

# Excerpts from the Keynote Address by Carol Ruth Silver at DVSS Boys Division Graduation

培德中學男校畢業典禮主講人  
卡洛·露絲·思爾薇致辭摘錄



Chinese Translation  
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Left to right:  
Carol Ruth Silver, Terri Nicholson  
圖左到右：  
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**Editor's Note:** When Carol Ruth Silver ran for the San Francisco District Attorney in 1975, she was invited to the Gold Mountain Monastery for a Candidate's Forum. (She later served on the San Francisco Board of Supervisors from 1977 to 1989.) She brought her five-year-old son, Ah-huei with her. She had gone to Taiwan in 1973 to adopt him. She wanted him to continue his Chinese studies but had been unable to find an elementary school in San Francisco that taught Mandarin Chinese. At that time the only Chinese offered was Cantonese.

Seeing that many of the people at Gold Mountain Monastery spoke Mandarin, Carol suggested that we start a bi-lingual elementary school. Venerable Master Hua was enthusiastic about the suggestion. With Ms. Silver's help, Gold Mountain Instilling Virtue Elementary School opened its doors on March 1, 1976. Ah-huei Silver was a student in that very first class.

The school moved to the City of Ten Thousand Buddhas in 1978 and the name was changed into Instilling Goodness Elementary School. Later, in 1981, Developing Virtue Secondary School was established. Carol Ruth Silver was invited to be the keynote speaker at the 2015 Developing Virtue Secondary School Boys Division Graduation. The following are excerpts from her keynote address.

編按：1975年，參選舊金山地檢處檢察長的卡洛·露絲·思爾薇應邀到金山寺參加政見發表會（後來她自1977年至1989年擔任舊金山市議員）。當時她帶著一個五歲的小男孩阿輝，這是她於1973年在臺灣收養的孩子。她希望阿輝繼續學中文，但在舊金山找不到教普通話的小學，當時舊金山開設中文課的學校都只教粵語。

在金山寺，她發現很多人都會說普通話，因此她就建議金山寺創辦雙語小學，宣公上人對此提議深感興趣。在她的協助下，金山育德小學於1976年3月1日成立，阿輝成了這所小學第一個班級的學生。

1978年，育德小學遷到萬佛聖城，更名為育良小學，接著於1981年成立培德中學。在學校成立時，扮演重要推手的思爾薇，2015年應邀擔任培德中學男校畢業典禮主講貴賓，以下就是她的演講摘錄。

I was honored to have had the opportunity, more than 35 years ago, to help the Venerable Master — and a group of remarkable Buddhist nuns and monks — and Terry Epstein, as she was then known — to create the Gold Mountain Instilling Virtue Buddhist Elementary School in San Francisco — now the Developing Virtue Secondary Schools and Instilling Goodness Elementary Schools at the City of Ten Thousand Buddhas, here in Talmage.

I have watched the little school we started grow into the wonderful, full-fledged educational program it is today. I am humbled that you still remember my role in founding this school, and I am very, very honored to be here today.

As many of you know, after the original Instilling Virtue Elementary School moved from San Francisco to Talmage, I founded, in San Francisco, another school -- now called Chinese American International School -- focused on being a Mandarin-English immersion school.

I want to share with you the Mission Statement of Chinese American International School. It is:

**Embrace Chinese,  
Become your best self,  
Create your place in the world.**

Now, all 3 of these Missions are wonderful, and useful, and I commend them to you.

But today, I want to focus on the first word of this Mission Statement, which is — “Embrace” — and my message to you, graduating seniors, is that this is the time in your life when you should “Embrace”.

You should embrace Chinese language and culture — and English language and culture -- and Math, and Art, and Science, and your mothers, and your fathers, and your friends. Embrace — life. Develop new friendships, lots of friendships (and I don't mean Facebook friends!).

Now this message might sound like the exact opposite of the major teachings of Buddhism, the teaching to cure oneself of attachment, and desire — that the major source of the problems of each of us, and of the world, is attachment, and desire — wishing for what we do not have .

But please observe that when people like the Venerable Master, or the monks and nuns who have taught in your school, give up attachment and desire — when they give up seeking personal wealth and personal pleasures — they do not then merely sit in contemplation under a redwood tree.

Instead, you see them rising early and busying themselves, late and early, with making the world a better place — by their compassion and empathy for others — and for you.

