



# 加拿大靈巖山寺短期出家淨戒會通啟

## Short-term Monastic Retreat for the Laity



- 一、宗旨：發揚佛陀聖教，方便在家弟子體驗古叢林出家修道生活，解行並進、定慧雙修，培養清淨善根福德，深種出世涅槃之因。
- 二、特點：延請戒德為男眾戒子受沙彌十戒、女眾戒子受八關齋戒。
- 三、日期：2020年3月22日至28日。21日下午2:00開始報到。
- 四、地點：加拿大靈巖山寺。
- 五、課程：沉浸於暮鼓晨鐘的寺院修行生活，上殿誦經、學習戒法、梵唄研習、出坡作務等。於海眾薰修中，解行並進，滌除塵勞、長養道心，莊嚴身心，深種出世解脫淨因。
- 六、資格：10歲至60歲，正信三寶、身心健康之佛教徒，生活能自理。男眾限80名，女眾限120名，額滿為止。
- 七、報名：即日起至2020年2月15日截止。填妥報名表並親自至本寺報名。報名表可至本寺客堂索取或由網路下載  
(<https://www.lymtcanada.com>)  
審核通過後，將以電郵寄發報到通知單或以電話通知本人來寺親取。報名資料不全者，恕不受理。
- 八、費用：團體照(自由請購)、洗衣費30元。其它費用由本寺結緣。
- 九、設齋：歡迎護法善信設齋供眾，護持戒會，廣結善緣。
- 十、備註：報到當日請攜帶報到通知單、身份證、黑色海青  
(已受戒者請自備縵衣)、盥洗用具、睡袋、換洗衣物。





# Lingyen Mountain Temple (Canada)

## Short-term Monastic Retreat for the Laity



**Goals:** To propagate the teachings of the Buddha and give lay disciples an opportunity to experience the ancient forest monastery life. The retreat will improve their understanding and practice of Buddhism, as well as their concentration and wisdom. By doing so, they will nurture their pure, virtuous roots, increase their blessings, and firmly plant the seed for attaining Nirvana in the future.

**Features:** We have invited Precept Masters to transmit the Ten Sramanera Precepts to all male participants, and the Eight Precepts and Fasting to all female participants.

**Dates:** March 22 to 28, 2020. Check-in begins at 2:00pm on March 21.

**Location:** Lingyen Mountain Temple (Canada)

**Program:** Participants will immerse themselves in the sound of the morning bells and evening drums of monastery life. They will recite sutras in the Buddha Hall, learn about the Precept Dharma, Buddhist chanting, and temple work. Through cultivating as a group, they will advance in their understanding and practice, and wash away their secular troubles. They will strengthen their determination to practice, and adorn their bodies and minds as they firmly plant the seed to liberation in the future.

**Eligibility:** Buddhist disciples ages 10 to 60, with orthodox faith in the Three Treasures. Participants must be in good physical and mental health. A maximum of 80 male participants and 120 female participants will be accepted.

**Registration:** Begins now and ends February 15, 2020. Please fill out the registration form and personally deliver it to the temple. The registration form may be obtained from the temple's information center or website (<https://www.lymtcanada.com>). Once you have been accepted, you will either receive a confirmation notice through email or a phone call to come pick up the notice from the temple. Incomplete registration forms will not be accepted.

**Fees:** Group photo (optional), laundry fee (\$30). All other costs will be covered by the temple.

**Meal Offerings:** You are welcome to make a donation towards the vegetarian meals provided during the retreat as a way to build good affinities with everyone.

**Remarks:** On the check-in day, please bring your confirmation notice, identification, black robe (and brown sash if you have taken the precepts), personal items, sleeping bag, and change of clothes.



**Lingyen Mountain Temple (Canada)**  
10060 No. 5 Road, Richmond, B.C. Canada V7A 4E5  
Tel: 604-271-0009 Fax: 604-271-3890