traditions under the guidance of one of LZG's ordained priests. This year was focused on traditional koans from The Gateless Gate and transitioned to a study of Master Dahui's Treasury of the True Dharma Eye.

Each Friday evening, after our scheduled sitting, from 19:00 - 20:00, LZG offered public talks on Zen-Buddhist doctrine, philosophy and history. The talks are followed by socializing and free discussion.

Guided workshops for sewing Zen-Buddhist ceremonial robes (*kesas* and *rakusus*) were offered on Sunday afternoons. This activity was designed for those seeking to formally Take Refuge in the Three Treasures and receive the Buddhist Precepts, or for those to be formally ordained as priests in the Sōtō Zen tradition.

Of those who attended the sewing workshop, four of our regular members received the precepts at a formal ceremony at our location. Others attended to sew for ceremonies to be held at our head temple in France, or at ceremonies held at other temples or sesshins within our lineage.

For the first time, this formal precept ceremony was held AT our dojo location by one of our resident priests who had recently received formal qualification and recognition as a teacher in the lineage. As with previous years, our sewing workshops were also attended by another person from a different group/lineage who needed direct advice and supervision in their sewing for receiving the precepts. As we are open to all, we welcome people from different groups to this activity.

In preparation for the formal ceremonies held at our dojo, we held 6 additional Sunday afternoon workshops dedicated to precept study and the bodhisattva path.

LZG also offered Japanese calligraphy classes on selected Wednesday evenings at its premises.

LZG held a full day event of Zen practice at an external location, The Highbury Roundhouse Community Hall. This event included teachings, formal meals, meditation and ceremony and was attended by 42 people from, primarily London, but also from around the United Kingdom.

ATTENDANCE

From January to December 2025, LZG hosted **525** events and meetings with a total of **3,197** attendees. This included:

- 384 regular zazen meditation sessions,
- 103 introduction classes,
- 104 combined sessions,
- 31 sewing workshops,
- 6 Jukai/precept workshops,
- 6 calligraphy.

The statistics describe a 4.1% decrease in attendance over the previous year. A detailed statistical summary of activities is maintained and is available upon request.

OUR FINANCES

As a small, non-company charity, we prepare our annual accounts in the receipts and payments format according to the Charity Commission CC16a standard.

LZG received £21,049.46 worth of donations for the financial period of 1st January to 31st December 2025. This figure includes Gift Aid and GASDs collected during this year for the previous three years since our registration as a charity (Gift Aid/GASDs totalling £5071.25).

LZG earns a small amount (£700) by allowing the use of our practice space by a group which is in line with the goals of our charity (another Soto Zen Group). This supports Buddhist practice while contributing to the charity's running costs.

LZG operates a small used book shop operating broadly on a break-even basis which exists to provide Buddhist and Zen texts at low cost to support study and practice. This year book sales generated £236 of income against £199 of costs. We had higher costs this year, reflecting the cost of having our sutra books professionally printed.

Other expenses this year included our special event, the Zen Practice Day which cost £1064 but resulted in a surplus of £476 after expenses

During the same time, LZG made payments of £13,690 in operational expenses.

Of note this year, LZG invested £30,000 in a 3 year fixed-term high interest account with Cambridge and Counties Bank in line with our minuted investment policy from January 2025.

LZG realised a net surplus of £9834. This surplus reflects a significant increase over our surplus from last year, and is due to us receiving £5071.25 in Gift Aid and GASDs from the HMRC covering previous years as well.

LZG's total funds (including that in our fixed-term interest account) increased to £49,918 by the end of the year.

The charity maintains a level of reserves to ensure continuity of its activities and to support its longer-term objective of acquiring a permanent practice space.

Trustee Payments

During the year, a trustee received modest payments for services provided to the charity, including web hosting and the delivery of a teaching event. These payments were made in the best interests of the charity and with appropriate management of conflicts of interest.

STRUCTURE, GOVERNANCE AND MANAGEMENT

LZG is governed by its board of trustees who are at the same time the caretakers of the group. Trustees meet several times per year and manage the current operations. They plan events and plan future operations and direction of the charity.

The trustees reviewed and implemented the charity's Investment Policy during the year. The trustees are working towards reviewing and formally adopting the safeguarding, complaints, and ethics policies of our parent organisation.