This compassion, this empathy for others, has, together with the nurturance of your parents, guided your life up to this point. Now as you go out into the world, without that guidance, far from family, faced daily with many evils and many temptations, it is the compassion for others — the empathy — the strength of your embrace of others in general

逾35年前，我很榮幸有機會協助宣公上人、男女眾法師、以及易果參，在舊金山創辦金山育德佛教小學，如今成為達摩鎮萬佛城的培德中學與育良小學。

我看著這所學校從很小的規模，如今茁壯成長為完整的教育機構。我很慚愧各位仍然記得我當初在成立這所學校時的角色，我今天非常非常榮幸能夠站在這裏。

各位當中有很多人知道，育德小學從舊金山搬到達摩鎮之後，我在舊金山創辦了另一所學校，就是現在的中美國際學校，以提供中英雙語沉浸課程為主。

我想跟各位分享中美國際學校的宗旨：

**擁抱中文，  
自我提升，  
立足世界。**

這三項宗旨都很好，也很有助益，因此我要推薦給你們。

但是今天我要特別強調的是，宗旨中的第一個字眼「擁抱」，我想跟畢業生說的是：此刻是你一生中該「擁抱」的時刻。

你們應該擁抱中文與中國文化，還有英文與其文化，以及數學、藝術、科學、你的母親、父親、朋友。更要擁抱生活，結交新朋友，許多朋友（不過我不是指臉書上的朋友）。

我對大家說的這些話，聽起來似乎與佛教宗旨反其道而行。佛陀教導我們放下執著與欲望，因為這些是我們每一個人，以及全球主要問題的來源——想擁有我們所沒有的。

不過請注意，當宣公上人或者是貴校教書的男女眾法師，放下執著與欲望，不再追求個人財富和享樂時，他們並不是僅僅在紅木樹下打坐冥想。

相反的，你看到他們起早趕晚，每天忙個不停，以他們對別人及對你們的慈悲，讓這個世界成為更美好的地方。

這種慈悲，能為他人著想的精神，加上父母對你們的養育之恩，一路引導你們到今天。現在當你們即將走入外面的世界，沒有這些指引，又遠離家庭，面對許多邪惡與誘惑時，正是這種慈悲、為人設想、能擁抱別人的力量，以及你的朋友和家庭，都將建構你的人生。

— as well as your friends and family in particular -- that will shape your life.

Compassion. Empathy. Of all the life skills you can develop, empathy is the one which will help you the most.

And sometimes it is difficult to know — how do you start to practice compassion, and empathy? Let me share with you a little secret.

Whenever you meet a new kid, a new teacher, a new postman — or the garbage man — or a doctor — Smile, and say, “Hi”.

Smile — because every new person you meet — is a puzzle, a unique collection of experiences, a new opportunity for you to figure them out — to understand them — to have empathy with and for them.

And say “Hi” — to show that you are open to interacting with them, to treating them with respect, to feeling sorry if someone lost their bus card — not feeling sorry for them — hey, what a loser, he lost his card! But with empathy for him — feel how he feels — maybe even offer to pay his bus fare.

And if you can do that once, smile and say “Hi”, you will have made the world just a tiny bit better place to be -- for you -- and your new friends — and for some fraction of the billions of people in the world.

Let go of attachment. Let go of desire. But embrace — compassion for others — embrace empathy — and embrace your fellow human beings — all of us — astronauts — on the spaceship we know as Mother Earth.

Freedom for individual humans is created, and preserved, and extended by the sacrifices of people who are willing and able and who actually undertake — to empathize with their fellow humans — all of us — along for the ride — on spaceship Earth — who are willing and able to feel and embrace that empathy, that compassion — and to act on it.

So to each one of you I would like to say: in compassion and empathy, I hope I'll see you along for the ride. Thank you. ❀



慈悲，同理心（為人設想）：在你能培養的人生技巧當中，同理心最能幫上你的忙。

有時很難知道如何開始實踐慈悲與同理心？讓我跟你們分享一個小秘密。

每當你遇見新學生、新老師、新郵差、收垃圾的人，或醫生時，記得要微笑，並說：「嗨！」

要微笑，因為每一個你新遇見的人，都是一幅拼圖，他們都有許多獨特的經驗，這是一個新的機會，讓你去認識瞭解他們，對他們產生同理心，為他們設想。

要說：「嗨！」——顯示你願意跟他們交流，尊重他們；假如有人掉了公車卡，你會感到難過，不是為那個人難過——哎呀！這個人掉了他的卡，真是個輸家——而是感同身受，你甚至願意掏錢為他付公車費。

如果你能微笑說「嗨！」——對你自己、你的新朋友、乃至全球數十億人口當中的一小部分人而言，你就讓這個世界變得稍微好一些。

放下執著，放下欲望。但要擁抱對他人的慈悲與同理心，擁抱你的同類——我們所有人類，都可說是搭乘同一艘太空船的太空人，而這艘太空船的名稱，就是我們所知道的「地球」。

個人自由的產生、保存、與延伸，是由其他人的犧牲換來的。這些人因為對同胞以及所有人類能夠設身處地為他們著想，在地球這艘太空船上，擁抱慈悲心與同理心，願意、能夠、並且實際採取行動。

所以對你們每一位，我要說的是：希望看到你們都能以慈悲心與同理心，搭乘地球這艘太空船。謝謝大家。❀