



寓教於樂

——法界聖城2010夏令營報導

Educational yet Entertaining —A Report on Summer Camp 2010 at the Sagely City of the Dharma Realm

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法界聖城今年於七月十四日至七月二十五日舉辦為期十天的夏令營。這次夏令營的主題是身心環保的生活營；其宗旨是為學生提供一個身心健康的清淨環境，善用暑假假日做有意義的學習，讓學生在日常生活的陶冶中養成良好習慣，敦厚品德，啟發天真活潑的性靈，培養和諧慈悲的人生觀，以自利利他。

經過十天的薰習，從小朋友們舉手投足可以感受到氣質變了，較能專心一致、懂得惜福、體會尊師重道的道理。無形中已種下菩提種子，將來因緣成熟時，會開花結果。十天的夏令營很快就結束了。學生和家長們法喜充滿，又請求在法界聖城多住了一個禮拜才戀戀不捨的離去，紛紛表示期待明年再來。以下特摘錄家長感言及小朋友們參訪有機農場之心得，以饗讀者。

◎ 唐麗麗 文

子路盛服見孔子，孔子曰：「由，是裾裾何也？……」這是2010年法界聖城夏令營結業典禮開場的中英文朗讀表演。這是一個佛學夏令營，

In order to provide children with a meaningful summer vacation, the Sagely City of the Dharma Realm (CDR) held a 10-day Summer Camp from July 14 through July 25 of this year. The purpose of this summer camp was to help the children learn the importance of preserving the environment and one's own body and mind, and also to help them develop good habits and high moral standards, nourish their compassionate mind, and foster their Buddha-nature, so that they can better themselves and help others at the same time.

Towards the end of the ten-day-long program, we could feel the changes in the children's behavior. They were more concentrated, understood the importance of cherishing their blessings, and understood the principle of respecting their teachers and elders. Bodhi seeds had been planted in their hearts, and when the time is ripe, they will blossom. When summer camp was over at the end of ten days, students and their parents were full of joy in the Dharma. They requested to stay in CDR for another week because they enjoyed it so much. All of them looked forward to coming back next year. Following are some essays written by parents and students about their feeling and experiences at summer camp.

◎ By LiLi Tang

Formally dressed, Zi Lu went to visit Confucius. Confucius said: "Why are you dressed so formally?" (This was recited in classical Chinese.) This was a part of the Chinese and English reading performance in the 2010 Sagely City of the Dharma Realm summer camp closing ceremony. This was a Buddhist summer camp that taught Confucian ideals and was at the same time both fun and educational.

In these two weeks, I was able to participate in all the activities with my children. It was really worthwhile. The theme of summer camp was the importance of preserving the environment and one's own body and

是一個倡導儒家思想的夏令營，也是一個寓教於樂的夏令營。

短短的兩個星期，陪著孩子們在道場裡生活，參與這一次身心環保夏令營，覺得這真是名符其實。為什麼說名符其實呢？

每天早餐之後，有一個鐘頭的打坐課；法師教孩子們如何收拾如波浪般浮浮沉沉的妄念，找回「本來無一物」的清淨自性，雖然孩子們多還在初學階段，有的甚至是初次進入道場，對他們來說這真是意義深遠的啟蒙教育。經過十來天的薰習，至少，他們都能「端然正坐」片刻。

修完「定功」之後，有恆貴法師親授的八段錦，孩子們舒展四肢迎向朝陽，學習「動禪」的功夫；繼之而來的是內容多元而充實的課程，包括：勞作、茶道、素食烹飪、三字經、弟子規背誦等等。

茶道課程中，透過奉茶給師長與同學的過程中，孩子們學習待人接物與應對進退的禮儀，以及聆聽中國古樂的雅興。

素食烹飪課程中，老師一方面指導刀功、配料……等等，一方面教導孩子們如何選購新鮮、有機、品質優良的食物與配料；並且鼓勵他們自己製作點心，方便、便宜又衛生，告誡學子養成良好的飲食習慣，對一生的健康助益很多。