TRUSTEES

New trustees are co-opted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen. Volunteers are experienced members of the community who may volunteer and be trained and qualified to lead zazen sessions or introductory sessions.

No new trustees were appointed during 2025.

Volunteers:

- Anna Fahey
- Richard Gallen

Trustees of LZG in 2025:

- Rev Alana Berrington - Treasurer
- Rev Edgar Koeb - Secretary
- John Blythe
- Rev Martin Landolt
- Rev Ryan Roberts
- William (Bill) Lamdin - Chair

SIGNATURES



Rev. Alana Berrington 17 March 2026



Rev. Edgar Koeb 28 March 2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name London Zen Group (LZG) - CIO	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 1/1/2025	To	Period end date 31/12/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations - Online	5,740	-	-	5,740	-
Donations - Direct Transfer/Standing Orders	6,361	-	-	6,361	-
Donations - Cash	1,411	-	-	1,411	-
Donations - Contactless	2,466	-	-	2,466	-
Income - 3rd party user groups	700	-	-	700	-
Zen and Sutra Book Sales	236	-	-	236	-
Gift Aid and GASDS	5,071	-	-	5,071	-
Zen Day / Event Income	1,540	-	-	1,540	-
Sub total (Gross income for AR)	23,525	-	-	23,525	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,525	-	-	23,525	-
A3 Payments					
Rent	9,000	-	-	9,000	-
Gas and Electric	984	-	-	984	-
Internet/broadband	484	-	-	484	-

Council Rates	468	-	-	468	-
Bookshop costs	199	-	-	199	-
DIY	42	-	-	42	-
Equipment	754	-	-	754	-
Supplies	290	-	-	290	-
Zoom	156			156	
Event Expenses	1,064			1,064	
Miscellaneous Expenses	250	-	-	250	-
Sub total	13,691	-	-	13,691	-
A4 Asset and investment purchases, (see table)					
Fixed-term deposit	30,000	-	-	30,000	
	-	-	-	-	
Sub total	30,000	-	-	30,000	-
Total payments	43,691	-	-	43,691	-
Net of receipts/(payments)	- 20,166	-	-	- 20,166	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	40,084	-	-	40,084	-
Cash funds this year end	19,918	-	-	19,918	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative Account 65214200 (old)	257	-	-
	Cooperative Account 67397811 (new)	19,522	-	-
	Stripe	139	-	-
	Total cash funds	19,918	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details			
	Cambridge & Counties Fixed-term Deposit	Unrestricted	30,000	30,000
			-	-
			-	-
			-	-
			-	-

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

		-	-
Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Alana Berrington	17/3/2026
	Edgar Koeb	28/03/2026

LONDON ZEN GROUP - LZG

England & Wales - Charity number 1194847

Accounts

London Zen Group (LZG)

Trustees Report for the year ending 31st December 2024

OUR AIMS

It is our aim to advance the Sōtō Zen Buddhism religion in London for the benefit of the public through the holding of

- regular classes and guided sessions of zazen meditation,
- ceremonies for attendees who are bereaved or have friends or relatives who are ill,
- open lectures and workshops on Buddhist ethics and doctrines, sutras and stories,
- and other open communal activities related to Zen practices and culture

REVIEW OF ACTIVITIES AND ACHIEVEMENTS

Schedule and Activities

LZG maintained a daily schedule of zazen meditation entirely staffed by its volunteers and trustees. This year, in April, we began to hold a session on Saturday afternoons as well - with introductions beginning at 17:30 and zazen beginning at 18:00.

Members of the public were welcome to join our daily morning sessions from Monday to Friday from 7.00 to 8.00 AM in person at our dojo or via our Zoom channel. Regular evening sessions of zazen have been held on Mondays (18:30 – 19:45), Thursdays (19:30 – 20:00 pm), Fridays (18:30 – 19:15 pm) and Saturdays (17:00 - 18:30). Drop-in introductions to the practice of zazen-meditation were offered on Monday, Thursday evenings as well as Saturday Afternoons. These were always a half-hour duration, and took place just before each session's normal start time.

