

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

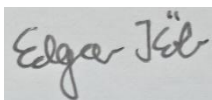
New trustees are co-opted by the body of existing trustees. New trustees will typically be long-standing members of the community who are also responsible to run regular sessions of zazen. Volunteers are experienced members of the community who may volunteer and be trained and qualified to lead zazen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

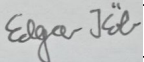
To

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	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
			Rev. Edgar Koeb	8/23/2024
			Rev. Alana Berrington	8/23/2024