



### 年度法會活動 2025 Special Events

4/5 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 Sangha Summer Retreat Gratitude Medicine Buddha Ceremony
10/8 週日 Sun	09:30 – 16:30	《梁皇寶懺》暨夏安居報恩藥師圓滿法會 Completion of <i>Liang Huang Jeweled Repentance</i> & Gratitude Medicine Buddha Ceremony
22/8 - 3/9 Fri - Wed	請洽寶林 Contact us	*中台禪寺朝聖之旅 *Pilgrimage to Chung Tai Chan Monastery in Taiwan
13/9 週六 Sat	14:30 – 17:00	*寶林禪寺護法會聯誼 *Bao Lin Dharma Support Association Reunion
20/12 週六 Sat	11:30 – 14:00	寶林素食展 Vegetarian Festival
28/12 - 1/1/2026	請洽寶林 Contact us	*五日精進禪修 *5-Day Meditation Retreat

### 5月至8月共修活動 May – August Chanting Events

	5月 May	6月 Jun	7月 Jul	8月 Aug
<b>共修 Sunday Service</b>				
週日 Sun	《梁皇寶懺》 09:30~12:30 <i>Liang Huang Jeweled Repentance</i>			10:00~12:00 31/8 (孟蘭盆經)
<b>恭誦《在家菩薩戒》 Recite Lay Bodhisattva Precepts*</b>				
週日 Sun 13:30 – 14:30	25/5	22/6	27/7	24/8
<b>農曆初一、十五 恭誦《金剛經》、佛前大供 Recite the Diamond Sutra &amp; Grand Meal Offering to Buddhas 11:15 – 12:00</b>				
Day 1 and 15 of Lunar Month	12/5, 27/5	10/6, 25/6	9/7, 25/7	8/8, 23/8

### 《梁皇寶懺》精進共修

11/5 – 10/8 週日 Sun

### Liang Huang Jeweled Repentance Weekly Sunday Service

<b>11/5</b> 卷一 Scroll 1 9:30-12:30	<b>18/5</b> 卷二 Scroll 2 9:30-12:30	<b>1/6</b> 卷三 Scroll 3 9:30-12:30	<b>8/6</b> 卷四 Scroll 4 9:30-12:30	<b>15/6</b> 卷五 Scroll 5 9:30-12:30
<b>6/7</b> 卷六 Scroll 6 9:30-12:30	<b>13/7</b> 卷七 Scroll 7 9:30-12:30	<b>20/7</b> 卷八 Scroll 8 9:30-12:30	<b>3/8</b> 卷九 Scroll 9 9:30-12:30	<b>10/8</b> 卷十 Scroll 10 <b>9:30-16:30</b>

寶林禪寺所有法會共修及禪修活動皆為免費。  
All events at the Monastery 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 the Monastery students.



中台禪寺澳洲墨爾本分院寶林禪寺 Bao Lin Chan Monastery, Melbourne  
2025 May – August 禪修班課程表 Meditation Classes Timetable

禪修班課程表 May – Aug 2025 Meditation Classes

	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週六 Sat
10:00 12:00		*Level II 13/5 – 4/11	*中高 I 14/5 – 5/11	中初 15/5 – 6/11	*中研 II 17/5 – 8/11
19:00 21:00	*中高 II 12/5 – 3/11	Level I 13/5 – 4/11	*Level III 1B *Sutra Study 1B 14/5 – 5/11	*中中 15/5 – 6/11	

禪修班課程內容 Meditation Course Content

<b>初級禪修班</b>	<b>Level I</b>
禪修的意義與方法 四聖諦	Mindfulness & Meditation The Four Noble Truths
<b>中級禪修班</b>	<b>Level II</b>
菩薩行門 慈悲觀	The Bodhisattva Practices Compassion Contemplation
<b>高級禪修班第一期</b>	<b>Level III 1B</b>
法脈簡介 《達磨二入四行觀》	Intro to Chan Patriarchs & <i>The Essence of Mahayana Practice</i>
<b>高級禪修班第二期</b>	<b>Sutra Study 1B</b>
止觀法門 《佛說八大人覺經》	<i>The Sutra on Impermanence 2</i>
<b>研經班第二期</b>	*報名資格須前一級別結業
《佛說四十二章經》 1	*Levels must be taken in consecutive order

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

	5 月 May	6 月 Jun	7 月 Jul	8 月 Aug
<b>半日禪 Half-day Meditation Retreat</b> 限本寺護法學員。This retreat is limited to eligible Monastery students.				
週日 Sun 08:30 – 11:50	25/5	22/6	27/7	24/8

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	10/5, 24/5	7/6, 21/6	5/7, 19/7	2/8, 16/8, 30/8

All programs are free of charge and open to the public.

Your generous donation and support are welcome.

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