

法界佛教大學多姿多采的課外活動與社團

Various Extracurricular Activities and Clubs at Dharma Realm Buddhist University



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許多法大學生都很支持學校的成長，並希望對學校有所貢獻。因此他們自發成立了新社團，並輪流主辦各式活動，希望同學們的校園生活更有意義、也更值得回味。

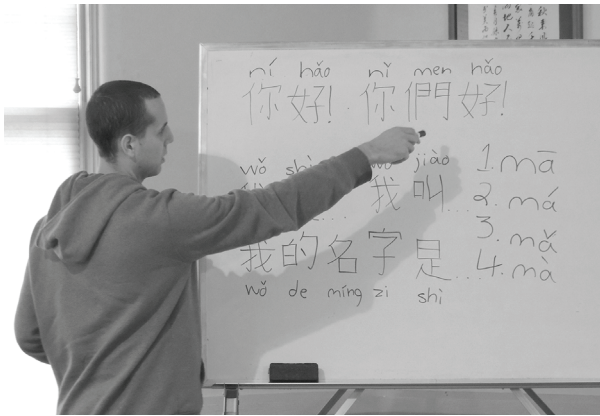
2017年春季班，法界佛教大學學生活動組發起「為遊民炊食」活動，前三個月每月一次，提供50至70份素食午餐，服務瑜伽市無家可歸的遊民。每逢佳節，法大學生也會輪流主辦慶祝活動。例如2016年感恩節前，一位大學部同學主辦自製甜甜圈與南瓜燈的活動。12月秋季班結束前，全校師生共聚一堂，慶祝「每個人的生日」；法大合唱團團員獻唱由耶誕歌曲改編歌詞的佛曲，雖然師生們忙著用餐聊天，忘了喊「安可」，但合唱團員主動續唱安可曲，誠意百分百。一名法大碩士班學生發心，在2016年12月中旬，將校本部教學大樓整棟建築的照明燈全部更換為LED燈泡，讓這些燈泡更持久、省電、也更明亮。

Many of the students who come to DRBU are supportive of its growth and wish to contribute to the university in some way. They take turns establishing new clubs and hosting various events in the hopes that fellow students could lead a meaningful and memorable student life.

In the Spring semester of 2017, the DRBU Student Activities Team has hosted “Cooking for the Homeless” once each month for the first three months. They cooked 50 vegetarian lunches the first time and increased to 70 lunches the third time to serve homeless people in Ukiah. DRBU students also took turns to host festive events for celebrations. For instance, one DRBU undergraduate hosted a donut-making and pumpkin-carving event to celebrate 2016 Thanksgiving. Near the end of the 2016 Fall semester, all faculty and students held a “Birthday Party for All.” During the party, the DRBU Chorus sang Christmas carols that were replaced with Buddhist lyrics. Even though their audience forgot to demand an encore because the faculty and students were busy having lunch, the chorus members proactively sang encore songs in full zest. In mid-December 2016, all light bulbs in the building of Dharma Realm Buddhist University were replaced with LED light bulbs, which will last longer, and are brighter and more energy efficient. This project was made possible by a DRBU graduate student.

以下為法大社團與活動簡介：

漢語對話社：選修中文經典課程的大學部學生王智通覺得課堂上雖然閱讀許多中國古文，但缺乏口語練習的機會，在澳洲出生成長的他因此發起成立「漢語對話社」，希望增進說漢語的能力，在法大校園內外都獲得熱烈迴響，包括宣公上人的資深西方弟子也來參加，一起



學漢語。中文流利的美籍恆實法師更在「漢語對話社」成立當天，透過視訊分享他自己學中文的經驗。

三寶茶坊：法大碩士班學生康親翰就讀大學部時，偶然間品嚐到中國好茶。從未喝過中國茶的康親翰，一嚐之下十分驚艷，從此愛上中國茶。攻讀碩士班後，康親翰慨然提供手邊的多種好茶，成立「三寶茶坊」，邀請老師同學一起來品茗，並欣賞他蒐集的日本洞簫等充滿異國情調的樂器與音樂，讓每次的聚會都充滿茶道藝術氣息與禪趣。

法大合唱團：由法大學生活動組於2014年發起成立，邀請培德中學音樂老師尼可拉斯·瑞德擔任合唱團指導老師。每週一次的練唱時間，除了吊嗓子之外，就是練唱「觀音讚」、



Below is a list of old and new DRBU clubs and activities:

Chinese Speaking Club: Alex Wang who was born and raised in Australia took Chinese Classics class at DRBU and felt that he was able to read a lot of Chinese classics but lacked the opportunity to practice spoken Chinese. He decided to establish the Chinese Speaking Club hoping to improve his fluency in spoken Chinese. This idea has been greatly welcomed throughout DRBU and even outside the campus. Senior western disciples of Venerable Master Hua also join this club to learn spoken Chinese. Reverend Heng Sure who is American and fluent in Chinese shared his experiences in studying Chinese via a video during the first day of the meeting.

