



法界的孩子

編輯部彙編 By the Editorial Staff

美國地區

金山聖寺育良小學中文班

金山聖寺提供

1987年金山禪寺從三藩市十五街搬至中國城現址，更名為金山聖寺，成為法界佛教總會分支道場。是年開始，周果立居士遵照宣公上人發揚中國道德文化之旨意，不分宗教種族，只為要培育孝順溫良的青少年，於是在現址教授中文及佛學（原先建立之育良小學全日班已遷往萬佛聖城）。及後，1987~1988年黃果君居士曾在週日教授佛陀本生事蹟。周居士更鼓勵年輕一輩如劉藍溪、楊果漢、梁果熙、樊果惠、謝果馨及柏克萊加州大學學生如張果棟、張果琪、姚文宣等義務擔任校長及老師之職，於是學校漸進入規模，學生增至五十多人。2001年金山聖寺開始防震工程，學校暫時停頓，至2002年後才又開始招生。

由於只能利用飯堂作課室，場地不敷應用，學生人數以不超過50名為限，以免嚴重影響樓下佛堂共修信眾，故只於星期六上課，且最多不超過六年級。上午一小時半學習中文，其餘時間是道德倫理課，靜坐及康樂活動。近年來於下午設圖畫課。這些年輕學子，正是金山聖寺每年舉行之敬老節及懷少節歌唱及助慶表演的最佳選手。

U.S. Region

The Instilling Goodness Chinese School at Gold Mountain Sagely Monastery

Provided by Gold Mountain Sagely Monastery

The Gold Mountain Chan Monastery on 15 Street in San Francisco relocated to the present address in Chinatown in 1987. Its name was changed to Gold Mountain Sagely Monastery (GMM), which is a branch monastery under Dharma Realm Buddhist Association. Starting that year, Upasaka Guo Li Zhou followed the direction of our Venerable Maser Hua and taught a few young children Chinese and morals every Saturday morning. (The original Instilling Goodness day-school had moved to the City of Ten Thousand Buddhas.) The goal was to nurture in youngsters the idea of filial piety, humility, and kindness to all regardless of religion or race. Around 1987-1988 Hector Wong started teaching a series of Sunday lessons for children based on the Jakata Tales of the Buddha. Upasaka Zhou encouraged some young people such as Nancy Liu, Dr. Yeung, Sandy Leung, Irene Fan, Sandy Hsieh, as well as a group of college students such as Guo Dong Chang, Guo Qi Chang and Wen Xuan Yao from the University of California in Berkeley to volunteer as principals and teachers. So the

school gradually became well-organized. In the year 2001, the school had to stop its operations because of structural retrofitting work carried out in GMM, but it reopened in the fall of 2002.

Because of insufficient space, we had to use the monastery's dining hall as a classroom. We tried to limit it to 50 students so it would not interfere with the Dharma assembly





法總推廣教育面面觀(四)

Children of the Dharma Realm

--Multiple Aspects of DRBA's Promotion of Education (IV)

金山聖寺曾經兩度舉辦免費SAT（學能傾向測驗）進修班，在下午授課，參加人數近百人，這是因為機緣巧合，能得到適當師資人選。暑期班是特定的佛學班，教材以佛學為主，在這幾個星期內，師生都勇猛精進，希望同學們能吸收一些佛學知識。

金山聖寺供應學生們午餐，大家參加上供。值得一提的就是金山聖寺內有一位法師，專為學童們製作特別菜式如紫菜卷（sushi）、炒飯、春卷、粽子等，那就是主管膳食的近一法師啊！

金聖寺育良佛學班

金聖寺提供

金聖寺育良佛學班成立於1996年，其宗旨在——從佛學理念與中國倫理道德的教化中，啟發學生的智慧，培養出自律的精神。

教學課程除了教導佛學之外，還引導學生們把經文貯存在八識田中——背經。每次上課先由僧眾帶領在佛堂誦心經、禮佛、打坐、並講述佛典故事。再由擔任教職工作的在家居士帶領到各班教室。教師們藉由佛教經咒、弟子規等書，配合美勞、歌唱、出坡等課程。以中國倫理道德為經，佛理為緯，教育孩子由最基礎的做人道理——孝與悌做起，尊敬師長、守禮、克己，繼而知因果，慈悲對待眾生，發菩提心。期望學生在經過佛學及倫理道德的薰陶下，懂得感恩、惜福，培養孝悌等美德。

學校現在有男女學生共40位，學齡從2歲到18歲，依個別情形彈性分為4班，課程採雙語（中/英）教學為主。上課時間每星期日早上九時至十一時，一年中分成春、秋季和暑期班。

學校的活動除了道場每年一次的懷少節，還有春節的敬老尊賢活動——學生們節目表演，向長輩們拜年。並舉辦僧眾、教師和家長的座談會，增進彼此之間的互動與認識。

in the Buddha Hall downstairs. That is also the reason that Instilling Goodness Primary School has a maximum of six grade levels.

