

## 禪修班課程表 Zen Class Timetable

Date/Time		Mon	Tue	Wed	Thur	Fri	Sat	
Jun 2019   Dec 2019	10~12 AM			中初 19/6~18/9	Zen I 20/6~19/9		*中研 1 22/6~21/9	
	7~9 PM	*中研 2 24/6~23/9	*Zen II 18/6~17/9	*Sutra Study 1 19/6~18/9		*中中 21/6~20/9		
	<b>停課日 Term Break : 24th September ~ 9th October</b>							
	10~12 AM			中初 16/10~4/12	Zen I 10/10~28/11	1.5hr 中文禪修 體驗班 11/10~22/11	*中研 1 12/10~30/11 四十二章經 II	
	7~9 PM	*中研 2 14/10~2/12 金剛經 III	*Zen II 15/10~3/12	*Sutra Study 1 16/10~4/12	1.5hr Guided Meditation 10/10~21/11	*中中 11/10~29/11		
<b>5/12 ~ 13/12 7PM~8:30PM</b>		<b>週一 ~ 週五 晚課共修靜坐 (歡迎大眾隨喜參加) Weekday Evening Service and Meditation (Open to Public)</b>						

## 禪修班課程內容 The Contents of Meditation Class

### 中文禪修班

初級禪修班：禪修的意義與方法 / 四聖諦 / 數息觀  
 中級禪修班：十二因緣 / 六波羅蜜 / 慈悲觀  
 週一研經禪修班：金剛經 III  
 週六研經禪修班：佛說四十二章經 II  
 \* 中級班以上報名資格需前一級別結業。  
 禪修時，請務必穿著寬鬆衣服、長褲及襪子。

### English Meditation Class

**Zen I:** Mindfulness Techniques/The Four Noble Truths/Mindfulness of Breath  
**Zen II:** Six Paramitas/Compassion Contemplation  
**Sutra Study :** Sutra of Forty-Two Chapters III  
**\* Requirement to Enrol for Zen II class and above is completion of the previous level class**  
 Meditation dress code: Appropriate and loose wear, pants and anti-slip socks are required.

## 兒童禪修班及才藝課程 Children Meditation & Talent Classes (Jul 2019~Jan 2020)

1:30 pm- 2:30 pm	太極拳英文班 (限禪修班學員) Tai Chi Class-English (Meditation Class Students Only)	每週三 Every WED
8:30 am- 9:30 am	太極拳中文班 (限禪修班學員) Tai Chi Class-Chinese (Meditation Class Students Only)	每週六 Every SAT
10:30 am- 12:00 pm	中文班(限禪修班學員) Chinese Class (Meditation Class Students Only)	每週一 Every MON
7:00 pm- 9:00 pm	兒童禪修班, 青少年禪修班 (英文) Children & Teens Meditation Class (English) (Zen Activities & Meditation Techniques which improve learning and team work)	週六 SAT 2019: 14/9, 19/10 2020: 15/2
10:00 am- 11:30 am	烹飪班 Vegetarian Cooking Class	週日 SUN 2019: 20/10 2020: 19/1

- 課程免費，歡迎隨喜發心捐助，護法護教。
- 佛門清淨地，請勿穿著低胸、迷你裙、短褲或赤腳。
- 開放時間:週一至週日 9:30 am - 5:30 pm  
歡迎參觀禮佛、報名禪修

- All programs are free of charge and open to the public. Your generous donation and support are welcomed.
- No low-cut dresses, mini skirts, shorts or bare feet in the Monastery.
- Opening Hours : Mon to Sun 9:30 am - 5:30 pm.  
We welcome your visit or enrolment in the classes.





# 中台禪寺澳洲墨爾本分院 寶林禪寺

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**2019年9月~2020年1月 行事曆 \* Sep 2019 ~ Jan 2020 Timetable**

**1/9/2019**

日期 Date	時間 Time	法會活動 Dharma Events
28/9 ~ 6/10 週六 Sat ~ 週日(次) Sun	請洽寶林 Contact us	梁皇寶懺祈福大法會 Liang Huang Jeweled Repentance Ceremony
<b>26/12 ~ 28/12</b> 週四 Thu ~ 週六 Sat	請洽寶林 Contact us	三日精進禪修 3-Day Meditation Retreat 【以寶林學員為主 For Bao Lin Students MAINLY。 因應三日精進禪修，本寺暫停開放參觀。 Bao Lin will be closed to the public.】
2020 24/1 週五 Fri	9:30pm - 11:30pm	除夕藥師普佛、祈福、發願、全體供燈 Chinese New Year's Eve Medicine Buddha Blessing Ceremony, Wish-making, Light Offering
2020 25/1 週六 Sat	10:00am - 13:30pm	新春觀世音普門品法會 Chinese New Year The Universal Gateway of Bodhisattva Guan Shi Yin Ceremony
日期 Date	時間 Time	共修活動 Weekly and Monthly Dharma Events
25/8 ~ 22/12 每週日 Every Sun	4:00pm - 6:00pm	《金剛經》共修 "Diamond Sutra" Chanting Service 【每月第一週週日放香 Have a Break on 1st Sunday of Every Month】
農曆初一、十五	11:00am - 11:30am	佛前大供 Ceremony of Grand Meal Offering before the Buddhas on the 1st & 15th of Each Lunar Month <b>2019 : 13/9, 29/9, 13/10, 28/10, 11/11, 26/11, 10/12</b> <b>2020 : 9/1</b>
週日 Sun	8:45am - 12:30pm	半日禪 Half-Day Meditation Retreat 【以寶林當期學員為主/ For Current Bao Lin Students Mainly】 <b>2019 : 8/9, 13/10, 10/11, 8/12</b>
週日 Sun	2:30pm - 3:30pm	恭誦在家菩薩戒 Lay Bodhisattva Precepts Recitation 【限已受戒學員著纓衣、帶戒本 For students who have received the precepts】 <b>2019 : 8/9, 13/10, 10/11, 8/12</b>
<b>2020</b> 一月 Jan ~ 四月 April 每週二 Every Tuesday	10:00am - 11:00am	2020 寶林一支香 One Hour Guided Meditation (no Prerequisites) 【對外開放/Open to Public】

(備有英文經本與現場英文翻譯 · English Sutras & Simultaneous Translation Available)