

中台禪寺美國奧克拉荷馬州分院 佛心寺  
2017 年一月至四月禪修課程及法會活動  
**BUDDHA MIND MONASTERY**

**JANUARY ~ APRIL 2017 CHAN (ZEN) CLASSES & EVENTS**

Classes / Events	Time	Date	Notes
Zen Meditation & Buddhism Class Level I / Morning	Tuesdays 10 am ~ 12 pm	1/10 ~ 3/28	Introduction to Zen meditation Fundamental Buddhist teachings No prerequisites
Zen Meditation & Buddhism Class Level I / Evening	Tuesdays 7 ~ 9 pm	1/10 ~ 3/28	
Zen Meditation & Buddhism Class Level II (B) / Morning	Fridays 10 am ~ 12 pm	1/13 ~ 3/31	Zen meditation Advanced Buddhist teachings Level I class required
Zen Meditation & Buddhism Class Level II (B) / Evening	Thursdays 7 ~ 9 pm	1/12 ~ 3/30	
Sutra Study Class / Morning	Thursdays 10 am ~ 12 pm	1/12 ~ 3/30	Zen meditation Dharma Lectures on “The Sutra of Forty-Two Chapters” Level II class required
Sutra Study Class / Evening	Wednesdays 7 ~ 9 pm	1/11 ~ 3/29	
中文初級禪修班 Chinese Level I Meditation Class	每週六 Saturdays 1:30 ~ 3:30 pm	1/7 ~ 4/15 暫停日 Except: 1/28, 3/4, 3/18 4/1	靜坐指導 Zen Meditation 初級佛學 Fundamental Buddhist teachings 不需基礎 No prerequisites
中文中級禪修班 Chinese Level II (B) Meditation Class	每週日 Sundays 1:30 ~ 3:30 pm	1/8 ~ 4/9 暫停日 Except: 1/29, 3/5, 4/2	靜坐指導 Zen Meditation 中級佛學 Advanced Buddhist teachings 須初級班結業 Level I class required
中文研經班 Chinese Sutra Study Class	每週日 Sundays 10 am ~ 12 pm	1/8 ~ 4/9 暫停日 Except: 1/29, 3/5, 4/2	靜坐指導 Zen Meditation 佛法開示《四十二章經》 須中級班結業 Level II class required
兒童禪修班 Kids' Meditation Class	Saturdays 10:30 am ~ 12pm	1/14, 2/4, 2/18, 3/11, 3/25, 4/8, 4/22	靜坐, 故事, 主題活動 Meditation, Zen stories & themed activities
素食烹飪班 Vegetarian Cooking Class	Saturdays 1:30 ~ 2:30 pm	1/21, 2/25, 3/25	限禪修班學員與義工 BMM students & volunteers only

- ❖ All classes are free of charge and open to the public. We are supported by your generous donations. 課程與活動完全免費，歡迎發心護持。
- ❖ Dress code: Please wear comfortable yet modest attire. For hygienic reasons, socks are required for meditation classes. Optional meditation clothing may be obtained at the monastery. 上課請穿著寬鬆衣服或居士服，並請務必穿著襪子。

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# DHARMA EVENTS 法會活動

<p><b>Intensive Meditation Retreats</b> 精進禪修</p>	<p><b><u>HALF-DAY RETREAT</u> 半日禪</b> (BMM students only 限禪修班學員) 2/11, 4/15 (Saturday, 9:30 am ~ 12:10 pm)</p> <p><b><u>ONE-DAY RETREAT</u> 一日禪</b> (BMM students only 限禪修班學員) 3/18 (Saturday, 9:30 am ~ 5:40 pm)</p>
<p><b>1/8 ~ 4/23 Sunday</b> 11:15 am ~12:30 pm</p>	<p><b><u>DIAMOND SUTRA SERVICE</u> 金剛經共修</b> Chanting the “Diamond of Perfect Wisdom Sutra” / Meditation 恭誦《金剛經》/ 靜坐 (暫停日 Except: 1/29, 3/5, 4/2)</p>
<p><b>1/1 Sunday</b>  10:00 am  11:45 am 12:45 pm</p>	<p><b><u>DIAMOND SUTRA CEREMONY &amp; NEW YEAR CELEBRATION</u></b> <b>新年金剛經祈福法會</b> Chanting the “Diamond of Perfect Wisdom Sutra” / Dharma Talk 恭誦《金剛經》/ 佛法開示 Offerings to the Buddhas / Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾</p>
<p><b>1/29 Sunday</b>  10:00 am  11:45 am 12:30 pm ~2:30 pm</p>	<p><b><u>GREAT COMPASSION GUAN YIN CEREMONY &amp; CHINESE NEW YEAR CELEBRATION</u></b> <b>新春觀音祈福法會</b> Chanting the “Universal Gateway of Bodhisattva Guan Yin” / Dharma Talk / Offering to the Sangha 恭誦《觀世音菩薩普門品》/ 佛法開示 / 供僧 Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦 Chinese New Year Celebration 素齋供眾 / 新春聯誼</p>
<p><b>3/5 Sunday</b>  10:00 pm  11:45 am 12:30 pm</p>	<p><b><u>PRAJNA WISDOM BLESSING CEREMONY</u></b> <b>般若祈福法會</b> Chanting the “Platform Sutra of the Sixth Patriarch Hui Neng, Chapter II Prajna” / Dharma Talk 恭誦《六祖壇經般若品》/ 佛法開示 Offerings to the Buddhas / Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾</p>
<p><b>4/2 Sunday</b>  10:00 pm  11:45 am 12:30 pm 13:30 pm 15:00 ~ 16:00 pm</p>	<p><b><u>QING MING GRATITUDE CEREMONY</u></b> <b>清明報恩祈福法會</b> Chanting “The Sutra of The Difficulty of Repaying Parents' Kindness” / Dharma Talk / Offering to the Sangha 恭誦《父母恩重難報經》/ 佛法開示 / 供僧 Offerings to the Buddhas / Blessing Service 佛前獻供 / 消災 Vegetarian Lunch 素齋供眾 Chanting the “Universal Gateway of Bodhisattva Guan Yin” 恭誦《觀世音菩薩普門品》 The Meng Shan Food Offering &amp; Memorial Service 小蒙山施食 / 超薦</p>
<p><b>4/30 Sunday</b>  10:00 pm 11:45 am 12:10 pm 12:50 pm</p>	<p><b><u>BUDDHA BATHING &amp; MEDICINE BUDDHA CEREMONY</u></b> <b>佛誕浴佛暨藥師祈福法會</b> Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師經》/ 佛法開示 Buddha Bathing Ceremony 浴佛大典 Offering to the Buddhas / Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾</p>