除了安排的課程之外，恆是法師在日常生活當中，細心觀察每一位孩子的行為舉止，在行住坐臥上給予適時的糾正，並根據孩子的興趣、才能，善用午齋時間，給予他們發揮的機會。

最讓孩子們歡喜雀躍的是到Bob有機農場校外教學。農場主人Bob相信大地孕含著一切生長萬物的資源，不需要添加任何化學藥劑就能培育出品質優良的農作物。他所經營的農場就是一個最好的見證。在這裡所見的蔬果可能不是最大而耀眼的，但卻是個個飽滿結實，很有滋味的。我們一行人包括師長與學生，在農場裡踏青、談天、野餐、品嚐一些現摘水果……現在回想起來，那愜意的心情還會浮上心頭呢！

所以說這是一個身心環保的夏令營，真是一絲不假！部分孩子因為感受了道場裏，清淨祥和的氣氛和外面的環境大不相同，居然自動請求繼續「留校」，也願意幫忙道場做一些義務工作。這真是難能可貴，不過這一切都得感恩上人及法師們的慈悲願力，才能感召這群天真的孩子！

接續下來的一星期，想必這群「義工團隊」又將編寫出另一篇活潑而生動有趣的章節，因為自



mind, and it truly taught the students that. Why do I say that?

The first class in every morning was meditation class, after breakfast. The Dharma Master taught the students how to gather in and focus their thoughts and calm their minds. Although most of the students were still beginners, with some being in the temple for the first time, it was definitely both a meaningful and crucial learning experience. After ten days, at least, they could all sit still and straight for short periods of time.

After meditation class, Dharma Master Heng Gwei taught the students a form of Chinese martial arts exercise with eight sections. Later came a variety of classes, including arts and crafts, tea ceremony, vegetarian cooking, sutra, and Chinese classics memorization, etc.

In the tea ceremony class, with classical Chinese music playing in the background, the students served tea to the teachers and their fellow classmates, while also learning good manners.

In cooking class, the teacher taught the students cutting techniques, different ways to combine ingredients, and the like, and also how to choose fresh food. The students also learned to make desserts and were reminded that good eating habits benefit their health immensely.

Other than the regular schedule, in accord with the students' respective interests and talents, Dharma Master Heng Shr would ask them to perform during lunchtime. In addition, she was very attentive to their behavior, correcting them whenever appropriate.

The event that the students enjoyed the most was the field trip to Bob's organic farm. The farm's owner, Bob, believed that the earth contains the resources to support all things and that without any chemicals or pesticides one can grow wonderful, healthy crops. His farm is the best example of that belief, producing fruits and vegetables that are firm and juicy. We had a picnic at the farm, an extraordinary experience that left good memories.

It was a very successful summer camp. After it was over, most of the kids asked to stay a while longer to volunteer in the temple. From this we can see the influence of the Venerable Master and the Dharma Masters on these children.

The Dharma joy of the self-nature was apparent in the children's attentive participation, and I believe that in the following week this "Volunteer Team" will write yet another lively and entertaining chapter.

© By Jocelin Jeng

Today was the first time I went to a farm in America. I was really



性的法喜，將毫無掩飾地流露在孩子的舉手投足當中……

◎ 鄭宜蓁 文

今天第一次來到美國的農場，真的很高興。到時，我的心早已奔到農場去了。我以光的速度衝下車，就想看看這邊的農場。哇，真的好大！我的嘴快要掉到地上了，我從未看過這麼大的地方！令我大開眼界。

接著，我聽到公雞雄糾糾叫出最美的雞啼迎接我們，風叔叔以最熱情的身體來歡迎我們，大自然殷勤請我們來參訪。看來，大家都很高興，我也笑了笑。第一個參觀地點：雞場。

這裡讓我印象最深刻的，恒是法師遞給我一顆李子，當時我並不是很歡喜。因為回想起以前我吃的李子又酸又苦，當時必須拿起一片餅乾，和李子一起一口吞下去。哇塞，超苦的！所以我對李子印象不好。但吃了這顆有機李子，突然心花怒放，對李子沒有不要吃的念頭了。

中午我不怎麼有胃口，吃了兩個蘿蔔餅和一顆巧克力就飽了，接著又找雞群了。我餵蒲公英葉，還跟牠們玩遊戲。正當玩得很投入時，採草莓啦！哇！看到一片莓海，結實累累，果實紅紅的，小小的，肥肥的，令我垂涎三尺。採一採，吃一吃……哎呀，手紅了！不過，有草莓吃真過癮！

大家都累了，就回去休息。在車子裡，我們講很多很多的笑話，大家很快樂。終於笑累了，我們就攤在椅子上睡覺。醒來了，我們已經回到法界聖城了。這一天，沒有一個人是不開心的，我想我是最幸福的人了。

◎ 朱迪 文

今天我們去一個有機農場遠足，在農場裡我學會撿雞蛋，雞蛋有很多不同



excited. When we arrived, I rushed off the car at the speed of light and looked around eagerly. My chin almost dropped onto the ground. Wow, it was really big! It was really eye-opening.

