

中台禪寺美國奧克拉荷馬州分院 佛心寺
2018年五月至八月禪修課程及法會活動

BUDDHA MIND MONASTERY

MAY ~ AUGUST 2018 CLASSES & EVENTS

Classes / Events	Time	Date	Notes
Zen Meditation & Buddhism Class Level I / Morning	Tuesdays 10 am ~ 12 pm	May 1 ~ Jul 17	Zen meditation Fundamental Buddhist teachings No prerequisites
Zen Meditation & Buddhism Class Level I / Evening	Tuesdays 7 ~ 9 pm	May 1 ~ Jul 17	
Zen Meditation & Buddhism Class Level II (B) / Morning	Fridays 10 am ~ 12 pm	May 4 ~ Jul 20	Zen meditation Advanced Buddhist teachings Level I class required
Zen Meditation & Buddhism Class Level II (B) / Evening	Thursdays 7 ~ 9 pm	May 3 ~ Jul 19	
Sutra Study Class / Morning	Thursdays 10 am ~ 12 pm	May 3 ~ Jul 19	Zen meditation Dharma Lectures on “The Sutra on Impermanence” Level II class required
Sutra Study Class / Evening	Wednesdays 7 ~ 9 pm	May 2 ~ Jul 18	
中文初級禪修班 Chinese Level I Meditation Class	每週六 Saturdays 1:30 ~ 3:30 pm	May 5 ~ Aug 11 (暫停日 Except: May 19, Jun 23, Jul 21)	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 (B) Meditation Class	每週日 Sundays 1:30 ~ 3:30 pm	May 6 ~ Aug 12 (暫停日 Except: May 20, Jun 24, Jul 22)	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	May 6 ~ Aug 12 (暫停日 Except: May 20, Jun 24, Jul 22)	靜坐指導、佛法開示《無常經》 Zen Meditation & Dharma lectures 須中級班結業 Level II Class required
兒童禪修班 Kids' Meditation Class	週六 Saturdays 10:30 am~12pm	May 12, Jun 9, Jun 30, Jul 14, Jul 28, Aug 11	靜坐、故事、主題活動 Meditation, Zen stories & themed activities
素食烹飪班 Vegetarian Cooking Class	週六 Saturdays 1:30 ~ 2:30 pm	May 12, Jul 14, Aug 11	限禪修班學員與義工 BMM students & volunteers only

❖ All classes and events 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. Socks are required.

請穿著襪子及寬鬆合宜的服裝。請勿赤腳或穿著低胸、短褲、短裙、無袖或緊身衣。

DHARMA EVENTS 法會活動

Intensive Meditation Retreats 精進禪修	HALF-DAY RETREAT 半日禪 (BMM students only 限禪修班學員) May 26, June 16, July 7, Aug 18 (Saturdays, 9:30 am ~ 12:10 pm)
May 6 ~ Aug 26 Sundays 11:15 am~12:30 pm	MEDICINE BUDDHA SUTRA SERVICE 藥師經共修 (暫停日 Except: May 20, Jun 24, Jul 22) Chanting the “Sutra of Medicine Buddha” / Meditation 恭誦《藥師琉璃光如來本願功德經》/ 靜坐
May 20 (Sunday) 10:00 am 11:50 am 12:10 pm 12:50 pm	BUDDHA BATHING & MEDICINE BUDDHA CEREMONY 佛誕浴佛暨藥師祈福法會 Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師琉璃光如來本願功德經》/ 佛法開示 Buddha Bathing Ceremony 浴佛大典 Offering to the Buddhas / Blessing & Memorial Services 佛前獻供 / 消災 / 超薦 Vegetarian Lunch 素齋供眾
Jun 24 (Sunday) 10:00 am 11:45 am 12:30 pm	MEDICINE BUDDHA BLESSING CEREMONY 藥師祈福法會 Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師琉璃光如來本願功德經》/ 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
Jul 22 (Sunday) 10:00 am 11:45 am 12:30 pm	MEDICINE BUDDHA BLESSING CEREMONY 藥師祈福法會 Chanting the “Sutra of Medicine Buddha” / Dharma Talk 恭誦《藥師琉璃光如來本願功德經》/ 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
Aug 4 (Sunday) 9:00 am 10:00 am 11:30 am	ONE STICK OF INCENSE/ MERITORIOUS HELPING OUT 一支香/ 福慧出坡 One Stick of Incense 一支香 Meritorious Helping Out 福慧出坡 Vegetarian Lunch 素齋供眾
Aug 16 ~ Aug 28	PILGRIMAGE TO CHUNG TAI CHAN MONASTERY, TAIWAN 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)

5800 South Anderson Rd., OKC, OK 73150 | Tel: (405) 869-0501
www.ctbuddhamind.org | E-mail: buddhamindokc@gmail.com

