

法界佛教總會舉辦懷少節

Cherishing Youth Day in DRBA Monasteries

本刊編輯部整理

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DHARMA REALM NEWS | 法界音

「老吾老以及人之老，幼吾幼以及人之幼。」法界佛教總會各分支道場自4月份起，陸續展開年度懷少節慶祝活動。位於美國東部馬里蘭州的分支道場——華嚴精舍於4月12日率先舉辦，當天一大早，來自華盛頓特區、佛吉尼亞州及馬里蘭州的40餘位小朋友及其家長就趕到精舍，受到法師以及眾多道場佛友和佛青會會員的熱烈歡迎。佛青會會員們與法師早早就開始籌備今年的懷少節活動，與眾多佛友集思廣益、盡心盡力準備了豐富多彩的節目。

小朋友們首先在育良班老師郭親濤的講解下，了解母親節的由來，隨後在佛青會會員帶領下一起製作了精美的母親節卡片。在佛殿以鮮花供養諸佛後，小朋友排成一列將盛滿了愛心的卡片獻給一起來參加活動的媽媽，畢恭畢敬地禮拜並齊聲謝謝爸媽養育之恩，場面感人。隨後，佛友與小朋友們一起

“Regard all elders as your own parents; cherish all children as your own children.” This year, several monasteries of Dharma Realm Buddhist Association hosted an annual celebration of Cherishing Youth Day starting in April, complete with a program of performances and activities. Avatamsaka Vihara in Bethesda, Maryland started first with a celebration on April 12. Over 40 children and their parents from Washington, DC, Virginia and Maryland were welcomed to the vihara by Dharma Masters, volunteers, and members of the local Dharma Realm Buddhist Youth (DRBY) group. The program was planned early this year by members of DRBY, Dharma Masters and volunteers. They came up with an interesting and exciting program to offer their young visitors.

Sunday school teacher Daisey Guo explained the origins of Mother’s Day to the assembled audience and DRBY members taught the kids how to make beautiful and artistic Mother’s Day cards. Children made flower offerings to the Buddhas at the Buddha Hall and presented their handmade Mother’s Day cards to their mothers. They bowed and said “thank you” in unison to their parents for their kindness in caring for them and bringing them up. It was a moving event. This was followed by the meal offering ceremony and a delicious lunch that was thoughtfully prepared by the kitchen.

The afternoon’s activities were likewise as varied. Members of DRBY led

上供並享用了精舍為大家準備的美味齋飯。

下午的活動也是動靜穿插，佛青會會員帶領小朋友一起摺紙蓮花、尋彩蛋、跳繩、益智遊戲、兩人三足和玩籃球，家長們則在室內聽取了華府知名的中國文化專家沈葆老師講解的「從上善若水談起」。

沈葆老師是華府「古籍欣賞」講座主講人，亦為「德明中文學校」創辦人。「上善若水」一詞，出自老子的道德經。中國的古聖先賢，從「仰則觀象于天，俯則觀法于地」的睿智，悟出許多千古不變的真理，經過歲月的考驗，凝聚成「中華優良傳統文化」的精髓主流。沈老師的妙語如珠及二小時的精彩演講，受到聽眾們的一致好評。

最後，在一片歡聲笑語中，大眾享用了現場製作的台灣特有的甜點刨冰，圓滿結束了一天的慶祝活動。小朋友們帶著精舍佛友們準備的禮物和美好的回憶，依依不捨地離開精舍。華嚴精舍也期待明年懷少節與新老朋友再相聚。

加州達摩鎮萬佛聖城則於4月17日舉行懷少節，邀請附近學校總計逾800位學生、老師與家長，分兩批參加。萬佛聖城的敬老節與懷少節，一向由男女校輪流策劃主持。2015年的懷少節輪到男校負責，他們推出了精采的「西遊記」，將男女校的主要表演節目，全部串聯在這齣「西遊記」裏，並且跟觀眾熱烈互動，充滿了歡樂的氣氛，以及令人鼓舞的精神。

兩年前的懷少節，男校也曾推出「西遊記」，當時演出西行取經的故事。這回演出的是玄奘大師取經後，從印度返國途中所遇劫難。經常為法師在佛殿講法時，擔任英語口譯的呂明賜，被公認為飾演玄奘大師的最佳人選。他也為了上台演出，特別剃了個大光頭。



the children in making arts and crafts and playing games, including making origami paper lotuses, an egg hunt, jumping rope, various brain-teaser games, a three-legged race and a basketball game. Meanwhile, parents staying indoors could listen to Shen Bao, a well-known expert on Chinese culture in the Washington, DC area, who gave a talk on, “The highest goodness is like water.”

In the DC area, Ms. Bao Shen lectures on “Appreciating the Chinese Classics” series and is also the founder of De Ming Chinese School. The phrase, “The highest goodness is like water” comes from Laozi’s *Dao De Jing*. Ancient sages in China realized the eternal truth from the following verse: “Looking up, he contemplated the brilliant forms exhibited in the sky; looking down, he surveyed the patterns shown on the earth.” This wisdom, tested and tried throughout the years, has turned into the essential knowledge of the good aspect of Chinese tradition. During her illuminating talk that day, Ms. Shen’s marvelous words dropped like pearls as she spoke. The talk was 2 hours long and was well-received by the audience.