On Sunday mornings LZG offered a slightly extended period of zazen from 9.00 to 10.30 AM, followed by an extended ceremony, communal cleaning of the dojo space (*samu*) and socializing with coffee and biscuits. Evening and Sunday morning periods of meditation also offered opportunities for training attendees in various ceremonial elements of our tradition.

LZG continued its successful study group activity on Monday evenings following the regular evening zazen sessions on these days. Participants are discussing texts from the Buddhist and Zen traditions under the guidance of one of LZG's ordained priests. This year was focused on traditional koans from the Blue Cliff Record and transitioned to a study of many of the main masters in the historic zen lineage.

Each Friday evening, after our scheduled sitting, from 7:00 – 8:00pm, LZG offered public talks on Zen-Buddhist doctrine, philosophy and history. The talks are followed by socializing and free discussion.

Guided workshops for sewing Zen-Buddhist ceremonial robes (*kesas* and *rakusus*) were offered on Sunday afternoons. This activity was designed for those seeking to formally Take Refuge in the Three Treasures and receive the Buddhist Precepts, or for those to be formally ordained as priests in the Sōtō Zen tradition.

Of those who attended the sewing workshop, four of our regular members received the precepts at formal ceremonies in the UK (Crosby, outside of Liverpool) as well as at a retreat in the Aran Islands near Galway in Ireland. These ceremonies were completed with two different senior teachers/priests in our lineage, each from France. As with previous years, our sewing workshop was attended by another person from a different

group/lineage who needed direct advice and supervision in their sewing for receiving the precepts. As we are open to all, we welcome people from different groups to this activity.

LZG also offered Japanese calligraphy classes on selected Wednesday evenings at its premises.

LZG also held a half-day of silent zazen practice on the morning of December 7th to commemorate the Buddha's awakening

This year during April, we painted our meeting space. This redecoration occurred over the course of 3 very full days and was possible thanks to the hard work of the trustees along with dozens of volunteers from our extended community, one of which was a professional painter and decorator. Food was donated to fuel the endeavour and volunteers were able to drop in and out throughout the 3 days. We estimate about 24 people volunteered in total, and the result was a freshly painted, clean and fresh meeting space.

ATTENDANCE

From January to December 2024, LZG, hosted **547** events and meetings with a total of **3,332** attendees. This included:

- 399 regular zazen meditation sessions,
- 101 introduction classes given to new attendees,
- 103 sessions of zazen combined with studies, talks and discussions,
- 21 sewing events,
- 24 calligraphy sessions.

The statistics describe a 15% increase in attendance over the previous year. A detailed statistical summary of activities is attached to this report.

OUR FINANCES

As a small, non-company charity, we prepare our annual accounts in the receipts and payments format according to the Charity Commission CC16a standard.

LZG received £16,298 worth of donations for the financial period of 1st January to 31st December 2024. LZG is primarily financed through voluntary donations, and earns a small amount (£660) for renting our practice space out to a group which is in line with the goals of our charity (another Soto Zen Group), we also operate a tiny used book boutique operating on a break-even basis. This year the boutique made £135 which is partly due to the selling of home-printed sutra books, with minimal cost.

During the same time, LZG made payments of £11,629 in operational expenses.

As a result, LZG realized net receipts of £5463.92. This surplus reflects a 25.9% increase over our surplus from last year, and may be due to higher attendance, along with the offering of a contactless payment method for donations.

LZG's funds increased to £39,913 by the end of the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

LZG is governed by its board of trustees who are at the same time the caretakers of the group. Trustees meet several times per year and manage the current operations. They plan events and plan future operations and direction of the charity.

TRUSTEES

New trustees are co-opted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen. Volunteers are experienced members of the community who may volunteer and be trained and qualified to lead zazen sessions or introductory sessions.

No new trustees were appointed during 2024.

