



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

12/5 週日 Sun	09:30 – 13:30	浴佛節暨夏安居報恩藥師啟建法會 Buddha Bathing & Beginning of Summer Sangha Retreat Gratitude Medicine Buddha Ceremony
30/6 週日 Sun	請洽寶林 Contact us	*寶林禪寺各級禪修班聯誼 *Bao Lin Meditation Classes Gathering
13/7 週六 Sat	09:30 – 11:30	英文禪修體驗班 Meditation Trial Class in English
20/7 週六 Sat	09:30 – 11:30	中文禪修體驗班 Meditation Trial Class in Chinese
4/8 週日 Sun	09:30 – 16:00	夏安居報恩藥師圓滿法會 Completion of Summer Sangha 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
8/9 – 27/10 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 – 1/1/2025	請洽寶林 Contact us	*六日精進禪修 6-day Meditation Retreat

5 月至 8 月共修活動 May – Aug Chanting Events

	5 月 May	6 月 Jun	7 月 Jul	8 月 Aug
<b>共修 Sunday Service</b>				
週日 Sun 10:00 – 12:00	慈悲藥師寶懺 Compassionate Medicine Buddha Repentance			盂蘭盆經 Ullambana Sutra
	5/5 (金剛經) 19/5	2/6, 9/6, 16/6	7/7, 14/7, 21/7	18/8
<b>恭誦《在家菩薩戒》 Lay Bodhisattva Precepts*</b>				
週日 Sun 13:30 – 14:30	26/5	23/6	28/7	
<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	8/5, 22/5	6/6, 20/6	6/7, 20/7	18/8

5 月至 8 月禪修活動 May – Aug Meditation Events

	5 月 May	6 月 Jun	7 月 Jul	8 月 Aug
<b>半日禪 Half-day Meditation Retreat*</b>				
週日 Sun 08:30 – 11:50	26/5	23/6	28/7	

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 May-Aug 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 – 25/6		中初 18/1 – 27/6	*中中 19/1 – 28/6	*中高 II 20/1 – 29/6
19:00 21:00	*中高 II 15/1 – 24/6	*Level 2 16/1 – 25/6	*Level 3B 17/1~26/6	*中中 18/1 – 27/6	Level 1 19/1 – 28/6	

停課日 Term break : 30/6 – 1/9

禪修班課程內容 Meditation Course Content

<b>初級禪修班</b>	<b>Level 1</b>
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
<b>中級禪修班</b>	<b>Level 2</b>
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
<b>高級禪修班第二期</b>	<b>Level 3B</b>
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

梵唄及才藝課程 May – Aug Chanting and Talent Classes

	5 月 May	6 月 Jun	7 月 Jul	8 月 Aug
<b>梵唄初級班 Chinese Chanting Class I (限禪修班學員)</b>				
週六 Sat 13:30 – 14:30	25/5	8/6, 22/6	13/7, 27/7	
<b>梵唄進階班 Chinese Chanting Class II (限禪修班學員)</b>				
週六 Sat 13:30 – 14:30	4/5	1/6, 15/6	6/7	

英文兒童禪修班、青少年禪修班

May – Aug Children and Teens Meditation Classes (English)

	5 月 May	6 月 Jun	7 月 Jul	8 月 Aug
週六 Sat 18:30 – 20:30	4/5, 18/5	1/6, 15/6	13/7, 27/7	

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 - **5:00** 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 - **5:00** pm

歡迎參觀禮佛、報名禪修