

耄耋齡高天地寬

法界佛教總會慶祝2009年敬老節

Old Age Is Like the High Sky and the Wide Earth

DRBA Celebrates Honoring Elders Day 2009



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西方節日很多，獨不見有老人節。西方崇尚活力與年輕，漸置老人於無用之地。親情的淡漠，使安老院成為淒涼的歸宿。

為力革時弊，敬老節是宣公上人於一九九二年發起。上人一生事親至孝，被鄉人譽為「白孝子」。但上人仍自認孝道未盡圓滿，曾說：「我要以所有的老人做為我的父母，是男子皆是我父，是女子皆是我母。」因此特別提倡敬老節，以弘揚孝道。

法界佛教總會各道場在每年十一月深秋時分舉行敬老節，邀請地方上的長者共度這溫馨的節日。除可口的健康素齋，節目精彩豐富如舞龍、舞獅、民族舞蹈、國樂演奏、話劇、合唱等，以饗

There are many holidays in Western culture, but Honoring Elders Day is not among them. As Western culture emphasizes the young and lively, the elders are considered useless. Because of this sad family relationship, the old folks' home becomes their sad dwelling.

Since everyone had forgotten about filial respect, the Venerable Master wanted to promote it by introducing Honoring Elders Day in 1992. He had been filial for his whole life, so filial that the people in his county gave him the title of "Filial Son Bai." The Venerable Master himself did not consider his actions sufficient to repay his parents' kindness. He said: "I want every elder to be my parent, every male elder to be my father, every female elder to be my mother." Therefore, in order to widely spread filial respect, the Venerable Master called everyone's attention to Honoring Elders Day.

All of the Dharma Realm Buddhist Association (DRBA) monasteries celebrate Honoring Elders Day every year in November, in the depth of autumn, inviting local elders to join together in this warm and loving holiday. In addition to delicious, vegetarian food, the audience is treated to many colorful and exciting performances, such as the lion dance, dragon



上：真正高興的見到您！歡迎~歡迎~

Above: We are all really happy to see you come. Welcome!

下：咚咚噲！咚咚噲！舞獅為敬老表演揭開序幕。

Below: Clink clink clang! Clink clink clang! Honoring Elders Day commences with the lion dance.

嘉賓，並準備精緻小禮物致贈長者，深獲長者喜愛。

今年也是如期舉行，來參加的長者踴躍如昔，但是在節目活動的安排上，各道場費心籌備，推陳出新，如加拿大金佛寺的「心想事成：2009年許願樹」，聖荷西金聖寺的《西方極樂是我家》的相聲說得有聲有色，台北法界的親子活動「為父母親洗腳」，現場氣氛溫馨感人。特摘錄幾位與會人士的感想如下，與讀者分享。

dance, and Chinese folk dance, Chinese orchestra, and plays. As a way to show the elders how much the young and the other people organizing the occasion cherish them, prettily wrapped gifts are presented to them before they depart.

This year's Honoring Elders Day occurred as planned: many elders were present, just as they have been in past years. All the monasteries celebrating the holiday spent a great deal of time arranging the activities, and many innovations arose from the careful planning. Among these novelties was Canada's Gold Buddha Monastery's "A Wish from the Heart Will Come True: The 2009 Wishing Tree." Gold Sage Monastery in San Jose presented a Chinese comic dialogue entitled "The Pure Land Is my Home," which also received positive feedback. During the activity called "Washing Our Parents' Feet" at the Taipei branch of DRBA, the atmosphere was very affectionate and touching.

The following are some reflections from a few participants, who wanted to share their insights and experiences with the readers.

Filial Respect Must Be Constant

By Zhang Guo Guan's Son

When my father was doing the "Washing Our Parents' Feet" activity, he slowly started to weep and expressed how he felt very unfilial as he did not wash my grandfather's feet. I truly feel that it is essential to constantly be filial; otherwise, as an old Chinese adage says, "The tree would be still, but the wind does not stop. The child wishes to be filial, but his parents are gone." When my turn came,

I helped my father to take off his shoes and socks, slowly put his feet into the warm water, and tenderly cleaned them with soap. When I washed his feet, I realized that, since my father is a cook, he needs to stand for long periods of time, which has caused the veins on his feet to protrude visibly. Ouch! After massaging my father's feet for a while, I could feel his comfort, happiness, and fulfillment. I greatly appreciate the opportunity I was given to participate in this activity, and my gratitude towards my parents exceeds my thankfulness towards the sky and the earth. One should never forget the source of one's happiness, just as one should think of where the water comes from as one drinks it and know that the source is never-ending.

