

## 2016年法界佛教總會敬老節巡禮

# 2016 Honoring Elders Day Celebrations throughout Dharma Realm Buddhist Association



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2016年法界佛教總會各分支道場自九月至十一月間，相繼舉辦由宣公上人自1992年起倡辦的敬老節，再次讓老人家在這個充滿關懷與愛心的日子裡，感受溫暖、歡喜過節。

2016 Honoring Elders Day was celebrated at the City of Ten Thousand Buddhas as well as at several branch monasteries from September to November. This annual event was first established by the Venerable Master Hsuan Hua in 1992. As always, this year's celebrations brought love and care to elders who enjoyed the warmth and were delighted with the activities.

### 北美地區

### North America

#### 美西

#### *West Coast of the United States*

西雅圖金峰寺、北加州聖荷西金聖寺兩座分支道場打頭陣，九月份即舉辦敬老節。

In September, Gold Summit Monastery and Gold Sage Monastery were the first two branch monasteries to celebrate Honoring Elders Day.

#### 西雅圖

#### *Seattle, Washington*

金峰寺今年邀請了120位老人，出動兩

Gold Summit Monastery invited 120 elders. Over 200 volunteers helped care for the elders. Each elder was given a beautiful flower brooch upon arrival. Local laypeople prepared over 20 performances including dragon dance, lion

百多位義工為老人家配戴美麗的胸花，並照顧老人家的各項需要。當地居士準備了舞龍、舞獅、歌舞表演等20多項精采的節目，並有烘培專家捐贈大型素糕。抽獎活動是人人有獎，個個開心。比丘恒來法師特別自雪山寺前來共度敬老節，為耆老們送上祝福。

## 聖荷西

金聖寺今年約有130位老人報名參加敬老節，其中90歲以上的老人家就有14位，還有百歲人瑞一起來過節。金聖寺特別邀請中醫師演講，提醒老人家保健養生之道。金聖寺長青佛學班成員往年都會上台高歌，但隨著大家年事更高，今年專心當觀眾，欣賞各項歌舞表演。金聖寺當家師恒才法師致詞指出，人身難得，鼓勵大家多多念佛。

## 西沙加緬度

法界聖城在10月初舉辦敬老節，萬佛聖城男校的舞龍舞獅隊以及24節氣鼓隊也前往助陣，帶來精彩熱鬧的表演。法界聖城育良小學與培德中學學生演唱「普賢行願品」與「禮運大同篇」，為現場200餘位來賓帶來驚喜。法界聖城當家師恒貴法師介紹敬老節的意義，帶領老人家一齊念佛，為熱鬧的敬老節增添一股祥和的氣氛。

## 舊金山

位於舊金山中國城的金山聖寺於10月初開放敬老節報名後，230個座位在半天之內即告額滿。有的老人家甚至在報名當天清晨五、六點鐘就到金山聖寺門外排隊「搶頭香」。萬佛聖城女校學生於10月23日特地應邀前往金山聖寺助陣，以優雅的舞蹈等節目饗嘉賓。金山聖寺限於場地，老人家分別在二、三樓觀賞節目，並享用可口素齋。每一套節目的表演者必須在二、三樓各演出一場，大型素糕也是準備兩份，對長者的關心決不打折。

## 洛杉磯

金輪寺於10月23日舉行敬老節，約400人參加。金輪寺中文學校學生以及當地居士表演多項節目，法界聖城培德女中學生也專程南下助

dance, songs and dances. A professional baker donated a big cake for the event. Free prizes were raffled off to elders who enjoyed receiving the prizes. Bhikshu Heng Lai came all the way from Snow Mountain Monastery to join in the celebration and to give his best wishes to all the elders.

## San Jose, California

One hundred and thirty elders signed up for the Honoring Elders Day at Gold Sage Monastery this year. Fourteen of them were over 90 years old and one was even a centenarian. A Traditional Chinese Medicine doctor gave a talk, sharing with the elders ways of staying healthy and enjoying longevity. Members of the Elders' Dharma Study Group, who sang at past Honoring Elders Celebration, this year were among the audience watching performances. Dharma Master Heng Tsai, manager of Gold Sage Monastery, gave a brief talk. She explained that a human body is difficult to obtain and exhorted everyone to recite the Buddha's name more.

