

Global Center invites you to Temple Stay at Magoksa

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Greetings!

IFEZ Global Center is inviting expats who want to experience Korean Buddhism at Magoksa Temple. Magoksa is located in Gongju, Chungcheongnamdo Province. It takes 2hrs 30mins to get there from G-Tower. IFEZ will offer a chartered bus. Please note that this is 2-day-trip and you are going to spend 1 night at the temple.

"IFEZ Temple Stay at Magoksa"

- **Date & time : Nov. 3 (Thr) 11:00 ~ Nov. 4 (Fri) 16:00 – 2days trip (1night and 2days)**
- Meeting point: Nov. 3, 2022 (Thr) 11:00 / IFEZ Global Center
- Transportation: by bus
- Contents:
 - Experience Buddhist culture (Beopgo drum, bell-ringing, buddhist service, and meditation)
 - Visit Korean Roof Tile Culture Center
 - Hiking the mountain near temple
- * Vegetarian meals will be provided.
- Participants: Expats living in IFEZ (Limited to 20 persons)
 - *Participants should visit Global Center to get travel insurance on a designated date before going temple stay.
- Fee: Free of charge
- Registration: Global center website (First come first served basis)
- Registration period: Oct. 11, 2022 (Tue) 10:00~ Oct. 16 (Sun)

◦ Contact: 032)453-7663 / email: ifezglobal@gmail.com / website : <http://global.ifez.go.kr>

◦ IFEZ Global Center: 1F G-tower 175 Art center dae-ro, Yeonsu-gu, Incheon

◦ Detailed Schedule

	Duration	Activity
Departure	12:00 ~ 14:30	- Departure from IFEZ Global Center - Arrival at Magoksa
Schedule on 1 st day	14:30 ~ 15:00	Check-in
	15:00 ~ 16:00	The temple Tour
	16:00 ~ 17:00	Visit Korean Roof Tile Culture Center
	17:30 ~ 18:00	Temple Dinner
	18:30 ~ 19:00	Evening Bell Ceremony
	19:00 ~ 20:30	Meditation of the campfire
	21:00 ~	Go to bed
Schedule on 2 nd day	04:00 ~ 04:30	Wake up
	04:30 ~ 05:00	Buddhist Ceremony/Meditation
	05:00 ~ 07:00	Free Time
	07:00 ~ 07:30	Temple Breakfast
	09:00 ~ 10:00	Hiking
	10:00 ~ 11:00	Tea with a Monk
	11:00 ~ 11:30	Check-out after Cleaning bedroom
	11:30 ~ 12:00	Dismissed after Temple Lunch
Arrival	16:00 ~ 17:00	- Departure from Magoksa - Arrival at IFEZ Global Center

What is Templestay?

템플스테이란 전통문화와 자연환경이 어우러진 한국 사찰에 머무르며 수행자의 일상을 체험하는 것을 말합니다.

예불, 참선, 발우공양, 율력 등 사찰에서의 일과를 체험하면서 나 스스로를 포함한 모든 존재의 근원에 대해 끝없는 의문을 가져보기도 하고, 사찰이 간직하고 있는 전통문화와 자연환경에 대해 이해하는 프로그램입니다.

템플스테이는 한국불교와 전통문화를 직접 체험하는 ‘체험형 템플스테이’와 자연 안에서 마음의 안정과 쉼을 찾을 수 있는 ‘휴식형 템플스테이’로 구분합니다. 참가하는 프로그램의 유형에 따라 당일과 1박 2일, 길게는 일주일 이상까지 진행하고 있습니다.

Templestay is a program wherein anyone can stay in a Korean temple for a few hours, overnight, or even a few days. The program harmoniously interweaves traditional Korean Buddhist culture and the natural environment to allow participants to experience the daily life of monastic practitioners.

In a Templestay program you can experience elements of monastic life such as Buddhist ceremonies, meditation, formal monastic meals, and communal work. but even more importantly you have time to ponder within yourself questions on the origin of all beings including yourself and gain a better understanding of the traditional culture and natural environment that have been preserved by the temple.

