

中台禪寺美國奧克拉荷馬州分院 佛心寺  
2018 年一月至四月禪修課程及法會活動  
**BUDDHA MIND MONASTERY**  
JANUARY ~ APRIL 2018 CLASSES & EVENTS

Classes / Events	Time	Date	Notes
Zen Meditation & Buddhism Class Level I / Morning	Fridays 10 am ~ 12 pm	1/12 ~ 3/30	Zen meditation Fundamental Buddhist teachings No prerequisites
Zen Meditation & Buddhism Class Level I / Evening	Thursdays 7 ~ 9 pm	1/11 ~ 3/29	
Zen Meditation & Buddhism Class Level II (A) / Morning	Tuesdays 10 am ~ 12 pm	1/9 ~ 3/27	Zen meditation Advanced Buddhist teachings Level I class required
Zen Meditation & Buddhism Class Level II (A) / Evening	Tuesdays 7 ~ 9 pm	1/9 ~ 3/27	
Sutra Study Class / Morning	Thursdays 10 am ~ 12 pm	1/11 ~ 3/29	Zen meditation Dharma Lectures on “The Sutra on Impermanence” Level II class required
Sutra Study Class / Evening	Wednesdays 7 ~ 9 pm	1/10 ~ 3/28	
中文初級禪修班 Chinese Level I Meditation Class	每週六 Saturdays 1:30 ~ 3:30 pm	1/6 ~ 3/31 暫停日 Except: 2/17, 3/10, 3/24	靜坐指導、初級佛學；不需基礎 Zen meditation & fundamental Buddhist teachings; No prerequisites
中文中級禪修班 Chinese Level II (A) Meditation Class	每週日 Sundays 1:30 ~ 3:30 pm	1/7 ~ 4/1 暫停日 Except: 2/18, 3/11, 3/25	靜坐指導、中級佛學；須初級班結業 Zen Meditation & Advanced Buddhist teachings; Level I Class required
中文研經班 Chinese Sutra Study Class	每週日 Sundays 10 am ~ 12 pm	1/7 ~ 4/1 暫停日 Except: 2/18, 3/11, 3/25	靜坐指導、佛法開示《無常經》； 須中級班結業 Zen Meditation & Dharma lectures; Level II Class required
兒童禪修班 Kids' Meditation Class	Saturdays 10:30 am~12 pm	1/13, 2/3, 3/3, 3/17, 4/7, 4/28	Meditation, Zen stories & themed activities 靜坐、故事、主題活動
素食烹飪班 Vegetarian Cooking Class	Saturdays 1:30 ~ 2:30 pm	1/27, 2/24, 3/31	限禪修班學員與義工 BMM students & volunteers only

- ❖ All classes are free of charge. 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. Avoid shorts, short skirt, low-cut, midriffs, sleeveless, see-through, or tight-fitting garments. Optional meditation clothing may be obtained at the monastery. Socks are required.  
請穿著襪子及寬鬆合宜的服裝，或向知客室借用禪修服。請勿赤腳或穿著低胸、短褲、短裙、無袖或緊身服裝。

## DHARMA EVENTS 法會活動

<p><b>Intensive Meditation Retreats</b> 精進禪修</p>	<p><b>HALF-DAY RETREAT 半日禪</b> (BMM students only 限禪修班學員) 1/20, 2/10, 4/14 (Saturday, 9:30 am ~ 12:10 pm)</p> <p><b>TWO-DAY RETREAT 二日禪</b> (BMM students only 限禪修班學員) 3/10 ~ 3/11 (Saturday, 9:30 am ~ 5:40 pm ; Sunday, 9:30 am ~ 12:10 pm)</p>
<p><b>1/7~4/29 Sunday</b></p> <p>11:15 am~12:30 pm</p>	<p><b>DIAMOND SUTRA SERVICE 金剛經共修</b> (暫停日 Except: 2/18, 3/11, 3/25, 4/22) Chanting the “Diamond of Perfect Wisdom Sutra” / Meditation 恭誦《金剛經》 / 靜坐</p>
<p><b>2/18 Sunday</b></p> <p>10:00 am</p> <p>11:45 am</p> <p>12:30 ~ 2:00 pm</p>	<p><b>GREAT COMPASSION GUAN YIN CEREMONY &amp; CHINESE NEW YEAR CELEBRATION 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</p> <p>Offerings to the Buddhas / Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦</p> <p>Vegetarian Lunch &amp; Chinese New Year Celebration 素齋供眾 &amp; 新春聯誼</p>
<p><b>3/25 Thursday</b></p> <p>10:00 am</p> <p>11:45 am</p> <p>12:30 pm</p>	<p><b>EIGHTY-EIGHT BUDDHAS REPENTANCE CEREMONY 八十八佛洪名寶懺法會</b> Chanting “Eighty-Eight Buddhas Repentance,” / Dharma Talk 恭誦《八十八佛洪名寶懺》 / 佛法開示</p> <p>Offerings to the Buddhas / Blessing &amp; Memorial Services 佛前獻供 / 消災 / 超薦</p> <p>Vegetarian Lunch 素齋供眾</p>
<p><b>4/22 Sunday</b></p> <p>10:00 am</p> <p>11:45 am</p> <p>12:45 pm</p>	<p><b>GRATITUDE &amp; BLESSING CEREMONY 孝親感恩祈福法會</b> Chanting the “Sutra of the Profound Kindness of Parents and the Difficulties in Repaying Them” / Dharma Talk / Offering to the Sangha 恭誦《父母恩重難報經》 / 佛法開示 / 供僧</p> <p>Offerings to the Buddhas / Blessing &amp; Memorial Services / Gratitude to Parents 佛前獻供 / 消災 / 超薦 / 孝親感恩活動</p> <p>Vegetarian Lunch 素齋供眾</p>