Three Jewels Tea Club: When DRBU graduate student Kenneth Cannata was an undergraduate, he tasted by chance, fine Chinese tea. It was an awesome experience for him as he never had Chinese tea before and ever since, he has loved Chinese tea. After entering the graduate



school of DRBU, he generously decided to start the Three Jewels Tea Club to share with faculty and students the various fine tea he collected. Club members also get to listen to the music from Shakuhachi, a Japanese bamboo flute, and other exotic musical instruments, which are among his collection. Each tea club meeting is filled with the flavor of art and Chan.

DRBU Chorus: In the Fall of 2014, the DRBU Student Activities Team initiated the DRBU Chorus. Mr. Nick Reid, the music teacher of Developing Virtue Secondary School, was invited to be the instructor and has been serving in that capacity since then. Members meet once a week for vocal training and practice singing songs such as the *Guanyin Praise* and *Dharma Wheel*. They sing choral works and festive songs. A choir member, Angela Morelli, said, "The DRBU Chorus has been very useful. Mr. Reid has a very good teaching style that works well with cultivators.

「轉法輪」等佛曲、古典合唱曲、節慶應景歌曲等。合唱團成員李佼說：「參加合唱團受益匪淺，合唱團老師瑞德先生懂得如何指導修行人練習發聲，對於唱誦非常有幫助。」



禪坐班：由於部分學生的中文程度無法跟著佛殿每天清晨的《華嚴經》念誦，因此自2016年秋季班開始，成立禪坐班。每週一到週四早上七時至八時打坐，男女眾分開，由法師帶領，自由參加。旨在幫助學生們開始一天的學習之前，先息心靜慮，以達最佳學習效果，並將課堂所學的道理付諸實行。

哲學社：法大校友佩特拉·蘭波森還在碩士班就讀時，發起成立哲學社。邀請兩位法大教授鮑果勒和潔西卡·山謬爾斯擔任社團指導老師，主要探討艾德蒙·胡塞爾所著的現象學。以《歐洲科學危機和超驗現象學》為主要閱讀書目，每隔一週的周三晚間聚會，經常討論到很晚，仍意猶未盡。

編織社：社團指導老師是法大校長蘇珊朗思（果載居士），她的編織經驗超過半世紀。

參加編織社的同學已學會編織圍巾、披肩、帽子、襪子等實用的冬季禦寒物品。碩士班學生謝若莊指出，學習編織有助於心思集中。當課業繁忙、壓力增加時，拿起毛線編織片刻，便能收紓解壓力之效。

登山健行活動：由法大學生活動組於2014年秋季班發起，不定期舉行。每逢風和日麗的周末，就由住在萬佛聖城四

And it also helps with chanting.”

Meditation Class: Some DRBU students are not fluent in Chinese. They cannot follow the *Avatamsaka Sutra* recitation every morning in the Buddha Hall. Hence, the gender separated meditation classes have been optional since 2016 Fall semester. Dharma Masters lead the meditation classes from Monday through Thursday from 7am to 8am. The purpose of the meditation classes is to help students calm their minds and settle their thoughts before starting a whole day's classes so that they can maximize their learning. Thus students are able to put into practice their knowledge acquired from their classes.

Philosophy Club: The Philosophy Club was started by a DRBU graduate, Petra Lamberson. The club met biweekly on Wednesday nights last semester with instructors Doug Powers and Jessica Samuels to study Edmund Husserl's *The Crisis of European Sciences and Transcendental Phenomenology*. Husserl's book is very dense and students only had a short time to go through a short piece from the appendix. However, each discussion often goes on till very late and nobody wants to leave!

Knitting Club: DRBU president Susan Rounds is the instructor of the Knitting Club. She has been knitting for over fifty years! Students in the club learned to knit scarves, shawls, beanies and stockings, which were useful to stave off the cold during wintertime. Florence Seah, a graduate student, said that knitting helps her to stay focused. Whenever she feels pressure from schoolwork, she will knit for a while to relieve stress.



Hiking: The Student Activities Team of DRBU initiated hikes in fall 2014. Hiking trips took place whenever the weather was beautiful over the weekend. Senior disciples of Venerable Master Hua such as Terri Nicholson and Ernest Waugh who live near the City of Ten Thousand Buddhas lead the hikes. Everyone who went on the hikes was happy and felt relaxed. Hiking destinations included: Montgomery Woods, Low Gap Trails, Deer Wood Trails, Lake Mendocino, and Wonderful Enlightenment Mountain.