

移風易俗大道行——

二〇一一年法界佛教總會敬老盛會

Cultivating the Great Path to Improve Social Trends: 2011 DRBA Honoring Elders Day

編輯部 彙編 Compiled by Editorail Staff

Honoring Elders Day and Cherishing Youth Day were initiated by Venerable Master Hua in 1992. This is the 20th year. These two festivals not only educate the residents and students of the elementary and secondary schools of the City of Ten Thousand Buddhas (CTTB) by giving them a chance to respect their elders and nurture the young, but also allow meaningful mutual interaction and understanding to develop between CTTB and the greater Ukiah community. This year, Mari Rodin, Mayor of Ukiah, and Carre Brown, County Supervisor of Mendocino County, accepted our invitation and spoke to the audience on Honoring Elders Day. Their words reveal the influence of honoring elders in Ukiah over these past twenty years. The *Ukiah Daily Journal's* report on the celebration is also included here.

➔ Continued on page 47

敬老節和懷少節是宣公上人一九九二年創辦的兩大節日，今年已是第二十屆。這兩個節日除了教育聖城中小學的學生和住眾，以實際行動來敬老和懷少之外，對於聖城和瑜伽市社區間的互動與瞭解，亦產生了極大的作用。今年瑜伽市長羅丁（Mari Rodin）和曼都仙諾縣的縣議員布朗（Carre Brown）應邀參加，並在節目進行中致詞，特將其講稿登出，讓讀者能更瞭解敬老節這二十年來在瑜伽市所發揮的影響力。〈瑜伽日報〉亦報導了當日的盛況，一併刊出。

➔ 下接47頁



移風易俗大道行—— 二〇一一年法界佛教總會敬老盛會

**Cultivating the Great Path to Improve Social Trends:
2011 DRBA Honoring Elders Day**

→ Continued from inside of front cover

(Mari Rodin)

Dear honorable elders, students, and members of the public,

Thank you for inviting me here this morning to speak on Honoring Elders Day. Why does it take the City of Ten Thousand Buddhas to remind me and other people from outside this community to take time out of our regular routine to acknowledge and appreciate the wisdom, the sacrifices, and the gifts that our elders provide us? It isn't so much that we don't appreciate our elders in our thoughts as we are reminded of them from time to time. We do. It's just that we Americans don't SET ASIDE time, deliberately, to do this. I am afraid to admit that I don't believe that our culture actually values old age as much as it values youth. My mother used to say, before she got Alzheimers disease, that once she reached middle age, she felt invisible. That made me sad because I knew how smart and wise she was, a professor of psychology at a university who always had strong ideas about things.

Since I have come to know the City of Ten Thousand Buddhas, in the small way that I have in the 20 years that I've lived in Ukiah, I have come to see that this bias toward youth is cultural—that it isn't natural that Americans see right past senior citizens, as if they don't have anything to offer, as if they are transparent, like my mother observed. Other cultures, such as the Chinese culture, are different that way. In Chinese culture, people are deferential to their elders! And, moreover, here we have a special day set aside to remind us of the beauty and the gift that our elders offer us, if we just stop to look.

Although I am disappointed that our American culture tends to devalue old age, I am happy about one facet of America. And that is that America is a "melting pot." This country has always welcomed people from many different cultures. As a result, I am able to learn and benefit from the wisdom offered by their customs and observances, in this case to be present with you here today to take time to honor our elders.

(Carre Brown)

I feel so very welcomed whenever I come to the City of Ten Thousand Buddhas. Today we all join together to celebrate Honoring Elders Day. It is heartwarming to me to know that all elders within the community are invited to this holiday first established in 1992. We

→ 上接封面
內頁

瑜伽市長羅丁
各位長者、
同學與在座嘉
賓：感謝邀請
我來萬佛城，
在敬老節講幾
句話。萬佛城

為什麼要來提醒我及城外住眾要從日常生活中，來認知並感恩長者帶給我們的智慧、為我們的付出以及所作的犧牲？我們並非在思想上不感恩老人家，我們也是很感恩的，只是我們美國人並未特意安排時間來表達對老人家的感恩。我怯於承認說「我不相信我們的文化對老人看重的程度跟對年輕人一樣」。我母親在罹患老年癡呆症之前曾說，從中年起，就感覺別人對她視若無睹。我聽了覺得很難過，因為我知道她是多麼聰明有智慧。她原來是大學心理學教授，對許多事情有獨到的見解。

我在瑜伽市住了二十年，從點點滴滴小地方中認識萬佛城。也開始理解「偏重年輕人」是我們的文化。但如同我母親所觀察到的，美國人不重視老人，對老人視而不見，彷彿是空氣，好像老人就沒有貢獻，並非本該如此。其他文化，例如中華文化，卻大不相同——中華文化恭敬孝順長者。就像今天我們在這裡慶祝敬老節，同時提醒我們：只要駐足審視，即可得見老人家給予我們的一切美好事務。

