

萬佛聖城千人同慶懷少節 (續)

Over One Thousand People Celebrate Cherishing Youth Day Together at the City of Ten Thousand Buddhas (continued)



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表演分為長短兩套節目。短版節目將近一小時，以托兒所小朋友為對象，育良小學與培德中學學生推出舞蹈、舞龍、舞獅、二十四節氣鼓等節目。醒獅從嘴裡噴灑出糖果，逗得小朋友們笑聲不絕；小朋友們還有機會嘗試打二十四節氣鼓。

長版節目約一個半小時，節目開始前，尤卡優、河橡、富蘭克茲、生命樹、西城、卡培拉、葛蕾絲賀德遜等小學的校車陸續開進萬佛聖城的山門。培德中學學生手持各校校名的牌子，井然有序地帶領各教師生進入會場。

今年由男校主持節目，並推出「

There were two sets of programs. The short one was nearly one hour long and targeted preschoolers. Students of Instilling Goodness Elementary School and Developing Virtue Secondary School performed the dragon dance, lion dance, several other dances and 24-season drumming. Lions even spewed forth candies, making the very young audience laugh. The young audience even had the opportunity to try beating the 24-season drums.

The longer version of the program, targeting elementary students was about one hour and a half long. School buses from Yokayo, River Oak, Frank Zeek, Tree of Life, West Side, Calpella and Grace Hudson Elementary Schools drove through the mountain gate of the City of Ten Thousand Buddhas one after another. Students from Developing Virtue Secondary School held a sign with the name of each school to usher its teachers and students into the Dining Hall of CTTB where this event took place.

This year the boys school were Masters of Ceremony. They performed a drama called "Life of Ned," which told the story of a young boy Ned who played video games on his smart phone all day long. He was transformed into a dragon accidentally and left the Earth. He began to age quickly and regretted that he had

內德的奇幻人生」，敘述整天在手機上玩電動遊戲的男孩內德，偶然間變為龍，並離開地球。其後迅速老化，他非常後悔年輕時虛擲寶貴的時光。所幸最終回到地球，恢復人身，也找回青春，與母親團圓。

這段奇幻過程中，穿插著節奏口技瑜珈、二十四節氣鼓、男女校國樂演奏、古箏合奏、舞龍、舞獅、墨西哥舞、蒙古舞、太極扇舞、扯鈴等節目，古琴老師黃志強特別從舊金山前來助陣。學生們精采的演出，贏得熱烈的掌聲。卡培拉小學師生也帶來一個齊唱節目：「一個渺小的人能做些什麼？」歌曲呼籲大家要互相幫助。

齋堂提供的可口素食，讓鄰校師生飽嚙春捲、炒飯、芝麻球、蓮藕湯等亞洲美食。一位尤卡優小學的



學生家長阿隆佐指出，「懷少節」很有意義，提醒年輕學子要珍惜年輕的生命，並尊重不同的文化。河橡小學的家長珊蒂是第一次來到萬佛聖城，她很欣賞節目中加入文化元素，也喜歡好吃的素食，並表示下回一定要來君康素菜館用齋。

來自奧瑞岡州波特蘭市的雷克瑞吉初中學生吉安娜，利用春假到瑜珈市探親，恰好有機會與親戚同來參加懷少節。她特別喜歡舞獅的動作與服裝，「懷少節」節目給她的啟示是「別再作夢，要採取行動」。節目結束後，每位來賓都獲贈附帶圖畫的袖珍版「仁慈詩選」。

一名培德女中的校友今年參加「懷少節」的感想則是：無論節目編排、演出，或接待來賓，都比她十餘年前就讀女校時進步。宣公上人人生前提倡的「懷少節」，在萬佛聖城中小學的努力下，越辦越好。✿

wasted the precious time of his youth. Luckily, he was able to come back to the Earth, regain his human body and his youth, and be reunited with his mother.

The performances included beatbox yoga, 24-season drumming, both boys' and girls' Chinese orchestras, Guzheng playing, dragon dance, lion dance, Mexican dance, Mongolia dance, Tai-chi Fan dance and Chinese Yo-yo. Guqin instructor David Wong came from San Francisco to join the performance. The spectacular performances won them many rounds of applause. The students and teachers from Calpella Elementary School sang a song together: *What can a little person do?* This song urged people to help each other.

The kitchen of the City of Ten Thousand Buddhas provided delicious Asian gourmet food such as spring rolls, fried rice, sesame

seed balls, and lotus root soup. Alonzo, a parent from Yokayo Elementary School, said that Cherishing Youth Day is very meaningful, because it reminds young students to cherish their youth and respect different cultures. A parent from River Oak Elementary School, Sandy, said that this was her first visit to the City of Ten Thousand Buddhas. She liked the cultural elements of the programs. She also enjoyed the tasty vegetarian food and said that she would definitely come back to have lunch at Jyun Kang Vegetarian Restaurant.

Gianna, from Lakeridge Junior High School in Portland, Oregon, visited her relatives in Ukiah during Spring break and came with them for Cherishing Youth Day. Lion dance was her favorite, because she liked all of the tricks and the costumes. One lesson she learned from the event was to "stop dreaming, start doing." When the program ended, each guest was given a pocket-sized book with illustration, *Kindness: A Vegetarian Poetry Anthology*, as a gift.

An alumna of Developing Virtue Girls High School joined the Cherishing Youth Day celebration this year. She felt that compared with over 10 years ago when she was in the Girls school, the celebration has made much progress in program lineup, performances and receiving guests. Cherishing Youth Day promoted by the Venerable Master Hsuan Hua has been improved at the City of Ten thousand Buddhas because of the great efforts of the students and teachers at Instilling Goodness Elementary and Developing Virtue Secondary Schools. ✿