



中台禪寺澳洲墨爾本分院寶林禪寺 Bao Lin Chan Monastery, Melbourne  
2024 行事曆 Schedule of Events

年度法會活動 2024 Special Events

9/2 週五 Fri	20:30 – 22:30	除夕藥師普佛、祈福、發願、全體供燈 Chinese New Year Eve Medicine Buddha Blessing Ceremony
10/2 週六 Sat	10:00 – 12:30	新春觀世音普門品法會 Chinese New Year's Day Universal Gateway of Guanyin Bodhisattva Ceremony
13/4 週六 Sat	09:30 – 15:00	寶林禪寺十五週年慶暨三皈五戒法會 Bao Lin 15th Anniversary Ceremony and Transmission of Three Refuges & Five Precepts
12/5 週日 Sun	09:00 – 13:30	浴佛節暨夏安居報恩藥師啟建法會 Buddha Bathing & Beginning of Sangha Summer Retreat Gratitude Medicine Buddha Ceremony
4/8 週日 Sun	09:30 – 13:00	夏安居報恩藥師圓滿法會 Completion of Sangha Summer Retreat & Gratitude Medicine Buddha Ceremony
9/8 – 20/8	請洽寶林 Contact us	*中台禪寺朝聖之旅 *Pilgrimage to Chung Tai Chan Monastery in Taiwan
25/8 週日 Sun	請洽寶林 Contact us	*寶林禪寺護法會聯誼 *Bao Lin Dharma Support Association Reunion
1/9 - 3/11 週日 Sun	請洽寶林 Contact us	梁皇寶懺精進共修 Liang Huang Jeweled Repentance Weekly Sunday Service
21/12 週六 Sat	11:00 – 14:00	寶林素食展 Vegetarian Festival
27/12 – 1/1	請洽寶林 Contact us	*六日精進禪修 6-day Meditation Retreat

1 月至 4 月共修活動 Jan – April Chanting Events

	1 月 Jan	2 月 Feb	3 月 Mar	4 月 Apr
<b>《金剛經》共修 The Diamond Sutra</b>				
週日 Sun 15:00 – 17:00	7/1, 14/1, 21/1	4/2, 18/2	3/3, 10/3, 17/3	21/4
<b>恭誦《在家菩薩戒》 Lay Bodhisattva Precepts*</b>				
<b>《觀世音普門品》共修 Universal Gateway of Guanyin Bodhisattva</b>				
週日 Sun 13:30 – 14:30 15:00 – 17:00	28/1	25/2	24/3	28/4
<b>農曆初一、十五佛前大供 Grand Meal Offering to Buddhas</b>				
Day 1 and 15 of Lunar Month 11:40 – 12:00	11/1, 25/1	10/2, 24/2	10/3, 24/3	9/4, 23/4

1 月至 4 月禪修活動 Jan – April Meditation Events

	1 月 Jan	2 月 Feb	3 月 Mar	4 月 Apr
<b>半日禪 Half-day Meditation Retreat*</b>				
週日 Sun 08:30 – 11:50	28/1	25/2	24/3	28/4
<b>英文一支香 Guided Meditation in English</b>				
週三 Wed 10:00 – 11:30	3/1, 10/1, 17/1, 24/1, 31/1(January only)			

寶林所有法會共修及禪修活動皆為免費。All events at Bao Lin are free.  
活動備有英文經本與現場英文翻譯。English instruction & sutras are provided.  
\* 限寶林護法學員 Registration for these events is limited to eligible Bao Lin students.



中台禪寺澳洲墨爾本分院寶林禪寺 Bao Lin Chan Monastery, Melbourne  
2024 禪修班課程表 Meditation Classes Timetable

禪修班課程表 Jan - Jul Meditation Classes

	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat
10:00 12:00		*Level 2 16/1 – 23/7		中初 18/1 – 25/7	*中中 19/1 – 26/7	*中高 II 20/1 – 27/7
19:00 21:00	*中高 II 15/1 – 22/7	*Level 2 16/1 – 23/7	*Level 3B 17/1~24/7	*中中 18/1 – 25/7	Level 1 19/1 – 26/7	

停課日 Term break : 1/4 – 21/4

禪修班課程內容 Meditation Course Content

初級禪修班	Level 1
禪修的意義與方法 三皈五戒 四聖諦 數息觀	Mindfulness & Meditation Three Jewels & Five Precepts The Four Noble Truths The Breath-Counting Method
中級禪修班	Level 2
菩薩行門 六波羅蜜 慈悲觀 普賢十大願 十二因緣	The Bodhisattva Practices Six Paramitas Compassion Contemplations Samantabhadra's Ten Great Vows
高級禪修班第二期	Level 3B
禪那綱要 三十七助道品 八大人覺經	Ten Oxherding Pictures Introduction to Buddhist Schools <i>Sutra of the Eight Realizations of Great Beings</i>

報名資格需前一級別結業

\* Levels must be taken in consecutive order

Jan – Apr 梵唄及才藝課程 Chanting and Talent Classes

	1 月 Jan	2 月 Feb	3 月 Mar	4 月 Apr
梵唄初級班 (限禪修班學員)				
週六 Sat 13:00 – 14:00	6/1, 20/1	3/2, 17/2	2/3, 16/3, 30/3	
梵唄進階班 (限禪修班學員)				
週六 Sat 13:00 – 14:00	13/1, 27/1	24/2	9/3, 23/3	20/4
素食烹飪班 Vegetarian Cooking Classes				
週日 Sun 10:00 – 11:30	14/1		10/3	21/4

Jan – Apr 英文兒童禪修班、青少年禪修班  
Children and Teens Meditation Classes (English)

	1 月 Jan	2 月 Feb	3 月 Mar	4 月 Apr
週六 Sat 18:30 – 20:30		3/2, 17/2	2/3, 16/3	20/4

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.

We welcome your visit or enrolment in the classes.

Opening Hours: Mon to Sun 9:30 am - 6:00 pm.

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 - 6:00 pm