

越活越年輕——萬佛聖城敬老節報導

*Have Youth in Old Age
– A Report on the Honoring Elders Day Celebration at CTTB*



本刊編輯部 文譯

Compiled and translated by Editorial Staff



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北加州達摩鎮萬佛聖城於11月15日舉行「敬老節」，邀請附近社區與聖城內的老人家一起過節。這項一年一度的節日，已連續舉辦23年，因此當地很多美籍老人家每到秋天，都會主動打電話詢問舉辦日期，並報名參加。

當長者嘉賓抵達時，萬佛聖城育良小學、培德中學的學生已經在活動現場，迎接並攙扶他們進入會場。這些學生將平日社團活動中學習的舞龍、舞獅、國樂演奏、二十四節氣鼓、合唱、中國扇子舞等，在敬老節前加強練習，編排成豐富的表演節目。萬佛聖城齋堂也提供可口素食

This past Nov. 15th, elders from the Ukiah community were invited to come to the City of Ten Thousand Buddhas (CTTB) for the annual Honoring Elders Day celebration. The annual event has been held for 23 consecutive years. Every fall, many elders from the local area would call the City of Ten Thousand Buddhas to ask about the date and register for the event.

Students from Instilling Goodness Elementary School and Developing Virtue Secondary School welcomed the elders upon their arrival and escorted them to their seats. These students gave performances that drew from a number of their extracurricular activities including dragon dance, lion dance, Chinese orchestra, 24-seasons drumming, choir, and Chinese fan dance. They put together a wonderful program for the elders to enjoy, and the CTTB kitchen made a delicious vegetarian lunch for everyone.

The 5th district supervisor of Mendocino County, Mr. Dan Hamburg, was invited to speak at the event. He said the founder of CTTB, Venerable



午齋，老人家有聽有看還有得吃，都很開心。

萬佛聖城所在的曼都仙諾縣第五選區縣議員漢伯格應邀致辭表示，萬佛聖城開山祖師宣化上人在23年前首倡「敬老節」，並勸人要「越活越年輕」。他引用上人的開示說，老人家最值得尊重，但也負有重責大任；老人家不要倚老賣老，自認人生的責任已了；其實老人家有項最重要的責任，就是追求和平，減少人間的紛爭。

漢伯格並引用佛陀的話指出，這個世界不和平，是因為人太自私、太貪婪、互相充滿太多敵意。老人家可從自身與家人的和平做起，繼而追求社區、縣市的和平，乃至國家與世界的和平。漢伯格說：「佛家講『萬法唯心造』，因此無論什麼年紀，都可以越活越年輕，越強壯，越能幫助這個世界。何況，就算年紀很大，也只不過是一眨眼的工夫。長壽的老人家，更有能力為這個世界帶來和平，關鍵在於從人生的智慧與知識中找到力量。」

漢伯格的話引起來賓熱烈鼓掌。座中年紀最大的是105歲瑜伽市居民莉蓮福格爾，自從六年前聽說萬佛聖城舉辦的敬老節，她就開始每年報名參加，從不缺席。她很喜歡漢伯格的致詞，認為非常積極正面，很符合她自己的正向思考。耳朵有些重聽的莉蓮福格爾表示，敬老節活動非常好，「唯一美中不足的是，音響不夠大聲。」

70歲的史提夫史特拉則說，萬佛聖城育良小學、培德中學的學生編排的節目很好，敬老節讓他覺得備受尊重，心情特別好。

Master Hua, began the tradition of Honoring Elders Day 23 years ago and taught people to “have youth in old age.” He quoted Master Hua’s words in saying that elders are the most honorable people but they also bear great responsibilities. He said, “Don’t be satisfied with growing old, don’t think that your work here is over just because you’ve been around a long time. It’s the most important duty of elders to do everything they can to pursue peace and diminish earthly strife.”

Dan Hamburg further quoted the Buddha’s words, saying, “The world is not at peace because people are too selfish, too greedy and too hostile. Elders can bring peace to themselves and to their families. That will bring peace to our communities, our towns, cities and counties, and then to the nation and finally to the whole world.” He continued, “It’s taught in Buddhism that everything is made from the heart alone and therefore one can have youth at any age, regardless of their years. No matter how many years we have lived, we can become younger, stronger, and more able to help the world. Besides, our total years on the planet happen in the blink of an eye. It is just another of our illusions that life is long. People of long life are uniquely capable of doing the work of bringing about a more peaceful world. The key is to find strength in the wisdom and knowledge gained through time.”

Dan Hamburg’s speech inspired an enthusiastic round of applause from the audience. The oldest member of the audience that day was 105-year-old Lillian Vogel of Ukiah, who started coming to Honoring Elders Day six years ago and have been coming back for the event every year since. She expressed that she loved Dan Hamburg’s speech and felt that what he said was very positive and was like her own thinking. With some hearing difficulties, Vogel said that her experience of Honoring Elders Day was wonderful. Her one issue was that the acoustics were not loud enough.

70-year old Steve Setera said that the students of Instilling Goodness Elementary School and Developing Virtue Secondary School gave a wonderful program. He said that Honoring Elders Day made him feel respected and put him in a wonderful mood.