## West Sacramento, California

The City of Dharma Realm celebrated Honoring Elders Day in early October this year. The lion dance troupe from the Boys' School at the City of Ten Thousand Buddhas as well as the dragon dance troupe and the 24-season Drummers, gave wonderful performances. Students from Instilling Goodness Elementary School and Developing Virtue Secondary School at the City of Dharma Realm sang songs entitled "Conducts and Vows of Samantabhadra" and "The Commonwealth" to over 200 elders. Dharma Master Heng Gwei, manager of the City of Dharma Realm, talked about the meaning of the celebration of Honoring Elders Day, and led the elders in reciting the Buddha's name, which added calmness and peace to the hustle and bustle of the event.

## San Francisco, California

Gold Mountain Monastery, located in San Francisco's Chinatown, took reservations for Honoring Elders Day in early October. Two hundred and thirty seats were all booked in just half a day. Some elders even lined up outside the gate as early as 5am or 6am in the morning in the hope of being the first one to sign up for this event. On October 23, students from the Girls' School at the City of Ten Thousand Buddhas performed elegant dances and songs to entertain the seniors. Since the space was limited, the performers had to do their shows twice—first for those on the second floor, and then for those on the third floor. There were also two big cakes for elders, one on each floor.

## Los Angeles, California

Around 400 people participated in the Honoring Elders Day Celebration at Gold Wheel Monastery on October 23. Chinese school

陣，帶來民謠歌唱。節目最後切壽糕，並在大眾念佛聲中圓滿。金輪寺當家恒是法師將上人的對聯「福慧雙圓黎民慶，道德齊臻草木歡，竹梅冰雪愧予志，松柏長青祝君安」贈予在座嘉賓、長者，更希望中國傳統的孝道精神能在西方國家生根。

## 達摩鎮

11月19日萬佛聖城舉辦敬老節，當天雖然颳風下雨，但從附近社區前來參加的老人依然十分踴躍，比去年的300人還多出50人。加上聖城住眾與學生，合計近600人一同歡慶敬老節。今年的表演節目在敬老節的前一晚臨時更動，負責安排節目的培德中學女校學生，立即在短短幾個小時之內策畫並排練數項新節目，包括太鼓、古箏四重奏、琵琶獨奏、鋼琴獨奏等，充分展現應變能力、創意與才藝。曼都仙諾縣議員凱莉·布朗與縣府執行長卡美爾·安吉羅，都是萬佛聖城敬老節當天的座上嘉賓。凱莉布朗致詞指出，西方文化中有很多節日，卻沒有一個節日是為老年人舉辦。布朗議員並引用宣公上人的話說：「我要將所有的老人都當作我自己的父母，一切男子是我父，一切女人是我母。」在感謝萬佛聖城舉辦這個節日的同時，她也強調其實每天都該敬老，而且要好好照顧社區裡的老年人口。

## 美東

### 大華府地區

馬里蘭州貝塞斯達市的華嚴精舍於10月23日舉行敬老節，約110位老人家前來。當家師恒哲法師首先帶領大家念誦六字大明咒，並祈福祝願長者耆年壽考，福慧雙圓。緊接著武術、古箏、京劇等精采節目紛紛登場，幼兒班也上台表演歌舞，佛青會成員更是大展身手，逗得老人家樂開懷。中午備有豐盛的長壽素筵，讓老人們度過溫馨愉快的節日。

students and lay supporters of Gold Wheel Monastery provided many wonderful performances. Developing Virtue Secondary School girl students from the City of Dharma Realm sang folk songs for the elders. The program ended with cake-cutting and reciting of the Buddha's name. Dharma Master Heng Shr, manager of Gold Wheel Monastery, said she hoped the tradition of filial respect could gain a foothold in the west and shared with elders and guests the following couplets composed by Venerable Master Hsuan Hua:

*When blessings and wisdom are perfected, everyone will congratulate you.*

*When the Tao and virtue are both achieved, even the grass and trees are delighted.*

*I feel ashamed of my stupid resolve to imitate the bamboo and plum tree which endure the ice and snow.*

*I wish all of you good health, like the pines and cedars, evergreen.*

### Talmage, California

The City of Ten Thousand Buddhas celebrated Honoring Elders Day on November 19. Even though it was windy and raining, 350 elders from the local community still came for this event. This was 50 elders more than last year. The total number of participants, including CTTB residents and students, was around 600. Due to unforeseen circumstances, the program had to be revised at the last minute. Developing Virtue Girls' School students had only a couple of hours to create and rehearse five new shows, including Taiko drumming, a Guzheng quartet, a Pipa solo and two piano solos. The last-minute adjustments showed their flexibility, creativity and talent. Mendocino County Supervisor, Carre Brown and County CEO Carmel Angelo, both attended the event. Carre Brown gave a talk saying that there are many holidays in the Western culture, but there is not one that celebrates our elders. She quoted Venerable Master Hua, "I wish to take all elders as my father and mother. All men are my father, all women my mother." She said, "Thank you, City of Ten Thousand Buddhas, for this celebration...Honoring our Elders is something we should do every day, not only honoring but also caring of our elderly population."

