

# 2017 萬佛聖城學生夏令營

## *2017 Youth Summer Camp at the City of Ten Thousand Buddhas*

### Boys' Division / 男校夏令營

葛親孝 文 / 張敏 中譯

By Miguel Gracia-Zhang / Chinese Translation by Min Zhang

The 2017 Boys School Summer Camp was from Monday, June 19 to Friday, June 30. There were 48 campers in total - 14 ages five to nine and 29 ages ten to fourteen. As nearly all campers lived on campus, the summer camp provided an opportunity for the campers to experience life at a Buddhist Monastery, to learn about the school, and to have fun in a safe and peaceful environment.

A normal camp day began with the Flag Ceremony at 7:50 am, of which campers recited the Pledge of Allegiance, the Six Principles, and the Three Refuges. Then, the five to nine year olds were split into two classes. These two younger groups are day campers and their day ended at 3 pm Monday through Friday. Each group had a variety of activities throughout the day such as arts and crafts, Chinese singing, and science experiments led by both counselors and teachers, and swimming pool.

The older boys went to meditation with Dharma Master Shun, who told many interesting stories about CTTB, the Venerable Master, and Buddhism in general. Before the Meal Offering and lunch, counselors lead the campers to do community service in the school and monastery.

After the lunch recess, older campers went to a theater class led by Ms. Mark and Ms. Ackley; they were able to perform an action-

2017年男校夏令營是從6月19日星期一到6月30日星期五。共有48名同學--5歲到9歲的同學有14位，10到14歲的同學是29位。幾乎所有的同學都住在校園裡，夏令營為同學們提供了一個體驗佛教寺廟生活的機會，不僅能夠了解學校，而且在一個平靜安全的環境中玩耍。

每天的活動開始於上午七時五十分升旗儀

式，同學們大聲背誦美國效忠宣誓、萬佛聖城六大宗旨和佛教的三皈依。然後，5至9歲的學生分成兩班。這些小朋友是日間營員，他們的課程是星期一到星期五，每天下午三點結束。他們每天都有多采多姿的各式活動，如美術和手工藝，中國歌曲教唱，輔導員和老師領導的科學實驗，游泳池戲水等。

大孩子們則跟順法師上打坐課，順法師講許多有關萬佛聖城、上人及佛教的有趣故事。上供及午餐之前，輔導員帶領同學們在學校及聖城各處做社區服務活動。

午飯休息後，大孩子們參加馬克斯女士和阿克利女士教的戲劇課；他們能夠在夏令營結束時為家長們表演充滿活力的話劇「畫筆」。在第一周，大孩子們有機會與加州大學戴維斯分校化學教授Toupadakis博士學習有趣的科學實驗。第二週他





filled play, “The Paint Brush” at the end of the camp. During the first week, they had a chance to learn fun science experiments with UC Davis chemistry professor Dr. Toupadakis. They had Yoga and Taichi during the second week.

Later in the afternoon, the campers could choose from three activities: 24 Season Drumming, Dragon Dance, and Camp Magazine. On the weekend, every one was invited to a pot-luck picnic in Todd Grove Park.

At the beginning of the camp, temperatures during the day once hit 110 degrees fahrenheit. One of the favorite activities was the pool, mounted just for the camp. At the end, nearly everyone said the camp was fantastic and it was a memorable two weeks. ❀



們則學習瑜珈和太極。接著，學員可從三項活動（24節氣鼓，舞龍，和夏令營雜誌）中任選一項參加。在周末，學生及家長都被邀請到市區的托德格羅夫公園聚餐。

夏令營開始時，白天的氣溫一度高到華氏110度，大家最喜歡的活動之一就是泡游泳池。到最後，幾乎所有學生都說夏令營總體來說相當棒，是令人難忘的兩個星期。❀

## Girls' Division / 女校

比丘尼恒圓 文 / 林益江中譯

By Bhikshuni Heng Yuan

Chinese Translation by Yijiang Lin



This year's summer camp theme was respect. In the girls' division, the boarding students attended morning recitation at the Joyous Giving House Buddha Hall at 7 am. This was a shortened version of the Buddha Hall's morning recitation. Afterwards, there was a short session of meditation. The Dharma Masters told stories about the mantras, the rituals, and meditation.

