



# 日日善心

--紀錄法界聖城2004年夏令營

## A Kind Heart Everyday

—A report on 2004 CDR Summer Camp

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瞅著我  
 一朵玫瑰，搖呀搖  
 鼻子頂玫瑰  
 左一嗅，右一嗅  
 一隻瓢蟲，爬呀爬  
 爬上法界城內一枝條

— 拉比·麥考力 作於2004夏令營

這是頭一年拉比和他姐姐卡絲敦參加佛教營的。

拉比說：「佛殿是最好的地方，佛菩薩好莊嚴。」雖身患腦性小兒麻痺，但他還是努力趕上今年夏令營中其他二十位學生。這次夏令營的主題是「日日善心」。很自然地，孩子們關心起拉比：平衡桿上，扶著他；佛殿裡，幫他擺經架；路面不平，陪他後頭慢慢走，尤其是那泰勒和伊帆。

營員21位，有菲裔、越裔、牙買加--摩洛哥裔、台灣裔的及純美國人，他們一起畫蓮花、做批薩、擊鼓，和聽佛陀故事。四歲的艾倫最年輕，也最好奇。有四位媽媽來陪同整個星期--四位忙碌的媽媽。

營員們敲碎一些老舊西班牙式瓷磚，在花園中鋪甬道；收集棕櫚葉，來雕出各種杖把、掃把，巨扇，扇上飾以條式、點式，旋渦式裝飾品。恆茂法師開一堂「惜福」課，透過遊戲和故事來教孩子們環保倫理。她展示出一張黑



A Rose

I see a rose looking at me.  
 I put my nose in the rose.  
 Sniff, sniff!  
 A lady bug crawls up the stem  
 at the City of the Dharma Realm.

— By Robby McCauley Summer Camp, 2004

This was Robby's first year to attend our Buddhist camp, along with his sister, Karsten.

"The Buddha Hall is the best place," he said. "The Buddhas and Bodhisattvas are beautiful." Robby has cerebral palsy, but managed to keep up with the other twenty students who came to camp this summer. The theme of the camp was 'A Kind Heart Everyday.' Naturally, the children's hearts went out to Robby as they supported him on the balance beam, set up his stand in the Buddha Hall, or just walked slowly behind with him when the going got too rough—especially Taylor and Evan.

There were 21 campers with various ethnic backgrounds—painting lotus flowers together, making pizza, drumming, and listening to



紙做的心，說：「這是顆被污染的心，好比骯髒的空氣」；接著展示金色紙做的心，說：「這是顆好心；惜福啊，你的心就會成金色。」

精彩節目屬擊鼓課，教員是尼漢達和艾思寇二位營員的爸爸，柯秘特先生。他拿著一個葫蘆，外飾有玻璃珠，手一晃，陣陣嘩啦嘩啦聲。他說：「這是非洲『希克瑞鼓』(Shekere)；尼爾敲的叫『貢格鼓』(Gonga)，是鼓母；伊琅所敲的，是子鼓；母子正說話呢。」咚！咚！咚！

艾麗夏搖響葫蘆；泰勒拍起「恩彼拉鼓」Mbira，由慢漸漸快；夏玲拉動「倫巴風箱」；賀柏特和逃凡妮則領眾吟唱：(音)驚—夠—嘔，驚—夠—嘔，驚—夠—叭，驚—夠—叭—叭—叭，一時間，那通通鼓聲，伴著陣陣童稚氣歌聲迴盪於整個法界聖城，似乎在說「大家來聽啊」。結束時，孩子們仍沉浸在喜悅中的靜默，接下去是打坐課。

一聲聲唉呀，情不由己的孩子們泥巴似的往坐墊上一栽。我自問：「教了這麼多年打坐課，我幾次看學生這樣了？」因此我宣布：「今天我們玩打坐遊戲。我呢，繞著圈走；誰坐得最好，我就選誰。」孩子們眼睛為之一亮，腰桿一下子挺得筆直。結果是，每個人都被選中。課後，男孩們說：「打坐真酷！」到了周末，他們都能個個坐如鐘。

第二星期，我們玩平衡遊戲：學員們結起跏趺坐，頭頂擱些杯子、石頭，或玻璃杯盛涼水，再放在頭上20分鐘；五歲的小伊琅，也可以坐過來，不過她是一路笑到底，話不停。

惜別會將至，恆優法師乃給學生們上法器課，並教他們唱上人作詞的「我學佛法真幸運」一歌，伴隨著咚咚非洲鼓聲，學生們在惜別會上贏得滿堂喝采，欲罷不能的被要求三次「安可」；最後理當享用越南老師高(Gao)小姐所犒賞的桔子冰棒。

stories about the Buddha. Alan was the youngest, at four, and the most curious. There were four mothers who stayed the whole week—four busy mothers. Campers cracked some old Spanish tiles and made walkways in the gardens. Gathering up palm leaves, they sculptured them into staffs, brooms and gigantic fans, decorated with stripes and dots and swirls. Dharma Master Mao created a class called 'Cherishing Blessings' in which the children were taught environmental ethics through games and stories. Showing them a black paper heart, she said, "This is a polluted heart, like dirty air." Next she showed them a golden paper heart. "This is a good heart," she said. "If you cherish your blessings, your heart will be golden."

One of the highlights of the camp was 'Drums,' taught by Mr. Khemet, father of Nehanda and Isoke, who attended camp. Mr. Khemet held up a gourd decorated with glass beads that rattled when shook. "This is a Shekere from Africa," he said. "The drum that Neil is playing is called a Gonga. It's the mother drum and it's talking to the baby drum, the one that Iran is playing. "Thump!" "Thump!"

Alicia shook the maraccas. Taylor tapped on a Mbira drum, slow then fast. Charlene plucked on the rhumba box. Hubert and Tiffany led the choir.

"Jingo-o-o. Jingo-o-o.  
Jingo-ba. Jingo-ba-ba-ba!"

The beat of the drums, the voices of the children rang throughout the City of Dharma Realm, calling all to come and listen. At the end there was a joyful silence, followed by a meditation class.

Moaning and groaning, the children plopped down on the meditation cushions and slumped over. I asked myself, "How many times have I seen this after years of teaching meditation?" Then I said, "Today we'll play the meditation game. 'IT' will walk around the circle and choose the best sitter." Eyes brightened; backs straightened. Everyone got chosen. After class, the boys said, "Meditation is cool!" By the end of the week, everyone could sit like a bell. The next week we played a balance game. Campers balanced cups, stones, and glasses of cool water on their heads for twenty minutes while sitting in full lotus. Even 5 year-old Iran could do it, talking and giggling the whole time.

Preparing them for the farewell performance, Dharma Master You taught the campers to play the dharma instruments and sing "I'm Really Lucky to Study Buddhism," written by the Venerable Master. Along with African drumming, they literally 'brought the house down' at the performance and were called back for three encores. They well deserved the orange popsicles from Miss Gao, their Vietnamese teacher, at the end.