

# 2015 年萬佛聖城敬老節 Honoring Elders Day at CTTB

勞靜文/譯

Written and Translated by Jing Lao



DHARMA REALM NEWS | 法界音

萬佛聖城於2015年11月14日舉行第24屆敬老節，今年由培德中學男校學生策劃，主題訂為「小小世界真奇妙」。

近兩百位耆老相繼抵達時，培德中學女校學生早已在五觀堂階梯前等候，一一將老人家攙扶進入有表演節目與可口素食的會場。當地英文報紙「瑜伽日報」形容這群老人家在萬佛聖城過敬老節，所獲得的是「皇室級的禮遇」。

負責報幕的同學，背上綁著空塑膠瓶做成的銀色「噴射包」，還繫上多個五顏六色的氣球（象徵各種不同的文化），帶領大家「環遊世界」，一起欣賞中國、印度、中東、非洲、還有美國迪士尼樂園等地的歌唱、舞蹈、音樂演奏等節目，並發現世界各地的人種其實有許多相似之處。

節目由樂器演奏開場，男女校學生各自推出拿手的表演節目，包括舞蹈、中樂演奏、舞龍、舞獅、十二節氣鼓等，以饗老人家。男女校學生並各自合唱「小小世界真奇妙」，男校學生還展示多面不同國家的國旗，意味著追求國際和平、世界大同。

報幕的同學之一指出，音樂沒有年齡、地域、宗教之分，音樂如同粘膠，將大家黏在一起，同時也像班上同學矯正牙齒所戴的牙套，將所有牙齒連結箍上，帶來更美好的成果。

男校並派出數位同學，分別自我介紹，顯示他們雖來自不同的文化背景，但都能在一起相處、學習、成長，並互相欣賞其他同學的文化背景。會場並有寫著「敬老節快樂」中英文的人形氣球，男校學生在不同角落充氣施放，為老人家帶來陣陣驚喜。

The City of Ten Thousand Buddhas (CTTB) held the 24th Honoring Elders Day on Nov. 14<sup>th</sup> 2015. The Boys Division of Developing Virtue Secondary School (DVSS) planned the program and the theme was “It’s a Small World”.

Girl students from DVSS were waiting at the stairs of the Five Contemplation Hall to help nearly 200 seniors enter the building to enjoy the Honoring Elders Day program and delicious vegetarian meals. The local newspaper, Ukiah Daily Journal, said that the seniors were treated like royalty.

The MCs carried “Jet Pack” made of used water bottles, painted in silver, on their backs. They also tied colorful balloons to represent various cultures on the “Jet Packs” as they pretended they were traveling the world. They acted as tour guides and played songs, dances, and music from China, India, Middle East, Africa and Disney Land to appreciate the similarities between people throughout the world.

The program started with music instrument performances. The boy and girl students all showed their best skills in performing Chinese orchestra and 12-season drumming and dancing the dragon dance and lion dance, etc. The boy students and girl students sang “It’s a Small World” in separate choirs. The boy students even displayed various national flags to emphasize international peace and commonwealth.

One of the MCs noted that everyone could relate to music, no matter what age, religion or place you come from. Music is like the glue that bonds everything together or like the braces on his classmate’s teeth. “Because it connects everything, it makes everything more beautiful.”

Several boy school students shared their experiences and said that although they came from their different cultural backgrounds, they were able to get along, study and grow together and appreciate each other’s culture. The boys put “Happy Honoring Elders Day” in English and Chinese on man-shaped balloons at different spots of the dining hall that amazed the elders.

在座老人家中，最年長的是瑜伽市民莉蓮·福格爾，現年106歲，仍然精神矍鑠。她透露保持良好精神的訣竅，在於每天閱讀與運動。閱讀讓她頭腦繼續思考，另外，她每天做手腳運動15分鐘，並在家踩腳踏車20分鐘，讓她保持足夠的活力。她也喜歡素食，經常到萬佛聖城的君康素食館用齋。

為祝賀老人家過節，並顧及東西方不同的口味，除了米飯、彩椒茼蒿、春捲、芝麻球等中式餐點外，萬佛聖城大齋堂自一週前，即開始準備四百多人份的義大利千層麵，耆老與學生都愛吃，一掃而空。

曼都仙諾縣第一選區縣議員凱莉·布朗致詞指出，她本人也是老人家之一，舉辦敬老節對她而言，感覺十分特別，而且這是別處找不到的節日，希望同學們的精彩表演繼續下去。曼都仙諾縣政府執行長卡美爾·安吉羅則是第一次來參加敬老節，她表示十分榮幸愉快，並希望所有耆老都能享受敬老節。

瑜伽市市議員道格拉斯·克雷恩當年是營建萬佛聖城五觀堂的承包商，數十年來看到萬佛聖城的成長，他覺得很欣慰。14日當天他抵達較晚，並未致詞，但對本刊表示，今年的敬老節主題顯示，宣公上人創辦的學校，正扮演橋樑的角色，將不同國籍、不同文化背景的人連接在一起。✿



The oldest senior was Lillian Vogel. Even at the age of 106, she was still full of vitality. She said that the secret of staying in good spirit lies in reading and daily exercise. Reading keeps her brain working and she does arm and leg stretches for 15 minutes and rides on a stationary bike for 20 minutes a day to make herself energetic. She also enjoys vegetarian meals and occasionally comes to Jyun Kang Vegetarian Restaurant at CTTB.

To celebrate the Honoring Elders Day and to cater to Western and Asian tastes, the big kitchen prepared rice, stir-fried konjac with green and red pepper, spring rolls, sesame balls, and vegetarian lasagna. The big kitchen staff started to prepare for this Honoring Elders Day of over 400 people a week before the event. All the dishes were completely consumed because both seniors and students loved them.

Carre Brown, Mendocino County Supervisor from the first district, said a few words. As an elder, she felt that Honoring Elders Day was very special, because there is no other event like this. She wanted the students to continue their wonderful performances. Mendocino County CEO Carmel Angelo also attended this event for the first time and said that she was honored and happy to be there and wish that the seniors enjoyed themselves.

Douglas Crane, the Ukiah councilmember, was the contractor builder of the Five Contemplation Hall for CTTB. He was happy for CTTB to see the growth of this community over the years. Since he arrived late on Nov. 14<sup>th</sup>, he didn't give a talk but he told us that the theme this year showed that the schools established by the late Venerable Master Hua is the bridge for people of different nationalities and cultural backgrounds. ✿