Afterwards, the boarding students joined the rest of the day campers at 8 am for morning circle in the backyard of the school. In the morning circle, the campers were given a quote on respect for them to reflect upon throughout the day. One of the teachers bought little journals and pens for all the campers to use for these reflections. At the end of each day, the campers were asked to write in them, reflecting upon things they saw, did, or could improve on. Some campers were very young and could not write well yet, so they were encouraged to draw their reflections instead.

Then the groups split up for their specific activity. There were four age groups: K-2nd, 3rd-5th, 6th-7th, and 8th-10th. CTTB is



今年夏令營的主題是尊重。女校寄宿生早晨七點在喜捨院佛殿參加早課，這是大殿早課的濃縮版。之後是短短的靜坐課程，法師會講一些有關經咒、法會儀軌、及靜坐的故事。

之後寄宿生和其餘夏令營學員一起，參加學校後院舉行的早間活動圈。在這裡學生們學到一句有關「尊重」的話，用這句話反觀她們全天的活動。一位老師買了小記事簿和筆，給所有學生寫下心得。結束時，學生們需要寫下當日所看到的、所做的，或是關於尊重她們還可以做得更好的地方。有些學生年紀太小，不太會寫字，那就鼓勵她們畫出自己的想法。

之後每隊展開各自的活動。學生們分為四個年齡層：幼兒園至二年級，三至五年級，六七年級，和八至十年級。萬佛城這麼美，如果夏令營不舉行戶外活動，實在太可惜了。但是因為這裡夏天太熱，所有戶外活動都安排在早晨，包括健



such a beautiful place and it would be a pity if there were no outdoor activities. However, because of the intense summer heat, all the outdoor activities were scheduled in the morning. Morning activities included hiking, dancing, flying kites, ball games, scavenger hunts, and gardening.

At 10 am all the campers gathered in the Chan Hall to do sutra memorization. This year, the campers memorized verses from the *Universal Door Chapter* of the *Lotus Sutra*. Even though it was only 20 minutes each day, it was surprising how much the campers could memorize! Sutra memorization has been a part of Girls' summer camp for many years now. Each year the classes have been met with a lot of enthusiasm and support.

After lunch, afternoon activities included science, drama, cooking, nutrition, Chinese dance, taiko drumming, Chinese knotting, Chinese calligraphy, and recycling. Of course, summer camp at the City would not be complete without Buddhist Studies.

This year the youth organization, 4H, returned to lead some very interesting activities. This organization brought many hands-on things to interest students in future possible careers. They brought some chickens and rabbits to teach the campers about how to care for these animals and how to pay attention to how other living creatures feel. Interacting with other creatures is a good way to activate compassion, giving, and respect for others' lives. 4H also did a session on photography and one on team building, where campers had to work together to reach a goal. If even one person did not cooperate, then the entire team was not able to reach the goal of their task.

This year's summer camp at CTTB had a great variety of activities. This has elicited mixed feelings from the community, since some wished to see the campers do more Buddhist related events, while others liked the more active schedule. As one of the coordinators, it is my sincere hope that all the campers and volunteers were able to learn something valuable while having fun. ❀

行、舞蹈、放風箏、打球、尋寶遊戲、園藝等。

上午十點學生們聚在禪堂背誦經典。今年她們背誦《普門品》裡的偈頌。雖然每天只有二十分鐘，但令人驚訝的是，她們可以背出很多！

女校已連續多年在夏令營舉行經文背誦，每年所有班級都熱烈參與和支持。

午餐過後，下午的活動包括科學、戲劇、烹飪和營養、中國舞蹈、太鼓、中國結編法、中國書法、資源回收課程。當然，聖城內的夏令營如果沒有佛學課，就不圓滿了。

今年青少年組成的4H組織回來做一些有趣的活動。他們帶來很多手工製品吸引年輕人並帶給她們未來事業的契機。這次他們帶來一些

雞和兔子，教學生們怎樣照顧這些動物，並留意其他生物的感受。和其他生物的交流是激發對生命的慈悲、布施和尊敬的一種很好的方式。4H還教了一堂攝影課和一堂團隊建設，要求夏令營學生一起合作達到目標。只要有一個人不合作，那整個團隊就不能達到目標。

總的來說，今年萬佛聖城女校夏令營的活動可謂多采多姿。不過大家對夏令營課程的安排見仁見智，有些人希望夏令營為學生多辦些佛教相關活動，也有些人希望課程安排得更動態。身為承辦人之一，我誠摯希望所有夏令營學生、義務老師、義務輔導員在玩得開心的同時，又能學到真正有價值的事情。❀







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