One new volunteer committee member (caretaker) was appointed this year

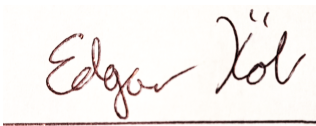
Volunteers:

- Anna Fahey

Trustees of LZG in 2023

- Rev Alana Berrington - Treasurer
- Rev Edgar Koeb - Secretary
- John Blythe
- Rev Martin Landolt
- Rev Ryan Roberts
- William (Bill) Lamdin - Chair

SIGNATURES



Rev. Edgar
Koeb

20 February
2025



Rev. Alana Berrington

19 February
2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
London Zen Group - CIO

No (if any)
1194847

Receipts and payments accounts

CC16a

For the period
from

Period start date
1/1/2024

To

Period end date
12/31/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations - Online	6,431	-	-	6,431	-
Donations - Direct Deposits/Standing Orders	5,715	-	-	5,715	-
Donations - Cash	1,585	-	-	1,585	-
Donations - Contactless	2,567	-	-	2,567	-
Income - 3rd party user groups	660	-	-	660	-
Book Sales	135	-	-	135	-
Gift Aid and GASDS	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,093	-	-	17,093	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,093	-	-	17,093	-
A3 Payments					
Rent	9,000	-	-	9,000	-
Gas and Electric	834	-	-	834	-
Internet	428	-	-	428	-
Council Rates	375	-	-	375	-
Boutique	13	-	-	13	-
Godo expenses	26	-	-	26	-
DIY	195	-	-	195	-
Equipment	26	-	-	26	-
Supplies	303	-	-	303	-
Zoom	156	-	-	156	-
Miscellaneous expenses	273	-	-	273	-
Sub total	11,629	-	-	11,629	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,629	-	-	11,629	-
Net of receipts/(payments)	5,464	-	-	5,464	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,450	-	-	34,450	-
Cash funds this year end	39,914	-	-	39,914	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative Account 65214200	39,914	-	-
		-	-	-
		-	-	-
	Total cash funds	39,914	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rev. Ryan Roberts	2/19/2025
	Rev. Alana Berrington	1/27/2025

LONDON ZEN GROUP - LZG

England & Wales - Charity number 1194847

Accounts

London Zen Group

Trustees Report for the year ending 31st December 2023

OUR AIMS

It is our aim to advance the Sōtō Zen Buddhism religion in London for the benefit of the public through the holding of

- regular classes and guided sessions of zazen meditation,
- ceremonies for sick or bereaved individuals,
- open lectures and workshops on Buddhist ethics and doctrines,
- and other open communal activities related to Zen practices and culture

REVIEW OF ACTIVITIES AND ACHIEVEMENTS

Schedule and Activities

LZG maintained a daily schedule of zazen meditation except for Saturdays, entirely staffed by its volunteers and trustees. Members of the public were welcome to join our daily morning sessions from Monday to Friday from 7.00 to 8.00 AM in person at our dojo or via our Zoom channel. Regular evening sessions of zazen have been held on Mondays (6:30 – 7:45pm), Thursdays(7:30 – 9:00pm) and Fridays(6:30 – 7:15pm). Drop-in introductions to the practice of zazen-meditation were offered on Monday and Thursday evening sessions for a ½ hour period before our evening session start time.

On Sunday mornings LZG offered a slightly extended period of zazen from 9.00 to 10.30 AM, followed by an extended ceremony, communal cleaning of the dojo space (*samu*) and socializing. Evening and Sunday morning periods of meditation also offered opportunity for training attendees in various ceremonial elements of our tradition.

LZG continued its successful study group activity on Monday evenings following the regular evening zazen sessions on these days. Participants are discussing texts from the Buddhist and Zen traditions under the guidance of one of LZG's ordained priests.

Each Friday evening, after our scheduled sitting, from 7:00 – 8:00pm, LZG offered public talks on Zen-Buddhist doctrine, philosophy and history. The talks are followed by socializing and free discussion.

Guided workshops for sewing Zen-Buddhist ceremonial robes (*kesas* and *rakusus*) - were offered on Tuesday evenings, and after August, on Sunday afternoons. This activity was designed for those seeking to formally receive the Buddhist Precepts in the "Bodhisattva ordination" or be formally ordained as priests in the Sōtō Zen tradition.

Of those who attended the sewing workshop, three of our regular members received the precepts at formal ceremonies in France during the summer at Bodhisattva ordination ceremonies with two different senior teachers/priests in our lineage. Additionally another person who attended our sewing workshops, who is from a different lineage/group, also received the precepts.

LZG also offered Japanese calligraphy classes on selected Wednesday evenings at its premises.