One and a half hours are allocated to the study of Chinese, and the rest of the time is for moral studies, meditation, and recreation. Recently, Chinese painting and art classes have been offered in the afternoon. These young students are the best candidates when GMM has to come up with songs and skits on the annual Honoring Elders Day or the Cherishing Youth Day.

GMM offered an SAT Prep class twice, taught in the afternoon. Close to a hundred students participated. This was only possible due to having qualified teaching staff. Summer school was a special program of Buddhist studies. Only Buddhist material was taught. Everyone put in his or her best efforts, and we hope that students will absorb some valuable knowledge of Buddhism.

Gold Mountain Monastery offers lunch for the students, who also participate in the meal offering ceremony. One thing worth mentioning is a Dharma Master who always prepares special dishes such as sushi, fried rice, spring rolls, and Chinese tamales for the young school children. She is Dharma Master Jin Yi, the one in charge of food service at GMM.

The Instilling Goodness Sunday School in Gold Sage Monastery Provided by Gold Sage Monastery

Instilling Goodness Sunday School in GSM, established in 1996, is dedicated to developing students' wisdom and spirit of self-discipline, based on the Buddha's teaching and Chinese traditional ethics.

In addition to Buddhadharma, students are offered a sutra-memorizing program, so that sutra texts will be stored in their eighth consciousness. Before class begins, a monastic will lead students to recite *the Heart Sutra*, bow to the Buddha, meditate and share Buddhist stories. Then our dedicated volunteer teachers will take students to different classrooms. Apart from Buddhist sutras and mantras, and books such as *Standards for Students*, a wide variety of programs including handicrafts, singing, and community service are provided. These classes are integrated with Chinese





學佛的孩子有善根

◎張肯尼(11年級，佛學班的學生)

我第一次到金聖寺是2007年，那時我對佛教的信仰並不是很熱衷，因為我以為金聖寺大概也是和其他寺廟一樣，沒什麼特別的。可是我錯了，在金聖寺中的體驗，可能是我這一輩子在其他地方都不會碰到的，因為它讓我的人生改變了很多。開始的時候，我對於輪迴不太相信，後來我知道真有其事之後，我就信了，我的行為也跟著慢慢改變了。有一天母親請回來一張宣公上人的相片，過沒幾天我就開始吃素；還有當我開始唸大悲咒以後，功課就進步得很快。我希望現在能學到更多的佛法，然後在日常生活中把它用出來。

以前我不了解佛教裏所說的「幫助別人就是在幫助自己」的意思，所以小的時候總是等別人叫才去幫忙，而從來不知道幫助人的好處，現在終於明白了。業報的力量是很大的，做善事，就有善的果報。

在金聖寺我還學到決定和選擇的重要性，控制權是完全在我們自己的手裏。當我們做一個選擇或是決定，跟著來的後果，不管是好的或是壞的，都得自己去承擔，因為那都是我們自己做出來的。

我覺得不管是任何宗教，任何人都用得上佛法的。我們的業是不會自動消失的，所以雖然我們須要忍受生命中一些痛苦的事，可是佛法可以幫助我們了解它的本質，痛苦就不會再是痛苦了。

◎蔡傑森(6年級，佛學班的學生)

我從佛那裏學到人不能無情冷酷，所以我應該要學著去包容更多的人和事。我還學到輪迴轉世，因此我不應該害怕死亡。我最喜歡的一句話是「當幫助別人時，其實是在幫助自己」，我知道現在幫助

ethics and Buddhist principles, so that the foundation of humanity—being filial and kind, being respectful to teachers and elders, behaving with propriety, and being self-disciplined—is instilled in students. Later on students will gain a understanding of the principles of cause and effect, know how to treat living beings with kindness and compassion, and bring forth the Bodhi resolve; Our expectation is that through such an education, students will know how to cherish their blessings and develop the virtue of being grateful, filial, and friendly.

The current enrollment is 40 students, who range in age from 2 to 18 years old. Students are divided into four classes according to different levels. Courses are taught bilingually (Chinese/English). The class time is 9 a.m.-11 a.m. every Sunday. Spring, fall, and summer terms are offered each year.

