



記法界佛教青年會第四屆年會

4TH ANNUAL DRBY COFERENCE

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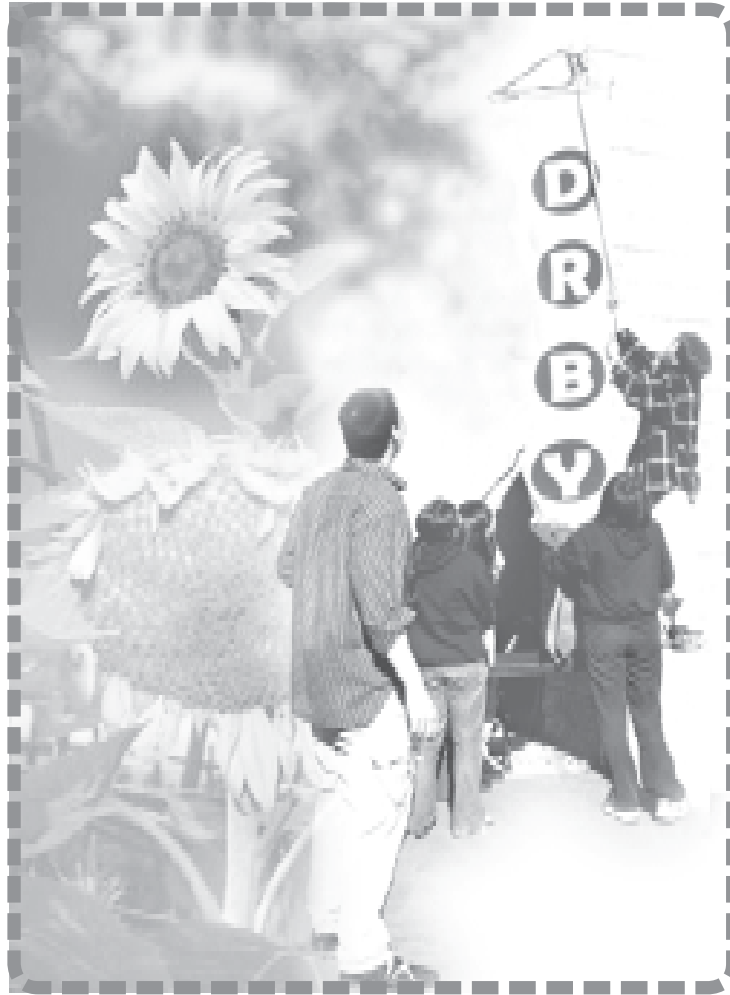
二〇〇二年三月

23日至24日，法界佛教青年會於加州長堤福祿壽聖寺舉行第四屆年會。為期兩天的議程中，有十多位法師及在家居士們分別向八十餘位學生及青年朋友做專題演講，並指導他們做分組討論。這些年輕朋友們有駕長途車，甚至搭飛機前往長堤。會議在福祿壽聖寺進行；住宿部份，男眾就地住在寺內，女眾則住在車程二十五分鐘的長堤聖寺。

今年的年會為法界佛教青年會立下了一個新的里程碑，因為這是該會首次在西沙加緬度的法界聖城以外的地點舉辦活動。青年會在策劃這次活動之初，就希望將佛法推廣到舊金山灣區以外，與更多年輕朋友分享法益。這個

想法得到南加州地區會員的熱烈反應，在法總董事會的支持下，立刻決定將今年的會場移師長堤

。另一項不同於已往的是，今年將參加會議的聽眾鎖定在「初機學佛者」、「修行中的佛教徒」以及「在佛教家庭中長大的年輕人」這三大類。對許多與會者而言，本年的會議提供了一個去尋找「為什麼我是佛教徒」，類似這種問題的答案的機會。會議結束的那一天，一個出生佛教家庭的第二代青年佛教徒說：「沒想到這次的活動讓我瞭解了這麼多



On March 23-24, 2002, Dharma Realm Buddhist Youth (DRBY) held its 4th Annual Conference at Blessings, Prosperity, and Longevity Monastery, also known as Fu Lu Shou Temple, in Long Beach, California. During the two-day conference, over ten speakers including Sangha members and lay teachers lectured and led workshops for over eighty students and young adults, some of whom had to fly or drive long distances to be in Long Beach. While the majority of the conference program was held at Fu Lu Shou, living quarters were separated with the men staying at Fu Lu Shou and the women staying 25 minutes away at Long Beach Monastery on the beachfront.