LZG also held a half-day of silent zazen practice on the morning of December 9th to commemorate the Buddha's awakening

ATTENDANCE

From January to December 2023, LZG, hosted **473** events and meetings with a total of **2,898** attendees. This included:

- 350 regular zazen meditation sessions,
- 142 introduction classes given to new attendees,
- 93 sessions of zazen combined with studies, talks and discussions,

- 19 sewing events,
- 11 calligraphy sessions.

The statistics describe close to a 30% increase in attendance over the previous year, which we believe represents a true recovery from the decrease we saw due to the pandemic. A detailed statistical summary of activities is attached to this report.

OUR FINANCES

As a small, non-company charity, we prepare our annual accounts in the receipts and payments format according to the Charity Commission CC16a standard.

LZG received £15,775 worth of donations for the financial period of 1st January to 31st December 2022. LZG is primarily financed through voluntary donations, and earns a small amount for renting our practice space out to a group which is in line with the goals of our charity (another Soto Zen Group), we also operate a tiny used book boutique which is normally operates on a break-even basis.

During the same time, LZG made payments of £11,437 in operational expenses.

As a result, LZG realized net receipts of £4,338. This surplus is 152% higher than the surplus made in the previous year, and accords with the increase in attendance noted earlier

LZG's funds increased to £34,450 by the end of the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

LZG is governed by its board of trustees who are at the same time the caretakers of the group. Trustees meet several times per year and manage the current operations. They plan events and plan future operations and direction of the charity.

TRUSTEES

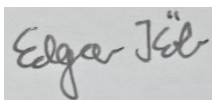
New trustees are co-opted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen. Volunteers are experienced members of the community who may volunteer and be trained and qualified to lead zazen sessions or introductory sessions.

No new trustees or volunteers were appointed during 2023.

Trustees of LZG in 2023

- Rev Alana Berrington - Treasurer
- Rev Edgar Koeb - Secretary
- John Blythe
- Rev Martin Landolt
- Rev Ryan Roberts
- William (Bill) Lamdin - Chair

SIGNATURES



Rev Edgar Koeb

23 August 2024



Rev. Alana Berrington

23 August 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

London Zen Group - CIO

1194847

Receipts and payments accounts

CC16a

For the period
from

Period start date
1/1/2023

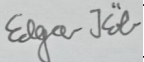
To

Period end date
12/31/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations - online	7,045	-	-	7,045	-
Donations - direct deposits	5,736	-	-	5,736	-
Donations - cash	1,751	-	-	1,751	-
Donations - contactless	4	-	-	4	-
3rd party user groups	720	-	-	720	-
Book sales	85	-	-	85	-
Gift Aid	434	-	-	434	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,775	-	-	15,775	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,775	-	-	15,775	-
A3 Payments					
Rent	9,000	-	-	9,000	-
Gas and Electric	729	-	-	729	-
Internet	372	-	-	372	-
Council Rates	354	-	-	354	-
Boutique	99	-	-	99	-
Godo expenses	20	-	-	20	-
DIY	18	-	-	18	-
Equipment	203	-	-	203	-
Supplies	91	-	-	91	-
Zoom	144	-	-	144	-
Miscellaneous expenses	407	-	-	407	-
Sub total	11,437	-	-	11,437	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,437	-	-	11,437	-
Net of receipts/(payments)	4,338	-	-	4,338	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	30,112	-	-	30,112	-
Cash funds this year end	34,450	-	-	34,450	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative Account 65214200	34,450	-	-
		-	-	-
		-	-	-
	Total cash funds	34,450	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Rev. Edgar Koebe Rev. Alana Berrington	8/23/2024 8/23/2024	

LONDON ZEN GROUP - LZG

England & Wales - Charity number 1194847

Accounts

LONDON ZEN GROUP

Report of Trustees for the year ending 31 December 2022

OUR AIMS

It is our aim to advance the Sōtō Zen Buddhism religion in London for the benefit of the public through the holding of

- regular classes and guided sessions of zazen meditation,
- ceremonies for sick or bereaved individuals,
- open lectures and workshops on Buddhist ethics and doctrines,
- and other open communal activities related to Zen practices and culture.