In addition to the annual Cherishing Youth Day, other school activities are offered, such as the program of honoring the elders. In the Spring Festival, students perform for the elders to celebrate New Year. Moreover we hold meetings among the Sangha, teachers and parents, in order to enhance interaction and understanding among ourselves.

Children Who Study Buddhism Have Good Roots

◎ By Kenny Truong (11th grade student of Instilling Goodness Sunday School of Gold Sage Monastery)

I came to Gold Sage Monastery back in 2007 and my belief in Buddhism was not too strong. I thought GSM (Gold Sage Monastery) was like any other typical temple that I've been to and that all temples were the same no matter what. Well, I was wrong. GSM has changed me dramatically and has given me an experience I'd probably never have encountered elsewhere in all my life. At first, I found Buddhism hard to believe because the thought of reincarnation was difficult to comprehend. When I started

to believe, I made dramatic changes. From the start, I became a vegetarian a few days after my mother brought a picture of the Venerable Master Hua home. I then started to raise my grades all the way to a 4.0 GPA with the help of the Great Compassion Mantra. I hope to learn more about Buddhism and apply it to my everyday life.

One thing I learned from Buddhism that I never understood before was that when I help others, I'm actually helping myself. When I was younger, I only assisted others upon request and never realized the benefit of helping where you are actually helping yourself. Karma is powerful and





別人，將來我需要人家幫忙時，也會有人來助我一臂之力，更何況越幫助人，人家就會越喜歡我。

◎ 黃漢翔 (7年級，瓦佛學班的學生)

我從佛的教導中學到很多道理，例如任何事，不管好的或壞的，我們做了就有因果。還有我們應該以平等的態度來對待所有的人，而且每一個人都應該守五戒。

學佛的目的就是要修行，禪定是修行，做一個好人也是修行。除此之外，如果我們唸經或是持咒，這也都是修福和修慧。

◎ 亞歷克·崙 (7年級，佛學班的學生)

從佛那裏我學到好幾件事，譬如佛教我們要尊敬父母和其他的人，即使別人對我們不好，我們還是要尊敬他。還有學會忍耐，忍耐是很重要的，因為一個會忍的人，他的耐力是無窮的，而一個不能忍的人常常是做事倉促又不專心。除此之外，我還學到我們應該幫助別人，因為幫助別人會有善報。最後要說的是，動物和人一樣，也都有感覺，有情感。在被殺的時候是很痛苦的，所以我們不應該殺來吃。這些都是我學到的，要尊敬，要會忍耐，要幫助人，還要善待動物。

待續



will reward people for good deeds.

When I was at Gold Sage Monastery, I was taught that I have complete control over myself and on all of the decisions I choose to make. There is no one to blame but myself, and whatever I encounter is because of my choices, regardless if it is good or bad. The choices I make lead to the consequences that I will face.

After all the lessons on Buddhism, I've realized that the teaching applies to everything, no matter what religion you follow, and karma will never disappear. Life can be painful and one must endure. With the help of Buddhism, pain can go away.

◎ By Jason Tsai (6th grade student of Instilling Goodness Sunday School)

I learned to not be heartless and know that I should be more open to more things. I learned about reincarnation. I shouldn't be afraid of death. One of my favorite sayings is, "When you help others, you're helping yourself." So I know that if I help someone, in the future when I need help someone will help me too. Therefore, the more I help the more I'll receive, and more people will like me.

◎ By Jeffrey Wirjo (7th grade student of Instilling Goodness Sunday School)

I have learned lots from Buddhism. I have learned that every cause, good or bad, has an effect. I have learned that everyone needs to treat others the same way. Everyone should also abide by the five precepts.

The main goal of Buddhism is to cultivate the Way. This can be done by meditating and being a good person. By reciting the sutras and mantras, we can also obtain wisdom and blessings.



◎ By Alec Lun (7th grade student of Instilling Goodness Sunday School)

I have learned many things from the Buddha. For one, the Buddha taught me respect. For example, I learned that you have to respect your parents and other people. Even though other people might not be nice to you, you should still be respectful to them. Moreover, patience is one of the values we should all have. For instance, people that have patience usually go far. People that are always in a hurry usually are not focused on what they are doing. In addition, I learned that you should help other people. When you help others, good things come back to you. Lastly, all animals are like human beings, because they have feelings, too. When you kill an animal, it also feels the pain and agony; that's why we shouldn't eat meat. All in all, I learned from the Buddha that we should be respectful, patient, and helpful, and we should treat animals as nicely as human beings.

待續