My Appreciation for My Mother's Giving

Lin Ai Er

In the process of washing my mother's feet, flashbacks of her care and protection for me continuously emerged from my conscience. My thankfulness and guilt couldn't be expressed. I was thankful for my

盡孝要即時 …………… 張果觀之子

父親在參加「幫父母親洗腳」活動時他說未曾幫祖父洗過腳，感覺很不孝，當場父親就潸然落下老淚。此時的我突然感受到盡孝要即時，免得「樹欲靜而風不止，子欲養而親不待」，當下幫父親脫下布鞋及彈性襪，慢慢地將父親的腳放入溫水中，用肥皂柔柔的清洗，此時才知父親的雙腳因當廚師需長時站立的緣故，而佈滿了靜脈曲張粗粗的筋紋，唉！在按摩後，可感覺到父親多麼的舒服、高興與滿足，很感恩有這機會讓我親身參與並感念父母之恩重於天地，飲水思源，源不絕。

感激母親無條件的付出……………林愛娥

在洗腳的過程中，母親對自己如何呵護與照顧的影像一直浮現在眼前。心中的感激與愧疚無以言喻，感激母親無條件的付出，愧疚自己不曾回報。眼淚不自覺地掉了下來，很自然就更輕柔地捧著媽媽的腳，慢慢的更仔細的清洗；希望藉由洗腳的動作來表達自己的感恩。

從當天早上第一個節目「誦父母恩重難報經」當中可以知道，我們不管如何也難報母親的恩德於萬一。當下我告訴自己要更孝順母親一些，自己從來就不是一個很會表露自己感情的人，當洗完腳時，我抱一下媽媽，衷心的感謝她給我這個洗腳的機會時，我看見媽媽也動容地紅了眼框。我覺得「幫父母洗腳」的安排是一個很有意義的活動，經由這個洗腳的動作，因人而異可發展出各種不可思議的心靈互動，而讓親子間的感情更靠近，值得推廣。

媽媽笑得好燦爛 …………… 張允芸

當初一聽到是要為長輩洗腳，並未有太大的新奇感，因為經常在家中與阿秀輪流為媽媽洗腳；但是透過這個活動，卻讓媽媽和我有了不同的體驗與感動。在家裡洗腳，洗得有些粗糙，有些馬虎；在道場，有慎重的儀式、周全的器具、體貼的準備與祥和的氣氛。這些都讓媽媽和我有著全新的感受。在司儀的引導下，緩緩為媽媽脫下鞋襪，慢慢為她洗腳、按摩。一直低著頭專心洗腳，一下子變得不知道該和媽

mother's unconditional giving and guilty that I never paid her back. Unconsciously, my tears fell. I held her feet more tenderly; washed them more slowly and carefully. I hope I can express my gratefulness through the act of washing her feet.

In the first activity of reciting *The Sutra of Repaying Parents' Kindness*, I learned that whatever we do cannot even match up to a fraction of our parents' giving. At that moment, I told myself to be more filial to my mother. I have never been someone who could fully express her feelings. After washing my mother's feet, I hugged my mother sincerely and thanked her for giving me the chance to wash her feet. She was touched and had tears in her eyes. I think washing your parents' feet is a very meaningful activity. This activity allows an incredible spiritual interaction between people and will also help parents and their children to have a closer relationship. It's very helpful and meaningful.

My Mother Has a Bright Smile on her Face

By Chang Yun Yun

My home servant, Ah Shiu, and I used to rotate the job of washing my mother's feet, so I wasn't too excited when I heard that the activity on Honoring Elders Day was washing our mothers' feet. However, throughout this activity, my mother and I experienced a different kind of feeling and affection. We washed my mother's feet roughly and casually at home, but at the monastery, there was a discreet ceremony, adequate equipment, considerate preparation, and a harmonious atmosphere. All

為了養育兒女，父母親用雙腳來打拼事業，用雙腳扛起兒女一切一切；那雙佈滿歲月痕跡的雙足，給與兒女多大的依靠與安全。經由為父母親洗腳的活動，讓兒女更能了解父母之恩。

In order for parents to teach their children, they must use their feet to work hard; they use their feet to hold all the burdens for their children. These feet marked with sufferings give reliance and safety to their children. Through the activity of washing their parents' feet, we hope that children will realize their parents' kindness.