REVIEW OF ACTIVITIES AND ACHIEVEMENTS

Easing of COVID restrictions

In parallel with the easing of COVID restrictions in the first half of 2022, LZG also gradually eased its restrictions on attendance in person at our dojo (practice space) at 486 Caledonian Road. Requirements to wear masks in the dojo were dropped in May. The requirement for visitors to be double vaccinated or recently tested was removed in October. LZG's Zoom channel for online participation at events remained open for those who struggled to come to the dojo in person.

Schedule and Activities

LZG maintained a daily schedule of zazen meditation with the exception of Saturdays, entirely staffed by its volunteers. Members of the public were welcome to join our daily morning sessions from Monday to Friday from 7.00 to 8.00 AM in person at our dojo or via our Zoom channel. Regular evening sessions of zazen have been held on Thursdays, Wednesdays (until September) and Mondays (from September) from 7.30 to 8.45 PM. Drop-in introductions to the practice of zazen-meditation were offered on Wednesday (until September), Monday (from September onwards) and Thursday evening sessions.

On Sunday mornings LZG offered a slightly extended period of zazen from 9.00 to 10.30 AM, followed by an extended ceremony, communal cleaning of the dojo space (*samu*) and socializing.

LZG continued its successful study group activity on Wednesday evenings (until September) and Monday evenings (from September onwards) following the regular evening zazen sessions on these days. Participants are discussing texts from the Buddhist and Zen traditions under the guidance of one of LZG's ordained priests.

From June 2022 onwards LZG offered public talks on Zen-Buddhist doctrine and philosophy on Friday evenings from 6.30 to 8.00 PM. The talks are preceded by a short session of zazen and followed by socializing.

Guided workshops for sewing Zen-Buddhist robes - *kesas* and *rakusus* - were offered on Tuesday evenings for those seeking to be formally ordained as Bodhisattvas or priests into the Sōtō Zen community.

LZG also offered Japanese calligraphy classes on selected Wednesday evenings at its premises.

LZG also held a half-day of zazen practice on the morning of December 10th to commemorate the Buddha's awakening.

Attendance

LZG started to track its offerings and attendance formally in June 2022.

From June to December 2022, LZG, hosted **256** events and meetings with a total of **1,274** attendees. This included:

- 196 regular zazen meditation sessions,
- 49 sessions of zazen combined with studies, talks and discussions,
- 9 sewing events,
- 2 calligraphy sessions.

A detailed statistical summary of activities is attached to this report.

OUR FINANCES

As a small, non-company charity, we prepare our annual accounts in the receipts and payments format according to the Charity Commission CC16a standard.

LZG received £12,676 worth of donations for the financial period of 1st January to 31st December 2022. LZG is entirely financed through voluntary donations and had no other sources of income.

During the same time, LZG made payments of £10,955 in order to run the operation of its venue (dojo).

As a result, LZG realized net receipts of £1,721.

LZG's funds increased to £30,111 by the end of the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

LZG is governed by its board of trustees who are at the same time the caretakers of the group. Trustees meet several times per year and manage the current operations as well as events and plans for the future.

TRUSTEES

New trustees are co opted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen.

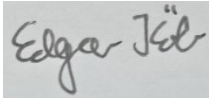
John Blythe was appointed as new trustee on 27th May 2022 for a period of three years.

Trustees of LZG in 2022

- Rev Alana Berrington - Treasurer
- Rev Edgar Koeb - Secretary
- John Blythe (since 27th May 2022)

- Rev Martin Landolt
- Rev Ryan Roberts
- William (Bill) Lamdin - Chair

SIGNATURES



Rev Edgar Koeb

7 October 2023



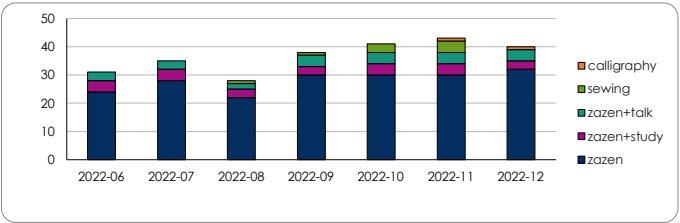
Rev. Alana Berrington

9 October 2023

London Zen Group - Attendance Report - June to December 2023

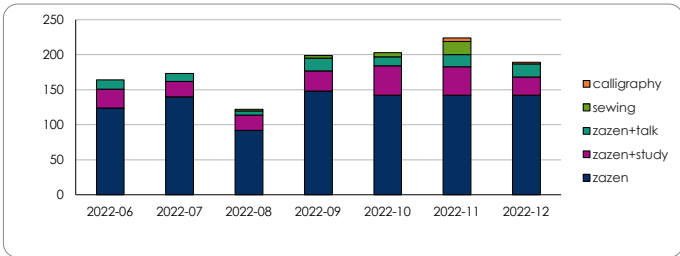
LZG - Number of Events - June to December 2022

