

八关斋戒 ~ 8 Precepts

(non stay-in ~ 无住宿)

日期 / Date :	2019 年 1 月 19 日 (星期六) 19 January 2019 (Saturday)
报到 / Reporting details :	Non stay-in 无住宿 2019 年 1 月 19 日 (星期六) ; 登记时间 <u>早上 7 时 45 分</u> 开始 19 January 2019 (Saturday); Registration begins at <u>7:45 am</u> 宏船老和尚纪念堂 , 4 楼 , 无相殿 Ven Hong Choon Memorial Hall, Level 4, Hall of No Form

规则

RULES AND REGULATIONS, ADMIN INSTRUCTIONS / GUIDELINES

请参加者积极配合遵守寺规以护持道场庄严清静及促成共修圆满。

These are necessary for creating a harmonious and conducive retreat environment for one and all.

- **参加者年龄须 16 岁以上。**

This retreat is for participants aged 16 and above.

- **参加者均须全程参与所有活动，勿无故缺席。不能出席者不可擅自让出名额或找人“替代”。**

FULL ATTENDANCE is required for all the participants. Registration is non-transferable.

- **录取者若无法出席却没通知主办单位，可被列入报名限制名单；这将会影响录取者未来报名八关斋戒的机会。**

Absence without updating the Organizing Committee in advance will result in the participant being placed in the registration control list. This will affect the participant's chance to sign up for future 8 precepts retreats.

- **主办单位有权拒绝任何报名申请，也有权拒绝那些无法履行政府规定及社会职责的参加者。**

The Organizing Committee reserves the right to reject any registration or participants not fulfilling the social responsibilities based on Government Regulations.

- **请携带身份证前来报到。共修期间请佩戴好名片标示。**

Please bring your identification card to scan for your attendance. Name tags issued are to be worn visibly by the participants at all times during the retreat.

- **寺内停车位有限，故鼓励参加者乘搭公共交通前来本寺。**

Due to limited parking space in the Monastery, participants are encouraged to take public transport.

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- **请勿携带贵重物品入寺。所有参加者须对各自携带之财物和用品负责；寺院和主办单位恕不承担共修期间所发生的任何财物损失。主办单位鼓励所有参加者不携带通讯器材（手机）。**

All participants are responsible for their personal items. The Monastery and the Organizing Committee will not be held responsible for any item lost during the retreat. Participants are therefore advised to avoid bringing valuable items. All participants are encouraged not to bring any communication devices (including mobile phone, tablets) to the retreat.

- **所有参加者须谨慎负责各自的安全。如参加者在共修期间发生任何事故，寺院和主办单位恕不承担。**

All participants are responsible for their own safety. The Monastery and the Organizing Committee will not be held responsible for any injuries and accidents during the retreat.

穿着 DRESS CODE

- **无透明布料及白色、米色、灰色或素色有袖 T- 恤，配以白色、米色、灰色或深色长裤（裤子须宽松，方便坐在蒲团上）。欲着海青及缁衣者，可携带。**

Clothing should be decent; plain colours, white/beige opaque and with sleeves and long pants (suitable to sitting on the floor). For those who wish to don on Hai Qing and the Precept Robes, you may bring them along.

- **不可穿无袖上衣，短裙，百慕达裤，紧身裤或任何紧身服装。主办单位有权禁止违例者进入大殿。**

No sleeveless tops, shorts/skirts, bermudas, tights or leggings are allowed. Participants with inappropriate attire will not be allowed to enter the hall.

- **如果您体质畏寒，请携带长袖夹克、盖腿的毛巾及袜子。**

Those who feel cold easily should bring along a coat or jacket, a towel to cover your legs and a pair of sock.

- **除了厕所内，不可在其它场所随意更换衣服，露身，穿着短於盖之上的衣着（包括寮房）。**

Nudity or inappropriate dressing (including shorts above knee height are not allowed outside the toilets/bathing areas).

静修期间 DURING THE RETREAT

- **守持八关斋戒（不杀生、不偷盗、不淫、不妄语、不饮酒、不著香华鬘，不香油塗身；**

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不歌舞娼妓，不故往观听、不坐卧高广大床、不非时食)。

Eight precepts: 1. NO killing, 2. NO stealing, 3. NO sexual activities, 4. NO lying, 5. NO taking of intoxicants, 6. NO singing and dancing, perfume and ornaments, 7. NO sleeping on large/high beds and thrones, and 8. NO food at improper times are to be observed at all times.

- **共修期间必须茹素。素食须无蛋并完全不混杂荤肉；戒葱、蒜、洋葱、韭菜、薤白等五辛。**

Only vegetarian food will be provided throughout the period of the entire retreat. Outside food is not allowed in the Monastery premises; if needed, Organizing Committee approval is required. Eggs and food mixed or cooked with meat are NOT allowed. The 5 Pungent Roots (Garlic, Onion / Spring Onion, Leek, Chinese Chive & Shallot) should be avoided.

- **请勿携带食物进入大殿。大殿内不可进食。**

No food or eating is allowed in the Hall.

- **共修期间请不要闲谈，尽可禁语。静修期间不可用手机，如不遵守，主办单位将有权提醒您停止使用手机或暂保管。**

There should be no idle talking. Noble silence is encouraged. No use of any communication devices (mobile phone/ tablets) during the retreat. If seen using them during the retreat, the Organizing Committee reserves the right to remind you or safe keep the device until the end of retreat.

- **参加者禁止携带照相机及录影机。**

Unofficial video equipment and cameras are not allowed into the Hall.

- **共修期间，请将所有发声设备设置静音。**

Please ensure your mobile device is set to Silent Mode.

- **请时时修持慈爱与包容，尤其是排队用餐和如厕时。**

Participants are to practice patience and compassion when queuing for meals and toilets.

- **请时刻维持大殿及寮房的整洁。**

Hall and lodging area should be kept clean, neat and tidy at all times

- **共修期间如有任何争议，请告知主办单位。所有参加者须遵守寺院规定及法会规则，并尊重主办单位所作的最后决定。**

Any argument or discontentment during the retreat should be made known to the Organizing Committee. The Organizing Committee will have the final say in any decision-making. All participants should respect and follow the Monastery's rules and regulations and the decisions made by the Organizing Committee.

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Things To Bring / 应携带之物件

(1) Warm Clothing (including socks)	(1) 耐寒衣物 (包括袜子)
(2) Water Bottle	(2) 水瓶
(3) Personal Medication (if any)	(3) 个人药物 (若有)

Things Not To Bring / 不应携带之物件

(1) Entertainment Devices	(1) 娱乐器材
(2) Alcohol / Cigarettes & lighter	(2) 酒 / 香烟与打火机
(3) Magazines and Books (except for Dharma material)	(3) 杂志与书本 (佛刊与佛书例外)
(4) Jewelry & other expensive items	(4) 贵重首饰与物件



感谢您的配合以确保静修圆满。

Thank you for your cooperation to ensure the retreat proceeds smoothly.