

2020 禪修班課程表 Zen Class Timetable

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Date/Time		Mon	Tue	Wed	Thur	Fri	Sat
Jan Mar 2020	10~12 AM		1hr Guided Meditation 7/1~21/4	*中文中級班(A) 15/1~18/3	*Zen II (A) 16/1~19/3	中文初級班(A) 10/1~20/3	*中文研經班 《無常經》I 11/1~21/3
	7~9 PM	*週一中文 研經班 13/1~16/3	*Zen III (A) 14/1~17/3	*Sutra Study 15/1~18/3	Zen I (A) 16/1~19/3	*中文高級班(A) 10/1~20/3	
停課日 Term Break : 23 March ~ 11 April							
Apr July 2020	10~12 AM		1hr Guided Meditation 7/4, 14/4, 21/4	*中文中級班(B) 15/4~15/7	*Zen II (B) 16/4~16/7	中文初級班(B) 17/4~17/7	*中文研經班 《無常經》II 18/4~18/7
	7~9 PM	*週一中文 研經班 13/4~13/7	*Zen III (B) 14/4~14/7	*Sutra Study 15/4~15/7	Zen I (B) 16/4~16/7	*中文高級班(B) 17/4~17/7	
11/5 ~ 7/6 7PM-8:30PM		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)					
Sep Nov 2020	10~12 AM		Zen I (A) 8/9~10/11		*Zen III (A) 10/9~12/11	*中文中級班(A) 11/9~13/11	中文初級班(A) 12/9~14/11
	7~9 PM	*週一中文 研經班 7/9~9/11	*Zen III (C) 8/9~10/11	*Sutra Study 9/9~11/11	*Zen II (A) 10/9~12/11	*中文高級班(C) 11/9~13/11	
16/11 ~ 4/12 7PM-8:30PM		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)					

兒童禪修班及才藝課程 Children Meditation & Talent Classes 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 2020: 15/2, 14/3, 18/4, 20/6, 18/7, 19/9, 17/10
10:00 am- 11:30 am	烹飪班 Vegetarian Cooking Class	週日 SUN 2020: 16/2, 19/4, 21/6, 20/9, 18/10, 13/12

* 「中級班」以上報名資格需前一級別結業。

* 「週一中文研經班」需研經班(三經一論)結業。

- 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。
- 禪修時，請務必穿著寬鬆衣服、長褲及襪子。

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

***Requirement to Enrol for Zen II class and above is completion of the previous level class**

- 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.
 - Meditation dress code: Appropriate and loose wear, pants and anti-slip socks are required.
- Opening Hours : Mon to Sun 9:30 am - 5:30 pm.
We welcome your visit or enrolment in the classes.



中台山墨爾本分院寶林禪寺
Bao Lin Chan Monastery

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Bao 寶林 Lin

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2020年行事曆 * 2020 Timetable

19/10/2019

日期 Date	時間 Time	法會活動 Dharma Events
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
25/1 週六 Sat	10:00am - 1:30pm	新春觀世音普門品法會 Chinese New Year The Universal Gateway of Bodhisattva Guan Shi Yin Ceremony
29/3 週日 Sun	9:00am - 5:30pm	清明地藏消災、超薦法會 Ching Ming Earth Store Bodhisattva Blessing & Memorial Ceremony
3/5 週日 Sun	9:00am - 3:00pm	浴佛節暨報恩藥師啟建法會 Buddha Bathing & Gratitude Medicine Buddha Ceremony
8/8 ~ 16/8 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
16/8 週日 Sun	9:00am - 2:00pm	梁皇寶懺暨夏安居報恩藥師圓滿大法會 Completion of Liang Huang Jeweled Repentance Ceremony and Completion of Sangha Summer Retreat & Gratitude Medicine Buddha Ceremony
20/12 週日 Sun	11:00am - 14:00pm	寶林素食展 Bao Lin Vegetarian Festival FREE! 【歡迎大眾報名參加/All Welcome Please Register】
日期 Date	時間 Time	共修活動 Weekly and Monthly Dharma Events
7/1 ~ 21/4 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】
第二週之週日 Every Second Sunday	4:00pm - 5:30pm	《父母恩重難報經》共修 "The Sutra As Spoken By The Buddha On The Profound Kindness Of Parents And The Difficulty In Repaying Them" Chanting Service 2020 : 9/2, 8/3, 12/4, 13/9, 11/10, 8/11
第三週之週日 Every Third Sunday	4:00pm - 5:30pm	《金剛經》共修 "Diamond Sutra" Chanting Service 2020 : 16/2, 15/3, 19/4, 20/9, 18/10, 15/11
9/5 ~ 2/8 每週六、日 Every Saturday & Sunday	4:00pm - 5:30pm	結夏安居 《藥師經》共修 Sangha Summer Retreat "Medicine Buddha Sutra" Chanting
20/7 ~ 6/8 每週一~週五 Every Weekday	7:00pm - 8:30pm	
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 2020 : 9/1, 24/1, 8/2, 23/2, 8/3, 24/3, 7/4, 23/4, 7/5, 23/5, 6/6, 21/6, 5/7, 21/7, 4/8, 19/8, 2/9, 17/9, 1/10, 17/10, 31/10, 15/11, 29/11, 15/12
週日 Sun	8:45am - 12:00pm	半日禪 Half-Day Meditation Retreat 【以寶林當期學員為主/ For Current Bao Lin Students Mainly】 2020 : 9/2, 8/3, 12/4, 10/5, 14/6, 12/7, 13/9, 11/10, 8/11, 6/12
週日 Sun	2:00pm - 3:00pm	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】 2020 : 9/2, 8/3, 12/4, 10/5, 14/6, 12/7, 13/9, 11/10, 8/11, 6/12

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