

## 萬佛聖城有機農場歡迎生力軍

### ORGANIC FARM AT THE CITY OF TEN THOUSAND BUDDHAS WELCOMES EXTRA HELP

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8月26日，舊金山東灣屋崙市的武術健身教練魏資容率領八名學生，於清晨七時抵達萬佛聖城，在有機農場勞動了一個上午。總共栽種150餘棵作物，包括青花菜、無頭甘藍、茼蒿、包心菜、皇帝豆、甜菜、芥菜、青江菜、甘菊，並收割羽衣甘藍，挖掘排水溝渠，整理兩大片田壟。

為了避免午後驕陽下工作容易中暑，他們清晨四時三十分在屋崙集合出發。學員易立吉歐·瑞茲表示，他當天凌晨二時四十五分就起床，以免錯過集合時間。除了武術也學習佛法的他，認為佛法的重點之一就是布施，因此布施這一天的時間與體力，對他而言正是實踐佛法。卡珊卓拉·阿諾平日即固定清晨五時三十分起床，當天更提早兩個多小時盥洗。她很喜歡種菜，下回再來時，她希望能幫忙收成這次栽種的作物，「看看大地給我們什麼樣的回報。」

今年新上任的有機農場管理者比丘尼近柔非常高興地表示，夏秋交替之際，正需要多些人手整地、種植秋季作物。這群學習武術的學生年輕力壯，來得正是時候，恰好幫上大忙。

十幾年前，魏資容曾跟隨蔣雲仲老醫師學習武術，當時老師會帶著他和其他同門師兄弟定期到萬佛聖城勞動，感覺收穫很大。2016年6月9日蔣醫師往生，骨灰安厝於萬佛聖城，魏資容不僅專程

David Wei, a martial art and wellness instructor in Oakland, California, took eight of his students to the City of Ten Thousand Buddhas at 7AM on August 26<sup>th</sup>, 2016. They worked the whole morning at the organic vegetable garden and planted over 150 vegetables, including broccoli, kale, cilantro, cabbage, fava beans, beets, mustard greens, baby bok choy, chamomile; and harvested collard greens, dug trenches and raised two new beds.

They met at 4:30 AM in Oakland to avoid working in the scorching hot afternoon and risk getting a sunstroke. Eligio Ruiz said that he got up at 2:45 AM that day so that he would not miss the time for meeting with everyone. He had studied Buddhadharma and martial arts for seven years. He felt that one of the important points of Buddhadharma is “giving,” so he gave his time and energy that day which was implementing Buddhadharma for him. Cassandra Arnold normally wakes up at 5:30 AM, but she woke up two hours earlier that day. She loves planting and hopes she can help harvest the vegetables she planted the next time she comes to see “what the earth will give me back.”

Bhikshuni Jin Rou, new steward of CTTB organic farm starting this year, was very happy and said that these martial arts students are young and strong; they came at the right timing and thus provided great help, because summer was changing into fall, and extra help was greatly needed to prepare the field and to plant vegetables of the new season.

David Wei said that he studied Chinese martial arts with Dr. Yun Chung Chiang over ten years ago. He came to CTTB with Dr. Chiang and other fellow students to volunteer on a regular basis. He felt he benefited a lot from those experiences. Dr. Chiang passed away on June 9<sup>th</sup>, 2016. When Dr. Chiang's ashes was sent to CTTB, David Wei made a special trip to CTTB to pay respect to him. And it was then that Mr. Wei made up his mind to follow his teacher's example of taking students to CTTB on a regular basis to do volunteer work. He also planned to take acupuncturists to CTTB to provide free treatment for the temple residents.

Dr. Yun Chung Chiang was skillful in Chinese calligraphy, Chinese brush painting, Chinese stamp inscription, Chinese martial arts and Chinese medicine. He founded the Wen Wu School in Berkeley, California in 1973 and opened the

到聖城向老師致敬，更決定仿效老師的作法，帶著自己的學生定期來聖城義務勞動。未來還考慮安排針灸師前來義診。

蔣雲仲生前集書、畫、金石、武、醫於一身，1973年在加州柏克萊創辦「中華文武學院」與「中華醫療中心」，招收的學生中有許多西方人。他對宣公上人十分景仰，經常介紹學生向宣公上人學習打坐。他的女兒蔣雁平自2000年起，組織「中華醫療義診隊」定期到聖城義診，2016年起並為出家眾提供免費身體檢查。

宣公上人的老弟子中，有好幾位早年都曾向蔣雲仲學習太極拳，如今分別在萬佛聖城與法大善財參學中心開課教授太極。正如蔣雁平與魏資容的做法，不但將蔣雲仲傳授於己的能力造福更多人，也延續了蔣雲仲與宣公上人兩位長者間的這份因緣。✿



Chung Hua (Chinese) Clinic within Wen Wu School the same year. There were many westerners among his students. He admired Venerable Master Hsuan Hua a lot and recommended many of his students to practice meditation with Venerable Hua. His daughter Erlene Chiang organized the “Chung Hua medical team” to provide CTTB residents with free medical treatment on a regular basis. Starting in 2016, this medical team offered free physical check-ups for monastics.

Quite a few senior disciples of Venerable Hua learned Taichi from Yun Chung Chiang. They now teach Taichi at CTTB and at the Sudhana Center of the Dharma Realm Buddhist University. Just like Erlene Chiang and David Wei, they promote what they learned from Dr. Chiang to benefit more people and also pass on the affinity between Dr. Chiang and Venerable Hua. ✿