



COLLEGE OF NURSING, HONG KONG 香港護理學院

慈山寺靜心日

二零一七年四月三日

藉著春回大地，萬物欣欣向榮的季節，香港護理學院於二零一七年三月二十五日舉辦慈山寺靜心日參學活動。是次活動得到護理同業踴躍支持，反應熱烈，一行六十人於預定地點集合，浩浩蕩蕩往慈山寺出發。



是次活動得到慈山寺的安排及協調，內容豐富，包括：慈山寺導賞團、3D立體電影，體驗平靜的喜樂，以淨化心靈。慈山寺的代表帶領參加者遊覽慈山寺，講解各佛像和寺內設施的寓意及建築特式，並欣賞慈山寺與四周自然環境的融合、返璞歸真的寧靜美態。參訪人士更透過行禪、抄經及供水等心靈安定的練習和禪食體驗，學懂自我觀察，以促進心靈健康。

鑑於是次活動反應踴躍，學院將於今年的九月二十三日舉辦第二次的慈山寺參學活動，有興趣請留意學院網頁之公佈。





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Tsz Shan Monastery Spiritual Retreat

3 April 2017

College of Nursing Hong Kong organized a visit to Tsz Shan Monastery (TSM) on 25th March 2017. The activity was overwhelmingly supported by members.



Diversified programs were arranged and coordinated by TSM including, guided tour, 3D movie to share the joy of tranquility and to develop a good habit of taming the mind. Participants were guided to tour around the monastery. Architectural concept of the monastery, the meaning of various kind of Buddhas were introduced. Participants able to indulge in the beauty of natural environment, understand and respond to their spiritual needs and engage in self-retrospection by enjoying different relaxation activity and mindful eating experience.

In view of the active response from our members, the second visit to TSM will be arranged on 23rd September 2017. Interested parties are welcome to browse our website for latest information.