Templestay programs are usually divided into two types: an experience-oriented Templestay in which you experience Korean Buddhism and traditional culture firsthand; and a rest-oriented Templestay in which you can restore inner stability and tranquility while embraced by nature.

준비물 Things to bring

칫솔, 수건, 개인 세면용품, 물병, 개인 약, 헤어 드라이기(필요 시)

다른 옷, 양말, 속옷, 운동화, 머리끈, 따뜻한 겉옷(사찰은 산에 있어 춥습니다)

* 수련복(조끼와 바지)이 템플스테이 동안 제공됩니다.

Must-bring-items:

Tooth Brush, Towel, Toiletries, Water-bottle(or thermos), Individual medicine, Hair Dryer(If necessary), Extra shirts, Socks, Underwear, Sneakers(no heels), Hairband

Warm outwears(Always, It is quite colder than that of downtown.) etc.

* A uniform (a vest and pants) is provided during the stay.

템플스테이 프로그램 Templestay Programs

1. 사찰안내 Temple Tour with Monk



일종의 오리엔테이션으로 사찰을 둘러보며 사찰의 역사와 문화재, 이야기 등 그 사찰의 특색을 보고 들을 수 있습니다.

It is an orientation. Participants can get a short tour of a temple and learn about the place's unique features by listening to their history or related stories and viewing their cultural assets.

2. 공양(식사) Temple Meal



스님들이 수행하시면서 드시는 밥을 함께 먹어볼 수 있습니다. 밥을 먹을 때는 지켜야할 예절이 있습니다. 밥은 먹을 만큼만 받아서 남기지 않고 깨끗이 먹습니다. 가능한 말을 하지 않으며, 돌아다니지도 않습니다. 밥 먹는 행위도 수행의 일환이라 생각하며, 다른 행동을 하지 않습니다.

Temple meal is the same as what monks eat when they practice. There are manners to follow when eating. Please take an appropriate amount of food and don't waste anything. If possible, do not talk or walk around when eating. Eating itself is considered an act of the practice and shouldn't be mixed with other activities.

3. 예불 Yebool (Buddhist ceremony)



한국의 사찰에서는 아침, 점심, 저녁 하루에 세 번 예불을 올립니다. 예불은 법당에 모셔진 부처님께 인사하고 공양을 올리는 불교 의식으로, 하루를 예불로 시작하고 마무리합니다.

예불은 부처님에 대한 존경의 의미와 함께 자신의 수행을 돌아보는 의미를 담고 있습니다. 예불을 드릴

때 외우는 예불문은 부처님, 부처님의 가르침, 그리고 스님들에게 예배하고 모든 중생이 다 같이 부처님이 될 것을 기원하는 내용입니다.

Korean temples offer Buddhist ceremonies or services three times a day, in the morning, midday and evening. These ceremonies are rituals in which Buddhists show respect and make offerings to the Buddhas enshrined in the Dharma hall. Buddhist begin and end each day with a ceremony.

Buddhist ceremony embodies respect for all Buddhas and is a time for reflection on one's own practice. *Ye-bul-mun*, the liturgy recited at a Buddhist ceremony, represents prayers of one's homage to the Buddha, the teachings of the Buddha and the Sangha (community of monastics), and one's aspiration to attain Buddhahood together with all beings.

4. 포행(산책) *Po-haeng* (Take a walk to the Buddhist hermitages)



한국의 전통 사찰은 대부분 아름다운 자연환경 속에 자리하고 있습니다. 수행이나 일과 중에 잠시 숲속을 거닐며 신선한 공기를 맛보고, 새나 물소리를 들으며 거니는 것을 포행이라고 합니다. 순간순간 자연과 함께하는 나를 느끼는 것도 중요한 하나의 수행으로 여기기 때문입니다.

Most traditional temples in Korea are situated in a beautiful natural environment. Po-haeng is a kind of walking meditation in which you take a break from the daily routine and walk along a forest path tasting the fresh air; or leisurely walking around listening to the birds or murmuring stream. This is also considered a part of Buddhist practice as it provides time to reflect on self while communing with nature.