Then, I heard the rooster crowing his most beautiful crows to welcome us. I felt the gentle breeze welcoming us enthusiastically: I could feel nature's cordial hospitality. It made everyone happy; I smiled too. The first spot we visited: the chickens.

What left the deepest impression was: Dharma Master Shr gave me an organic plum, but at that time I didn't like plums because when I ate a plum before, it was sour and bitter and I had to force it down with a cookie. So I had a bad impression of plums. But when I tried eating this one, it was delicious and it made me happy, so from now on I am fine with plums.

At lunch, I didn't have much of an appetite, so after eating just two cookies and a piece of chocolate, I went to look for the chickens again. I fed them dandelions and played with them. Then we went to pick strawberries. The field was like a sea of strawberries, with tiny fat red fruits everywhere. Just the sight of them made me drool. After we picked and munched on strawberries for a while, my fingers were all stained red, but it was still really awesome to eat fresh strawberries.

We were all tired at the end of the day, and we headed back to CDR, exhausted. On the car, we joked around happily before dozing off, sprawled out on the seats. When I woke up, we were back at CDR already. Everyone was happy, and I felt like the luckiest person in the world.

◎ By Judy Zhu

Today I saw a man milking a goat. I also learned how to get the chicken's eggs from them without being pecked, and how to pick raspberries and strawberries. When I first saw the farm, I thought, "Wow, this is going to be so boring." But when we started, I realized everyone was having so much fun helping



的顏色。我還學會採草莓和覆盆子(raspberries)。我還看到有人在給羊擠奶。其實當我們剛到農場的時候，我心裡想：這次的遠足真無聊又無趣，可是當活動開始以後，我發覺大家都很開心，邊做邊笑，做得認真、賣力，沒有人埋怨說農場多麼無聊啊，或者想回去啊，等等。看起來大家都對這一次的遠足很滿意、很歡喜，相信動物們也跟我們玩得很高興。

從這一次的遠足，我學到了很多事情，我覺得——只要有善良的心，不管多或少，都可以讓眾生快樂。我想，如果我們有關愛的心，我們可以改變別人的世界，所以幫助別人，快樂無窮。

◎ 呂明賜 文

今天我們去Sonoma的一個農場遠足，農場的名字是Green Strings，我們在那裡做了很多很好玩的事。首先我們去撿雞蛋，可是我覺得這對雞媽媽很殘忍。我們還去餵羊吃草，擠羊奶。下午的時候，我們去採草莓和覆盆子(raspberries)。

最讓我感動的是——親眼看見一隻小羊跪在地上喝牠母親的奶。我以前就聽過小羊跪奶的孝行，可是當你真的看到時，心裡還是很感動。下午在採草莓的時候，看見一隻蝸牛走在路中間，害怕牠會被人家踩到，所以為了安全起見，我們把牠撿起來，放到草莓園裡面。



out at this farm. Almost everyone had a smile on their face while they were working. No one actually complained about it being boring, and I'm pretty sure mostly everyone enjoyed the field trip to the farm. Everyone worked so hard I bet that the animals also enjoyed it. There were so many varicolored eggs. I learned so much coming to the farm. I learned that so many good hearts or just some can help so many animals be happy. I also learned that if you just care a little, you can make a big change in someone else's world though it may not seem to you at first and you'll learn to enjoy every bit of helping someone in need.

◎ By Michael Lu

Today we went on a field trip to a farm in Sonoma. This farm is called Green Strings, and I did a lot of things. First, we learned how to take eggs from a chicken (that was very cruel!). We also fed hay to goats and learned how to milk them. In the afternoon, we picked strawberries and raspberries.

What I really felt good about was that I saw a real living little goat kneeling down to drink milk from its mother. I've heard a lot about this act of filiality, but this is my first time seeing this with my own eyes. In the afternoon, when I was picking strawberries, I saw a snail that was in the middle of the path. I was afraid that it would get squished, so we picked it up and put it in the strawberry patches so it could be safe.