媽說些什麼，聽到隔壁的月珠在和她媽媽聊天，於是也抬起頭看看媽媽，發現媽媽笑得好燦爛、好開懷，也對媽媽擠眉弄眼一翻地逗逗她。媽媽耳朵重聽，在家中都是用喊話的，在道場不好意思太大聲喊話，想一想還是回家再聊好了。

後來司儀說要抱抱媽媽、親親媽媽，結果卻是媽媽抱著我親；當下我震憾得不得了，因為在記憶中，情感內斂的媽媽好像沒有親過我。這次媽媽卻在大眾面前親了我好幾下，讓我真的很開心又慚愧；心中想著，日後應該要呵護著媽媽，一如媽媽小心翼翼的呵護著我長大。平常對媽媽尊敬、聽話，也照顧，但是少了呵護。俗話說「有媽的孩子像個寶」，其實更應該將媽媽當成自己的老寶貝；老寶貝和小寶貝是一樣的需要被細心呵護。小寶貝會哭著表達感受上的需求，老寶貝卻不會！有了呵護可以孝順得更入心，這是我努力的目標。

祝君福壽綿延

世間很多老人因年老體衰，自以為無所用於世，因而消極度日。上人卻派給每位老人一份極為重要的工作，上人說：「你雖然眼耳鼻舌身意，這六根有五根都不願意工作了，但是你這意根還很強壯的，它是沒有老、沒有少，隨時都可以工作的。那麼現在我給你一點工作，這個工作一點都不費力，你無論信哪一個宗教，不必改變你本來的宗教，就用你本來的宗教那種方式去祈禱世界和平。這個世界為什麼不和平呢？就因為人人都不希望這個世界好，不祈禱這個世界和平。你們長壽的人，現在正可以做這種工作來祈禱世界和平，令世界上沒有戰爭，沒有互相殘殺。」

上人又教導老人自處之道是不要生氣。上人認為想要福壽綿延的秘訣是：「若想長壽並不難，兩字必須記心間。第一『忍』字是無價寶，人若能忍心才自安。其次『氣』字比較難，要想不氣非等閒，只須心寬勿自憐。如以兩字常警惕，保你健康長壽快活似神仙。」

of these brought me and my mother a completely new feeling. By following the guide of the emcee, I gradually took off my mother's shoes and socks, and started to wash her feet bit by bit, as well as massage them. I constantly stared at her feet, focusing on washing them, and all of a sudden I didn't know what to say to my mother. I heard a friend, Yueh-Chu, who was next to us, chatting with her mother. I looked into my mother's eyes. She had an incandescent smile and she was full of joy. I responded by making funny faces, in order to make her laugh. My mother has difficulty hearing. We usually speak in a loud voice to her so she can hear us clearly, but I was afraid of speaking too loudly in the monastery and so I decided to talk to her after we went back home.

The emcee told us to give hugs and kisses to our mothers, but it turned out my mother was the one who was doing it to me. At the moment, I was so shocked. In my memories, my mother was always shy, but now she was giving me kisses in public. It made me feel really happy but also guilty; I told myself that I should take better care of her as she has cared for me. I was mostly respectful, caring, and obedient, but I didn't cherish her and take good care of her. There's a saying, "A child that has a mother is like a precious treasure." Frankly, we should treat our mothers like our jewels; elders are like babies and they also need tender care. Little babies will cry to express their needs, but not elders! I must strive to provide tender care and kindness to my elders in order to be truly filial.

Wishing Everyone Everlasting Blessings and Longevity

The world has many elders whose bodies, due to their age, have begun to fail them. These elders often feel that they no longer serve any purpose in the world. They are unhappy and do not care about living life anymore. The Venerable Master said, "Out of the six senses, which are your eyes, ears, nose, tongue, body, and mind, there are five senses that eventually may not function well. However, your mind will always be strong. It neither ages nor is youthful and can function at any time. Right now, I am going to give you some work to do. This work does not require any exertion of effort. It doesn't matter what religion you believe in; there is no need to change your religion. You only need to use the method your religion teaches to pray for world peace. Why is this world not peaceful? It is because people do not wish for the world to be good; they do not pray for world peace. All of you who are elders, now is the time to do this form of work and pray for world peace. Pray that there will be no wars or homicides in the world."

The Master also taught the elderly that the secret to a healthy life is not to become angry. The Master believed that there was a key to longevity. "If you wish for longevity, it is actually not that difficult to accomplish. You must keep two words in mind. The first word, "endure," is a priceless treasure. People who are able to endure are able to find inner peace. The other word is "energy," which is a little harder to practice. Think of it as not becoming angry or having no aim. You only need to have an open mind without harboring self pity. If you use these two words as guards for your mind, you will be able to live healthily and as long as an immortal."



金佛寺 Gold Buddha Monastery



金聖寺 Gold Sage Monastery



華嚴聖寺 Avatamsaka Monastery



法界觀音聖寺 Dharma Realm Guan Yin Sagely Monastery



佛教講堂 Buddhist Lecture Hall

