



禅定寺

**Samathidhammaram Centre**

114, Moo 5, Khlongtan sub-district,  
Ban Phaeo district, Samut Sakhon province, 74120 Thailand

**Short Term Ordination: 27 May – 10 June 2023**

**短期出家：2023年5月27至6月10日**

We would like to invite those who have faith to join us in the upcoming short term novice/ nun ordination and observation of ubasaka & ubasika (8 precepts).

Through sincere practice, enormous merits are acquired. Nothing equals self-practice. Let us share these merits with gratitude to the Buddha, Dhamma and Sangha, our parents, ancestors and karmic debtors. Being reborn life after life, we may not be aware of the past actions we have done in the past. We aspire to transfer our merits through this dhamma practice to our karmic debtors (beings whom we have wronged in the past). May they rejoice in the merits and forgive us.

诚心邀请发愿出家的在家居士参加于禅定寺举办的短期出家活动，剃度为比丘 / 比丘尼并且受持八戒律。

出家持戒是大功德，无量无边。我们以最虔诚的心感恩佛、法、僧，并把这殊胜功德回向予现世父母，历代祖先及冤情债主感恩他们。在我们生生世世的轮回中，我们可能不知道我们过去所造的恶业。透过短期出家持戒及修行，我们可以把累积的功德回向予我们的冤情债主。愿他们快乐，并且祈求原谅我们所犯下的过错。



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### Samathidhammaram Centre

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#### Programme for Short Term Ordination

#### 短期出家节目表

**27/05/2023**

Arrival at Bangkok airport 抵达曼谷机场  
(Survanabhumi International airport or Don Muang)

**28/05/2023 – 29/05/2023**

Prepare for ordination chanting 练习出家的诵经

**30/05/2023**

9am: Head-Shaving at Samathidhammaram Centre 剃度仪式于禅定寺

**31/05/2023**

Ordination Ceremony 出家仪式  
(Wat Khlongtan Rat Bamrung, Tambon Kaset Pattana, Amphor Ban Phaeo,  
Jangwat Samut Sakhon)

**01/06/2023 – 09/06/2023**

4:00 am : Wake up 起床

5:00 am : Morning chanting 诵经 (早课)

6:00 am : Alms round /pindapat 化缘

8:00 am : Breakfast 早餐

9:30 am : Chanting to transfer merits 诵经 (回向功德)

11:00 am: Lunch 午餐

2:00 pm : Chanting and meditation (sitting/walking) 诵经, 静坐, 走禅

4:00 pm : Tea break 下午茶



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- 6:00 pm : Prepare for evening chanting 预备诵经  
7:00 pm : Evening chanting and meditation (sitting/walking) 诵经(晚课),  
静坐, 走禅  
10:00 pm: Rest 休息

#### 10/06/2023

- 6:00am – 9:00 am: Disrobing ceremony at Samathidhammaram Centre 还俗舍  
戒仪式于禅定寺

Participants of this short term novice ordination can download the “Chanting Scripts for Monks Ordination” using the link below. This chanting script will be recited during the ordination ceremony. Hence it is recommended for participants to print out a hard copy of the chanting script and practice it before the ordination ceremony.

短期出家为比丘的参加者，可通过以下连结下载“出家受戒诵经文”。出家持戒的比丘需在出家仪式期间诵读此诵经文。因此，建议参加者将诵经本打印出来，并在出家仪式前练习。

[Chanting Script for Monks Ordination 出家受戒诵经文](#)



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If you would like to participate in this event or for more information, please email to [methikadotcom@gmail.com](mailto:methikadotcom@gmail.com). Alternatively, you can contact any one of the person in the contact list below. Khun Mae, the abbess of Samathidhammaram Centre can speak Mandarin, however she does not read English and Chinese text. Khun Mae has appointed four of her followers as listed in the contact list, Xiao Yan, Kin Hoong, Sau Cheng and Sock Khim that are proficient in English and Mandarin as contact persons to facilitate communications. Khun Mae has also delegated Sock Khim to handle all the email correspondence to [methikadotcom@gmail.com](mailto:methikadotcom@gmail.com).

有意参加此短期出家活动或咨询更多信息，请电邮至 [methikadotcom@gmail.com](mailto:methikadotcom@gmail.com)。您也可联系以下任何一位联络人。禅定寺的主持 Khun Mae 能以华语沟通，但她不会阅读英文和中文字。Khun Mae 委任了她的四位在家弟子，小燕、Kin Hoong, Sau Cheng 和淑琴为联络人。他们精通英语和华语，以方便沟通。另外，Khun Mae 也委任了淑琴处理所有发送至 [methikadotcom@gmail.com](mailto:methikadotcom@gmail.com) 的电子邮件。

Contact Persons (联络人)	Phone Number (电话号码)
Khun Mae – Thailand (泰国)	+66 81 918 3237
Xiao Yan (小燕) – Singapore (新加坡)	+65 9844 2199
Kin Hoong – Malaysia (马来西亚)	+60 12 425 8902
Sau Cheng – Malaysia, Ipoh (马来西亚, 怡保)	+60 16 526 0118
Sock Khim (淑琴) – Singapore (新加坡)	+65 9638 6461