Year-Month	Activity Types					Grand Total
	zazen	zazen+study	zazen+talk	sewing	calligraphy	
2022-06	24	4	3	0	0	31
2022-07	28	4	3	0	0	35
2022-08	22	3	2	1	0	28
2022-09	30	3	4	1	0	38
2022-10	30	4	4	3	0	41
2022-11	30	4	4	4	1	43
2022-12	32	3	4	0	1	40
Grand Total	196	25	24	9	2	256



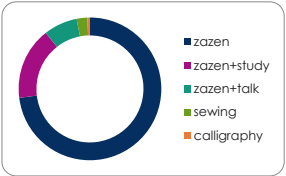
LZG - Event Attendance - June to December 2022

Year-Month	Activity Types					Grand Total
	zazen	zazen+study	zazen+talk	sewing	calligraphy	
2022-06	124	27	13	0	0	164
2022-07	140	22	11	0	0	173
2022-08	92	22	6	2	0	122
2022-09	148	29	18	4	0	199
2022-10	142	42	13	6	0	203
2022-11	142	41	17	19	5	224
2022-12	142	26	19	0	2	189
Grand Total	930	209	97	31	7	1274



LZG - Event Attendance by Type - June to December 2022

Event Type	Attendance
zazen	930
zazen+study	209
zazen+talk	97
sewing	31
calligraphy	7
Grand Total	1274



LZG - Event Attendance by Channel - June to December 2022

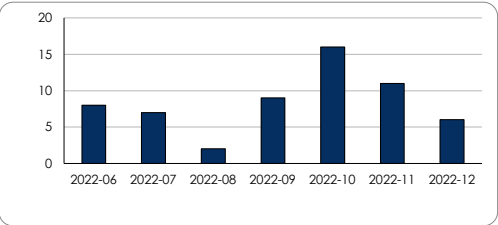
Attendance	
In Person	1017
Online	257

20.2 % online



LZG - Number of Introductions - June to December 2022

Year-Month	Introductions
2022-06	8
2022-07	7
2022-08	2
2022-09	9
2022-10	16
2022-11	11
2022-12	6
Grand Total	59





CHARITY COMMISSION
FOR ENGLAND AND WALES

London Zen Group - CIO

1194847

Receipts and payments accounts

CC16a

For the period
from

1-Jan-22

To

31-Dec-22

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations - online	5,266	-	-	5,266	-
Donations - direct deposits	6,106	-	-	6,106	-
Donations - cash	1,169	-	-	1,169	-
3rd party user groups	125	-	-	125	-
Book sales	10	-	-	10	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,676	-	-	12,676	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,676	-	-	12,676	-

A3 Payments

Rent	9,000	-	-	9,000	-
Gas and Electric	761	-	-	761	-
Internet	417	-	-	417	-
Council Tax	333	-	-	333	-
Boutique	42	-	-	42	-

Godo expenses	27	-	-	27	-
Supplies	130	-	-	130	-
Zoom	127	-	-	127	-
Miscellaneous expenses	118	-	-	118	-
Sub total	10,955	-	-	10,955	-

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	

Total payments	10,955	-	-	10,955	-
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Net of receipts/(payments)	1,721	-	-	1,721	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	28,390	-	-	28,390	-
Cash funds this year end	30,111	-	-	30,111	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative account 652 142 99	30,111	-	-
		-	-	-
		-	-	-
	Total cash funds	30,111	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

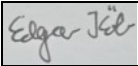
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
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B5 Liabilities

		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf
of all the trustees

Signature	Print Name	Date of approval
	Rev Edgar Koeb	7/10/2023
	Rev Alana Berrington	9/10/2023

LONDON ZEN GROUP - LZG

England & Wales - Charity number 1194847

Accounts

LONDON ZEN GROUP

Report of Trustees for the year ending 31 December 2021

London Zen Group (LZG) was officially recognized as Charitable Incorporated Organisation (CIO) on 18 June 2021. This report covers the period from 18 June 2021 to 31 December 2021.