Conference 2002 marked a special milestone for DRBY, as this was the first DRBY Conference held outside of the City of the Dharma Realm in West Sacramento. Early in the planning, conference organizers recognized it would be beneficial if the Dharma was shared with young adults outside of the San Francisco Bay Area, and Long Beach quickly became the focus after DRBY received positive responses from several members in Southern California and support from the DRBA Board. Also different from the previous conferences was that at least three audiences including beginners to Buddhism, practicing Buddhists, and young adults raised in Buddhist families were



的佛法，原來都是跟我的生命息息相關的。」

會議內容包括十六個研討主題，從基礎的「佛教簡介」、「因果（業）的科學理論」到人際相關的「佛教徒的人際關係」、「佛教徒：一種身份？」以及時下最受矚目的主題如：「壓力與野心」、「戰爭與社會衝突」，都包括在內。其他的研習內容，是針對佛法的實際修持，有唱誦、靜坐、拜佛、持戒及經典研究。有一項討論會名為「佛教與我」代表出席的主講人有皈依多年的老弟子、年輕的新佛教徒以及佛教故事及音樂的表演。經由這些發人深省的教導以及討論，透過科學的、道德的，及自由的不同角度，促使每一個與會者重新去評估「我是誰」，審慎地去檢視自己日常生活中所做的抉擇，將會導致如何的後果。每一天，與會者靜坐，參加早、晚課、上供；當地在家居士更是提供了可口的素齋，今年的年會活動，讓參加者體驗到佛教寺院生活的真味。

在這兒，隨處都可以看到洋溢著法喜的年輕面孔。青年會今年提供了許多佛教展望，及追尋自由解脫的方法。可惜的是，兩天的行程實在太過緊湊，不足涵蓋所有的主題，有人建議：「請不要把這麼多討論主題放在一次會議裏，都太棒了，很難決定要參加哪一組……」又有人表示：「我現在有更多的疑問，而且我非常想修行……」當問及未來年會應列入哪些項目時，與會人士的反應是，「多一些實際的修行」、「更深入的研究」，以及「聚會次數多一些」，以便將錯過的主題補上，並更深入地去研討這次所介紹的一些內容。這次南、北加州的大會合，激勵法總佛教青年會積極去接引更多的年輕朋友，一同在互助的環境中成長。

targeted. For many, Conference 2002 was an opportunity to rediscover the answers to the question of “Why am I a Buddhist?” At the end of the conference, a second-generation Buddhist participant remarked, “I learned a lot about Buddhism and how it relates to my life, which I didn’t expect.”

The Conference program consisted of 16 different workshops ranging from fundamental topics such as, “Introduction to Buddhism” and “The Science of Cause and Effect (Karma)”, to relational ones: “A Buddhist Approach to Personal Relationships” and “Being a Buddhist: an Identity?” Popular themes in this day and age, such as “Stress and Ambition” and “War and Social Conflicts” were featured as well. Other workshops introduced Buddhist practices such as Chanting and Meditation, Bowing, Holding the Precepts, and Study of the Sutras. The program also included a panel presentation on “What is Buddhism to me” by long time disciples and young Buddhists, as well as Buddhist storytelling and music. The insightful teaching and discussions prompted everyone to reexamine the impact of our everyday choices and reevaluate “who I am” through the themes of science, morality, and freedom. With daily meditation, meal offering, and morning and evening ceremonies combined with the delicious vegetarian meals provided by local lay support, Conference 2002 offered each participant a firsthand taste of living in a Buddhist monastery.

The joy of Dharma was apparent in young faces everywhere. While the conference provided for many a new outlook on Buddhism and the pursuit of wisdom and liberation, the 2-day program was simply too packed and too short to cover all the topics. Some participants suggested “Don’t have so many great workshops at once! Too hard to decide…” and others noted, “I came out with many more questions and the desire to cultivate…” When asked what kinds of events DRBY should put together in the future, participants responded with “More actual cultivation,” “more advanced studies,” and “meet more often” to cover the topics missed or go deeper into the subjects introduced. With the

註：法界佛教青年會，以佛教傳統教育青年朋

友自我成長及自省，以助其發揮人類潛能。本會由比丘尼恒貴師及恒是師發起，於一九九九年西沙加緬度法界聖城舉行首次年會。目前會員活動大都集中在柏克萊寺，及舊金山灣區的寺院舉行。

inspiration and synergy between Northern and Southern California, DRBY hopes to continue reach out to young people and grow together in a supportive environment.

Note: The Dharma Realm Buddhist Youth (DRBY) educates young people in the Buddhist tradition of personal growth and self-reflection, and helps them develop their full potential as human beings. DM Heng Gwei and DM Heng Shr started DRBY in 1999 with the first conference at CDR in West Sacramento. We are active in the Berkeley Buddhist Monastery and other temples in the San Francisco Bay Area.