儘管我對美國文化不重視老人感到失望，但我對美國文化的一大特點卻很感欣慰。那就是美國是座「熔爐」，美國歡迎來自其他不同文化的人，從中得以學習其他文化的優點。就今天而言，正是撥出這一天，作為尊敬老人的節日。

曼都仙諾縣議員布朗

每次來到萬佛聖城，我都感到備受歡迎。



all take delight in the presentations by students from the Instilling Goodness Elementary and Developing Virtue Secondary Schools as they perform dances and music for their guests along with lovely handmade gifts to the elders. I extend a special thank you to their teachers who work hard to make this occasion very special and a learning experience for all. To the Dining Hall kitchen staff who prepare all the healthy and tasty vegetarian dishes, thank you.

Honoring our Elders is something we should do every day. This yearly celebration gives us the opportunity to faithfully pledge this commitment year-round, not only honoring but also caring of our elderly population. My family was enriched by the experience of caring for my father-in-law as he became very frail and until he passed away at 100 years old last January. We continue to provide care for my 90 year old mother who has been slowly declining with age. Neither one wanted to be placed outside their home, if at all possible. We were able to grant this to my father-in-law and it is our desire to do so for my mother.

I asked my children if they were taking notes on how to care for elders since their father and I are entering our twilight years. They have responded yes and agreed they have learned much from this special experience of providing care for their grandparents. My grandchildren have too. Our elders raise us, educate us, and share their wisdom with us. Today is their special day. Thank you.

The Ukiah Daily Journal Report Elders Honored at the City of 10,000 Buddhas

By TIFFANY REVELLE

Student ushers passed out vegetarian Chinese cuisine while children of all ages in colorful costumes sang, gave orchestral performances, danced and enlivened large lion and dragon puppets, all part of the City of Ten Thousand Buddhas' 19th annual Honoring Elders Day, held Saturday in the city's Five Contemplations Dining Hall.

The annual event is as old as the city is, and was started and spread to 27 other branches by the city's founder, Master Hsuan Hua.

"It's important to remember that our elders gave us our roots; they taught and gave us the institutions to help us," said Heng Yin, a nun and the principal of the girls' elementary and high schools inside the city. "Everything we have is based on their hard work."

The event is almost entirely put on by students of the city's elementary and high schools, with the idea of reciprocal care and love of community being part of the curriculum. More than 200 students in the separate girls' schools organized, set up and cleaned up after the event, also serving the food to elders, parents and others sitting at long tables flanking the central stage on three sides.

"In an ideal society, we would treat all elders as our own parents,



我得知每一位住在這裡的長者都應邀來參加這從一九九二年開始慶祝的敬老節，心裡覺得很溫馨。我們很高興看到育良小學和培德中學的學生，為來賓表演音樂舞蹈等節目，還贈送老人家手工製作的可愛禮物。我也要特別感謝學校老師的辛勞，成就這個特殊的節日，也成為大家學習的經驗。還要感謝廚房的工作人員，準備了這麼健康又美味的素菜。謝謝您們！

敬老是我們每天都該做的事，今年的慶祝活動給

我們機會能夠發願一整年都來敬老，而且不只敬重老人家，還要照顧老人家。我的公公活到一百歲，在今年一月過世。照顧我公公的經驗，讓我們全家都學習到很多事情。我們也繼續照顧我九十歲的老母親，她現在年老體衰。我母親跟我公公生前一樣，都不願離家另住，我公公是在家裡壽終正寢，我們也希望同樣照顧母親頤養天年。

我問過我的孩子，他們是否記了下來要如何照顧老人，因為孩子的爸和我也都垂垂老矣。他們都說是的，做了筆記，而且從照顧祖父和外婆的經驗中，學到很多。我的孫子輩也是如此。我們的長輩養育我們，並將智慧跟我們分享，今天正是為他們慶祝的特別節日，謝謝大家！

瑜伽日報報導 萬佛城的敬老節
蒂芙尼·雷維爾報導

學生端上各式中國素食佳餚時，表演區有不同年齡的小朋友穿著五色繽紛的服裝表演著歌唱、演奏中國音樂、舞蹈、舞獅和舞龍，這都是星期六在萬佛城城五觀堂所舉行的第十九屆敬老節的活動。

這每年一度的慶典就像聖城一樣，均由聖城的創辦人宣化上人發起，並推廣到其他二十七個分支道場。

「重要的是要銘記長輩給我們的根。他們教導還供給校舍來扶助我們。」兼小學、高中



and all children as our own children," Yin said. "That way everyone will be loved and cared for."