## East Coast of the United States

### Metropolitan Area of Washington, DC

Around one hundred and ten elders came to celebrate Honoring Elders Day on October 23 at Avatamsaka Vihara, located in Bethesda, Maryland. Dharma Master Heng Je, manager of Avatamsaka Vihara, led everyone in reciting the Six-syllable Greatly Bright Mantra, *Om Mani Padmi Hum*. She wished every elder the joy of their seniority and longevity, and hoped that their blessings and wisdom would be perfected. The wonderful program included martial arts, Guzheng and Chinese opera. Kindergarten students sang and danced as well. The Dharma Realm Buddhist Youth members tried their best to entertain elders who laughed joyfully at DRBY's performance. A vegetarian luncheon was served after the performances. All the elders had a wonderful time.



## 加拿大

### 溫哥華

金佛寺10月9日和10日舉行敬老節，總共邀請了510位老人。今年獎品禮物十分豐富，只要回答問題、上臺唱歌、跳舞，統統有獎。節目十分豐富，包括山椒太鼓、帶動唱等。當家師恒仲法師表示，今年的主題是「三好運動」：存好心、說好話、做好事，「每天對著鏡子笑三次，對人說好聽的話，做對的事情，這就是每天的三好運動啦！」

### 卡加利

華嚴寺於10月15日舉行敬老素宴，應邀前來的250位長者中，最高齡的是98歲。80多位義工在現場協助活動順利進行。當家師近性法師指出，由於擴建工程仍在進行中，限於場地，今年能邀請的長者人數較以往減半，她由衷祝福老人家健康長壽幸福。華嚴寺週日班小朋友表演呼拉圈、霹靂舞等節目，加上可口素齋，讓老人家開心滿分。

## 亞洲地區

### 馬來西亞

#### 吉隆坡

法界觀音聖寺（登彼岸）於11月的頭兩個週日，分兩次舉行敬老節。除了吉隆坡本地的老人之外，還有森美蘭州的觀音聖寺、以及雪蘭莪州的蓮華精舍、法緣聖寺



## Canada

### Vancouver

Gold Buddha Monastery celebrated Honoring Elders Day on both October 9 and October 10. Five hundred and ten elders were invited. There were ample prizes for the elders this year. As long as the elders answered questions, or performed on stage, they got a prize. Among the rich and varied performances were the Taiko Drum Ceremony, and singing and exercise. Dharma Master Heng Jung, manager of Gold Buddha Monastery noted that the theme for this year was “Three Wholesome Activities” which refers to having a good intention, speaking good words, doing good deeds. She told those assembled, “Smile at the mirror three times a day, say kind words to others and do the right things every day. These three together are called “Three Daily Wholesome Activities.”

### Calgary

Avatamsaka Monastery held a vegetarian luncheon to honor elders on October 15. Among the 250 elders invited, the oldest was 98 years. Over 80 volunteers helped at the luncheon. Dharma Master Jin Xing, manager of Avatamsaka Monastery, explained that because the expansion construction work is still going on, there was less space available to hold the event, and the number of elders who attended was half that of past years. Nevertheless, she expressed her sincere wish that the elders would stay healthy, enjoy longevity and have a good life. The elders enjoyed watching Sunday school students of Avatamsaka Monastery demonstrate using the hula hoop, break dancing as well as other performances, and were treated to a delicious vegetarian feast.

## Asia

### Malaysia

#### Kuala Lumpur

Dharma Realm Guanyin Sagely Monastery celebrated Honoring Elders Day twice on the first two Sundays in November. Elders came from Kuala Lumpur as well as from the vicinity of Guan Yin Sagely Monastery in Negeri Sembilan, and the two branch monasteries in Selangor Darul Ehsan, Fa Yuan Monastery and Lotus Vihara. Nearly 2,000 elders participated and over 600 volunteers served the elders. Dharma Master Heng Zhang, manager of Dharma Realm Guanyin Sagely Monastery, noted that honoring elders means to respect not only our own elders but others' elders as well. He also urged young people to show filial respect to their parents.