OUR AIMS

It is our aim to advance the Sōtō Zen Buddhism religion in London for the benefit of the public through the holding of

- regular classes and guided sessions of meditation,
- ceremonies for sick or bereaved individuals,
- open lectures and workshops on Buddhist ethics and doctrines,
- and other open communal activities related to Zen practices and culture.

REVIEW OF ACTIVITIES AND ACHIEVEMENTS

LZG maintained a regular schedule of regular sessions of zazen (guided seated meditation) in 2021 despite continued Covid restrictions.

Sessions were offered to the public via Zoom. In person attendance at our dojo (practice space) at 486 Caledonian Road were restricted to those responsible of running the sessions and ceremonies.

According to schedule, LZG has run eight zazen sessions per week. For the 28 weeks from 18 June to 31 December, LZG will therefore have offered over 200 guided meditation sessions entirely provided by LZG volunteers.

LZG also offers introductions to zazen on Wednesdays and Thursdays. These were also offered online exclusively due to the prevalent Covid restrictions at the time. Although LZG did not keep records of introductions for 2021, it is estimated that LZG volunteers introduced between 20 and 30 individuals to the practice of zazen in the second half of the year.

The ordained members of LZG also make themselves available to conduct pastoral care sessions with members of the community who are interested in such services.

The benefits of meditation practice for the individual and social well-being are now broadly acknowledged. Through its regular and affordable offering of zazen meditation LZG contributes to the well-being of the community in London.

Further activities of LZG in 2021 included:

- Guided sewing sessions for Zen Buddhist robes (*Rakusu* and *Kesa*) - online
- Guided discussion and study of Zen Buddhist texts (Wednesday evenings, online)
- Beginners class of Japanese calligraphy (Saturdays – physically in the dojo with limited attendance)

OUR FINANCES

As a small, non-company charity, we prepare our annual accounts in the receipts and payments format according to the Charity Commission CC16a standard.

LZG received £6,979 worth of donations for the financial period of 18 June to 31 December 2021. LZG is entirely financed through voluntary donations and had no other sources of income.

During the same time, LZG made payments of £5,183 in order to run the operation of its venue (dojo).

As a result, LZG realised net receipts of £1,796.

LZG's funds increased to £28,390 by the end of the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

LZG is governed by its board of trustees who are at the same time the caretakers of the group. Trustees meet several times per year and manage the current operations as well as events and plans for the future.

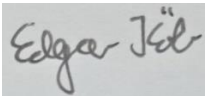
Trustee Recruitment

New trustees are coopted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen.

Trustees for 2021

- Rev. Alana Berrington - Treasurer
- Rev. Edgar Koeb - Secretary
- Rev. Martin Landolt
- Rev. Ryan Roberts
- William (Bill) Lamdin - Chair

SIGNATURES



Rev Edgar Koeb

4 September 2022



Rev. Alana Berrington

5 September 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

London Zen Group - CIO

1194847

Receipts and payments accounts

CC16a

For the period
from

18-Jun-21

To

31-Dec-21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations - online (Paypal and Stripe)	2,257	-	-	2,257	-
Donations - bank transfers	4,087	-	-	4,087	-
Donations - cash	635	-	-	635	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,979	-	-	6,979	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,979	-	-	6,979	-
A3 Payments					
Rent	4,500	-	-	4,500	-
Gas and Electric	350	-	-	350	-
Internet	168	-	-	168	-
Council Tax	165	-	-	165	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,183	-	-	5,183	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,183	-	-	5,183	-
Net of receipts/(payments)	1,796	-	-	1,796	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	26,595	-	-	26,595	-
Cash funds this year end	28,390	-	-	28,390	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cooperative account 652 142 99	j	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	
		-	-	
		-	-	
		-	-	
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	
		-	-	
		-	-	
		-	-	
		-	-	
		-	-	
		-	-	
		-	-	
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	
		-	-	
		-	-	
		-	-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		Edgar Koeb	Edgar Koeb	03/09/22
		Alana Berrington	Alana Berrington	3/9/2022