Sophomore Crystal So, one of the student ushers walking the aisles making sure everyone got to taste each dish, said she appreciated having the chance to show reverence for her elders, including her grandmother overseas.

"Honoring our elders is something we should do every day," said Mendocino County 1st District Supervisor Carre Brown during a speech she gave that was translated to Mandarin.

She spoke of her efforts to care for her 90-year-old grandmother and other family members.

"I asked my children if they were taking notes on how to care for elders, as their father and I are entering our twilight years, and they said, yes, they are," she said.

Ukiah Mayor Mari Rodin lamented that American culture "doesn't value old age as much as it values youth."

"It's not so much that we don't appreciate our elders ... but we don't set aside time to do this," Rodin said.

The principal of the boys' schools, Mack Bostick, was himself named and honored by Yin, who noted he turned 81 this year, and that he had been busy making cakes for the event. This year was his 12th time experiencing the celebration.

"These are the guys I have every year," Bostick said, indicating a group of performers. "I'm very proud."

Performances included dances and songs by kindergarten through seventh-grade girls, Chinese orchestral performances by the separate boys' and girls' schools, a traditional lion dance where dancers animated a shimmering, life-size golden puppet adorned with fluff and a sonata concertante for violin and guitar that was performed by two boys.



女校校長的比丘尼，恒音法師說：「現在我們所擁有的都是他們辛勤勞動而來的。」

這個慶典幾乎是由城內中小學生一手策劃活動內容，旨在貫徹與社區互助互愛的理念。超過200位女校學生負責組織規畫、佈置，和善後工作；同時還招待環繞中央舞臺三面的長桌而坐的長者、父母和其他人。

「在理想的社會裏，我們會像對我們父母般禮遇其他的長者；對所有小朋友像我們自己的小孩，」恒音法師說：「這樣，每個人都會受到愛護和照顧。」

十年級的蘇水晶，當日擔任招待，在走道間來回穿梭，負責確定每一位賓客都能品嚐到每一道佳餚。蘇水晶表示很感激有機會來表達對長輩的尊敬，包括她在海外的祖父母。

「尊敬長者是我們每一天應該做的。」透過中文翻譯，曼都仙諾縣第一區縣議員卡琳·布朗在她演講時說道。

她說她盡力照顧她九十歲的祖母和其他家庭成員。「我問孩子有沒有記下來如何照顧長者，因為他們的爸爸和我正要邁進暮年，他們說，『有，記下來了。』」她說。

瑜伽市長瑪麗·羅丁感嘆美國文化「沒有像重視年輕人那般重視老年人。」「不是說我們不感恩我們的長者...我們只是沒有撥出時間去做。」羅丹說。

男校校長，麥克·博斯蒂克，恒音法師很讚賞他。他今年八十一歲，爲了這個盛會，他還忙著做蛋糕。今年是他第十二年參加慶典。

「這些傢伙每年都來幫忙」博斯蒂克指著一群表演者說，「我非常以他們為榮。」

表演歌唱和舞蹈的演出者，從幼兒園到七年級的女生都有，並由女校與男校分別表演中國管弦表演、傳統的舞獅，有位表演者模仿一個閃閃發光，真人大小的金色木偶，還有兩位男生表演小提琴和吉他協奏奏鳴曲。

在舞臺周圍男校學生配合著鼓的節奏，以長棍舞動著一條長長的的金龍，這是觀眾的最愛。接著是另一個最受歡迎的節目，那就是高中男校的



Students from the boys' schools also moved a long, snake-like dragon puppet around the stage on long poles, making the dragon swirl and dance to the beat of symbols and drums. The performance was an audience favorite, followed by another favorite, the high school boys' drumming performance.

The group transitioned from Taiko drumming last year to the Chinese 24 Seasons this year. Both styles filled the room with the thunderous beat of the big, wooden drums, punctuated by the wooden clacking of their drumsticks and dance-like movements.

This year's performers leaped atop the drums in warrior-like poses at times during the performance. At one point, a row of boys held lighted sticks of different colors, changing their positions in a staggered, circular formation to represent the thousand hands of the Guan Yin bodhisattva, known in the West as the goddess of mercy, reaching outward in a perfect circle in compassion for all life.



打鼓表演。

表演內容從去年的太鼓，轉化成今年的中國二十四節氣。這兩種鼓風都是用大型木鼓製造出雷鳴般的震撼，充斥整個空間。其特色是敲擊者木製鼓槌配合舞蹈般的律動，敲出隆咚的音韻。

今年的鼓手在表演當中，不時躍上鼓面，擺出武士的姿勢。演出到一個階段，一排男孩子手持五顏六色的螢光棒，變換著隊形，交錯成一個圓形陣來。隊伍節節向外伸展出的完美圓弧，象徵著千手觀音菩薩，也就是西方所謂的「慈悲女神」，慈悲撫慰一切眾生。