等分支道場附近的老人家也報名參加，因此人氣超旺，兩次合計有近兩千位老人來過節，每次出動六百餘位工作人員為耆老服務。法界觀音聖寺當家師恒章法師指出，敬老就是要發揮「老吾老以及人之老」的精神，他也呼籲年輕人孝養父母。

## 檳城

馬來西亞法總檳城分會繼法界觀音聖寺之後，跟著舉辦敬老節，近百位老人應邀參加。檳城分會週日佛學班的小朋友不但為老人家表演節目，還向座中年紀最大的兩位80餘歲長者敬茶。恒章法師從吉隆坡專程前來檳城，他在帶領老人家念佛之餘，也表示敬老節正是給年輕人服務老人家的好機會。

## 香港

佛教講堂於11月初舉行敬老節，總計約有百人參加。當家師恒茂法師邀請中醫師為老人家介紹「座上太極」，亦即坐著即可練習的養生保健太極招式。並安排週日兒童班的小朋友背誦《弟子規》、《論語》的部分篇章給老人家聽；小朋友也在現場插花，將他們所插的花獻給長者供佛。還有話劇「西方極樂世界」，以表演方式將極樂世界的美妙殊勝介紹給老人家。

## 台灣

台北法界今年邀請了130餘位老人家共度敬老節，其中25位是附近南港區獨居、蝸居、或貧困的長者。當天以大眾齊誦〈普門品〉開場，法界學堂兒童班、少年班以及全體老師都上場表演，還有高雄善信特地北上助陣表演武術，增加節目的多樣化。近果法師建議長者對兒孫不要嘮叨或溺愛，更要讓兒孫有孝順的機會。

台北法界負責人恒雲法師在活動最後的叮嚀，說出了所有參與舉辦敬老節的法師、居士們的心聲：「豐富的節目、豐盛的飲食，都會過去，唯有佛法的滋潤是長遠的，希望各位長輩把掛念子孫的念改成念佛的念。靠著念佛跳出三界大愛河，極樂世界才是我們本有家鄉。」❀

## Penang

The Penang Branch of the Malaysia Dharma Realm Buddhist Association also held an Honoring Elders Day. Nearly 100 elders were invited. Sunday school students not only performed for the elders, but also offered tea to the two most senior elders who are in their eighties. Dharma Master Heng Zhang came all the way from Kuala Lumpur and led the elders in reciting the Buddha's name. He noted that Honoring Elders Day provided a good opportunity for young people to serve their elders.

## Hong Kong

The Buddhist Lecture Hall celebrated Honoring Elders Day in early November. Nearly one hundred people participated in this event. Dharma Master Heng Mao, manager of the Buddhist Lecture Hall, invited a traditional Chinese doctor to teach elders "Sitting Tai-chi" which allows elders to practice Tai-chi in a sitting posture for the sake of better health. Sunday school students recited a part of *Standards for Being a Good Student* and *The Confucius Analects* for the elders. These children made flower arrangements and offered them to elders. The elders then offered these flowers to the Buddhas. They also performed a play about "The Western Pure Land" to introduce the elders to the wonders of the Western Pure Land.

## Taiwan

Dharma Realm temple in Taipei invited over one hundred and thirty elders for Honoring Elders Day this year. Among them were twenty five elders from Nangang District who lived alone or in poverty in the neighborhood of the temple. The assembly recited *The Universal Door Chapter* of the *Lotus Sutra* to open the celebration of this event. Students of the Dharma Realm School, both the children's class and the youth class, as well as teachers, all performed for the elders. One layperson from Kaohsiung in southern Taiwan came all the way to Taipei to perform martial arts and bring more diversity to the program. Dharma Master Jin Gwo suggested that elders should not nag or fuss over their offsprings. Instead, they should give their children and grandchildren opportunities to show filial respect.

At the end of the event, Dharma Master Heng Yun, manager of the Taipei Dharma Realm temple, gave advice that was in fact on the mind of every Dharma Master and layperson who took part in the preparation for the event. She said, "The varied and colorful performances and the sumptuous feast will all soon be over. Only the enrichment of the Buddhadharma will last." She exhorted elders "to replace their mindfulness of their children with mindfulness of the Buddha, and to jump out of the love canal of the three realms through mindfulness of the Buddha and reach the Western Pure Land which is our original homeland." ❀





## 2♥16年法界佛教總會敬老節巡禮

*2♥16 Honoring Elders Day Celebrations throughout  
Dharma Realm Buddhist Association*

