

中台禪寺美國奧克拉荷馬州分院 佛心寺
2017年五月至八月禪修課程及法會活動

BUDDHA MIND MONASTERY

MAY~AUGUST 2017 CHAN (ZEN) CLASSES & EVENTS

Classes / Events	Time	Date	Notes
Zen Meditation & Buddhism Class Level I / Morning	Fridays 10 am ~ 12 pm	5/12 ~ 7/28	Introduction to Zen meditation Fundamental Buddhist teachings No prerequisites
Zen Meditation & Buddhism Class Level I / Evening	Thursdays 7 ~ 9 pm	5/11 ~ 7/27	
Zen Meditation & Buddhism Class Level II (A) / Morning	Tuesdays 10 am ~ 12 pm	5/9 ~ 7/25	Zen meditation Advanced Buddhist teachings Level I class required
Zen Meditation & Buddhism Class Level II (A) / Evening	Tuesdays 7 ~ 9 pm	5/9 ~ 7/25	
Sutra Study Class / Morning	Thursdays 10 am ~ 12 pm	5/11 ~ 7/27	Zen meditation Dharma Lectures on “The Sutra of Forty-Two Chapters” Level II class required
Sutra Study Class / Evening	Wednesdays 7 ~ 9 pm	5/10 ~ 7/26	
中文初級禪修班 Chinese Level I Meditation Class	每週六 Saturdays 1:30 ~ 3:30 pm	5/6 ~ 7/29 暫停日 Except: 6/3, 6/17, 7/8	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 (A) Meditation Class	每週日 Sundays 1:30 ~ 3:30 pm	5/7 ~ 7/30 暫停日 Except: 6/4, 6/18, 7/9	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	5/7~ 7/30 暫停日 Except: 6/4, 6/18, 7/9	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	5/6, 5/27, 6/10, 7/1, 7/15, 8/12	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	5/13, 6/24, 7/29	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。

DHARMA EVENTS 法會活動

<p>Intensive Meditation Retreats 精進禪修</p>	<p><u>HALF-DAY RETREAT</u> 半日禪 (BMM students only 限禪修班學員) 5/20, 7/22 (Saturday, 9:30 am ~ 12:10 pm)</p> <p><u>TWO-DAY RETREAT</u> 二日禪 (BMM students only 限禪修班學員) 6/17 ~ 6/18 (Saturday, 9:30 am ~ 5:40 pm ; Sunday, 9:30-12:10)</p>
<p>5/7 ~ 8/27 Sunday 11:15 am~12:30 pm</p>	<p><u>MEDICINE BUDDHA SUTRA SERVICE</u> 藥師經共修 Chanting the “Sutra of Medicine Buddha” / Sitting Meditation 恭誦《藥師經》/ 靜坐 (Except 暫停日: 6/4, 6/18, 7/9)</p>
<p>6/4 Sunday 10 am 11:45 am 12:30 pm</p>	<p><u>MEDICINE BUDDHA BLESSING CEREMONY</u> 藥師祈福法會 Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師經》/ 佛法開示 Offerings to the Buddhas / Blessing & Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾</p>
<p>7/9 Sunday 10 am 11:45 am 12:30 pm</p>	<p><u>MEDICINE BUDDHA BLESSING CEREMONY</u> 藥師祈福法會 Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師經》/ 佛法開示 Offerings to the Buddhas / Blessing & Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾</p>
<p>8/16 ~ 8/29</p>	<p><u>PILGRIMAGE TO CHUNG TAI CHAN MONASTERY, TAIWAN</u> 台灣中台禪寺朝聖之旅 (BMM students only 限禪修班學員 ; Preregistration required 須預先報名)</p>

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