The Vihara’s celebration of Cherishing Youth Day ended with everyone partaking of freshly-made Taiwanese shaved ice. Leaving, children brought back gifts that the friends of the Vihara had graciously prepared for them and a rich day filled with memories. Many were sad to leave, and those at the Vihara expressed that they look forward to welcoming back old and new friends at next year’s celebration.

On April 17th, 2015, the boys and girls’ schools at the City of Ten Thousand Buddhas worked together to celebrate the Cherishing Youth Day. Over 800 students, teachers and parents from local schools were invited to come in two groups. The boys and girls’ schools take turns to host the Honoring Elders Day and Cherishing Youth Day celebrations each year. This year was the boys’ school’s turn to host Cherishing Youth Day. They put on a show based on the story “Journey to the West” to string together all of the performances. The student emcees interacted with the audience warmly and the event was filled with an energetic and engaging spirit.

The boys’ school also performed “Journey to the West” two years ago on Cherishing Youth Day. At that time, they focused on stories that happened in the westbound side of the journey. This year, the drama focused on Dharma Master Xuanzhuang’s eastbound route. Michael Lu, who often serves as the English translator for Dharma Masters at the Buddha Hall, acted in the role of Dharma Master Xuanzhuang and shaved his head for this performance.

As the scenario goes, Monkey was chased by dragons (the dragon dance troupe of Developing Virtue Secondary School).



劇情發展為孫悟空被龍（培德中學舞龍隊）追跑，魔王帶著魔崽子將唐三藏、豬八戒、沙悟淨全都迷昏關起來。孫悟空回來後，不見師父與師弟的蹤影，不知如何是好？

報幕的同學這時指著佈景上的大字，也是今年懷少節的主題：「堅毅」，問在場觀眾：孫悟空應不應該放棄？只聽小朋友們熱烈回應：「不要放棄」。接著在報幕者的引導下，全場觀眾齊聲大喊：「絕不、絕不、絕不放棄！」孫悟空受到鼓舞，於是抖擻精神，專程去求觀世音菩薩幫忙。這時培德中學女校的觀音舞蹈與育良小學男校中低年級小朋友的千手觀音紛紛上場。飾演觀世音菩薩的于凱文，因為找不到合適的頭套，因此以小平頭「現大丈夫相」。

有了觀世音菩薩的指點，加上叢林裏的鼓手敲擊起廿四節令鼓，鼓聲讓魔王與魔崽子不支倒地。叢林之王獅子（培德中學舞獅隊）也現身，將唐三藏師徒從魔咒中解救出來。佛經被帶回中土，佛法得以弘揚。節目最後播放威廉斯的「快樂」歌，男校學生全體上場，一起大跳快樂舞，現場洋溢著一片歡樂的氣氛。

負責撰寫劇本的方國興同學表示，今年懷少節的成功演出，不在於表演本身，而是每個同學都有份參與，大家充分發揮團隊精神。他也透露，有位新出家的沙彌，曾從事電影業多年，特別指點佈景，使得男校的戲劇表演，首次進入立體佈景時代，為今年的懷少節演出效果加分不少。✻

Demon king and his minions used their magic to put Dharma Master Xuanzhuang, Piggy and Sandy to sleep and captured them. When Monkey came back, seeing no one was there, he didn't know what to do.

The narrator then pointed to the backdrop with the huge word "Perseverance" which is also the topic for this year's Cherishing Youth Day. The narrator asked the audience: "Should Monkey give up?" Everyone yelled, "No." The narrator continued to urge the audience to say, "Never, never, never give up." Then Monkey was encouraged and inspired and made a special trip to ask for Guan Yin Bodhisattva's help. At that point, the Girls' School students as well as young boys from the Elementary Boys' School entered the stage to perform a Guan Yin dance. Kevin Vo, the student playing Guan Yin Bodhisattva in the drama, lacked an appropriate wig for the part, so this Guan Yin Bodhisattva manifested as a male with crew-cut hair.

Upon receiving Guan Yin Bodhisattva's help, and upon hearing the 24 seasons drumming from the forest, the sound of the drum made the demon king and his minions fall to the ground. The kings of the jungle, the lions (the lion dance troupe) appeared to rescue Dharma Master Xuanzhuang and his disciples from the demon's spell. Buddhist scriptures were brought back to China and the Buddhadharmas then could flourish there. Lastly, to the tune of Pharrell Williams' "Happy," the Boys' School students came back on stage and everybody danced together. Everyone was happy.

Riley Fong, the writer of the script, said that the success of this year's Cherishing Youth Day was not about their performance, but about the team work in which every student got involved. He also pointed out that a newly-ordained shramanera worked in the film industry for many years and was consulted in designing the set. That enabled them to have a 3D set for the first time and enhanced the effect of their performances. ✻

