



年度法會活動 2026 Special Events

|                          |                    |  |
|--------------------------|--------------------|--|
| 14/8 - 24/8<br>Fri - Mon | 請洽寶林<br>Contact us | *中台禪寺朝聖之旅<br>*Pilgrimage to Chung Tai Chan Monastery<br>in Taiwan<br><b>Registration Closes 報名截止：19th July</b> |
| 6/9<br>週日 Sun            | 請洽寶林<br>Contact us | 寶林禪寺護法會頒證<br>Dharma Supporter Association<br>Certificate Awarding Ceremony                                     |
| 6/9 - 18/10<br>週日 Sun    | 請洽寶林<br>Contact us | 梁皇寶懺精進共修<br>Liang Huang Jeweled Repentance<br>Weekly Sunday Service  |
| 19/12<br>週六 Sat          | 11:30 –<br>14:00   | 寶林素食展 Vegetarian Festival  |
| 28/12 -<br>1/1/2027      | 請洽寶林<br>Contact us | *五日精進禪修 5-Day Meditation Retreat   |

9月至12月共修活動 Sep – Dec Chanting Events

|  | 9月 Sep   | 10月 Oct      | 11月 Nov              | 12月 Dec     |
|--|--|--------------|----------------------|-------------|
| <b>《金剛經》共修 Diamond Sutra Sunday Service</b>  |  |              |                      |             |
| 週日 Sun<br>10:00–11:30  | 《梁皇寶懺》09:30~13:30<br><b>Liang Huang Jeweled<br/>Repentance</b> |              | 1/11, 8/11,<br>15/11 | 6/12, 13/12 |
| <b>農曆初一、十五 恭誦《普門品》、佛前大供<br/>Recite The Universal Gateway of Guanyin Bodhisattva &amp;<br/>Grand Meal Offering to Buddhas</b> |  |              |                      |             |
| Day 1 and 15<br>of Lunar<br>Month<br>11:15 – 12:00   | 11/9, 25/9   | 10/10, 24/10 | 9/11, 23/11          | 9/12, 23/12 |
| <b>恭誦《在家菩薩戒》 Lay Bodhisattva Precepts*</b>   |  |              |                      |             |
| 週日 Sun<br>13:30–14:30  |  | 25/10        | 22/11                |             |

《梁皇寶懺》精進共修  
6/9 – 18/10 週日 Sun

Liang Huang Jeweled Repentance Weekly Sunday Service

|   |   |  |  |
|---|---|--|--|
| <b>6/9</b><br>卷一 Scroll 1<br>卷二 Scroll 2<br><b>9:30-17:30</b> | <b>13/9</b><br>卷三 Scroll 3<br>(Half Day)<br>9:30-13:30  | <b>20/9</b><br>卷四 Scroll 4<br>(Half Day)<br>9:30-13:30           | <b>27/9</b><br>卷五 Scroll 5<br>卷六 Scroll 6<br><b>9:30-16:30</b> |
| <b>4/10</b><br>卷七 Scroll 7<br>(Half Day)<br>9:30-13:30        | <b>11/10</b><br>卷八 Scroll 8<br>(Half Day)<br>9:30-13:30 | <b>18/10</b><br>卷九 Scroll 9<br>卷十 Scroll 10<br><b>9:30-17:30</b> |  |

寶林禪寺所有法會共修及禪修活動皆為免費。歡迎大眾參加。  
All events at the monastery are free and open to the public.  
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 monastery students.**



中台禪寺澳洲墨爾本分院寶林禪寺 Bao Lin Chan Monastery, Melbourne  
2026 September – December 禪修班課程表 Meditation Classes Timetable

|                     | 週一 Mon                          | 週二 Tue                              | 週三 Wed   | 週四 Thu              | 週六 Sat                            |
|---------------------|---------------------------------|-------------------------------------|--|---------------------|-----------------------------------|
| 10:00<br> <br>12:00 | *Level II<br>7/9 – 22/3         | *Level III 2<br>8/9 – 23/3          | *中研一<br>9/9 – 24/3                             | *中高一<br>10/9 – 25/3 | *中研四<br>12/9 – 20/3               |
| 19:00<br> <br>21:00 | <b>中初</b><br><b>31/8 – 22/3</b> | <b>Level I</b><br><b>1/9 – 23/3</b> | *Level III 2B<br>*Sutra Study 2B<br>9/9 – 24/3 | *中高二<br>10/9 – 25/3 | *中中<br>12/9 – 20/3<br>14:00-16:00 |

停課日 Term break : 16 Nov – 8 Jan 2027

| 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<br>四聖諦                   | Mindfulness & Meditation<br>The Four Noble Truths  |
| <b>中級禪修班</b>                      | <b>Level II</b>  |
| 菩薩行門<br>慈悲觀                       | The Bodhisattva Practices<br>Compassion Contemplation  |
| <b>高級禪修班第一期</b>                   | <b>Level III 2</b>   |
| 法脈簡介<br>《達磨二入四行觀》                 | Types of Dhyana Practice<br>Introduction to Buddhist Schools<br>Sutra of the Eight Realization of Great Beings |
| <b>高級禪修班第二期</b>                   | <b>Level III 2B</b>  |
| 止觀法門<br>《佛說八大人覺經》                 | Sutra of the Eight Realization<br>of Great Beings  |
| <b>研經班第一期</b>                     | <b>Sutra Study 2B</b>  |
| 《佛說無常經》                           | <i>The Sutra of Forty-Two Chapters</i> 1B  |
| <b>研經班第四期</b>                     | *報名資格須前一級別結業   |
| 《佛說四十二章經》 3                       | *Levels must be taken in consecutive order   |

| 9 月至 12 月禪修活動 Sep – Dec Meditation Events                       |         |          |          |          |
|---|---------|----------|----------|----------|
|   | 9 月 Sep | 10 月 Oct | 11 月 Nov | 12 月 Dec |
| <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<br>08:30 – 11:50   |         | 25/10    | 22/11    |          |

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。