

好自在

隨處安心的秘密

March 30, Thursday by 果謙法師 (中/英文)
7:00~9:30PM @ Chambers 106 (moved from Auditorium)

果謙法師: 1996年法鼓山受戒出家。於2004年九月接任
紐約東初禪寺護法會輔導師一職，擅長弘講及禪修。



初級禪坐班**

Apr 1, Saturday by 果謙法師
9:00AM~4:00PM @ Chambers 108



一日禪**

Apr 2, Sunday by 果謙法師
9:00AM~5:00PM @ HUB 304

**請須註冊。詳情請看 <http://ddmbapa.org>



法鼓山美國賓州共修處
<http://ddmbapa.org>

賓州大學城居士林暨賓州大學佛學社
Dharma Drum Chan Association

*"The more difficult things become, the more
opportunities you have to practice patient
endurance and loving kindness."*

--Master Sheng-yen, in Dharma Drum