



2018 敬老節



*Honoring
Elders Day*



2018萬佛聖城敬老節

2018 Honoring Elders Day at CTTB

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As autumn arrives, the rustle of falling leaves is accompanied by the excited chatter of the students of Developing Virtue Secondary Schools as they prepared for the 27th Honoring Elders Day celebration, which has been an annual tradition of the City of Ten Thousand Buddhas (CTTB) since 1992.

On November 3, 2018, students from Developing Virtue Girls School (DVGS) warmly welcomed the guests into the Dining Hall where the event was to take place. As this year marks the hundredth anniversary of the founder of CTTB, Venerable Master Hsuan Hua, several students recited verses of poems to commemorate the event. This was then followed by a wonderful performance by the violin ensemble of DVGS. This year, the well-known Ukiah Uketones and Raging Grannies also put on their shows at the event, singing songs such as “You are my sunshine” while strumming their ukeleles, creating an atmosphere filled with music and joy. The Boys Band from Developing Virtue Boys School (DVBS) also performed two original songs “The Boys School Spirit Song” and “Teachers’ Day Song” to express their gratitude towards all elders.

As everyone was immersed in the high spirits of various performances, lunchtime soon arrived and the students of DVBS engaged in a Tea Ceremony by offering tea to the elders to express their respect towards

隨著秋天到來，落葉的沙沙聲伴隨著培德中學學生興奮的討論聲，因為她們將為一年一度的敬老節慶祝活動做準備。今年是第27屆敬老節，也是自1992年以來，萬佛城不可或缺的传统節日。

2018年11月3日，培德女中的學生帶著微笑地歡迎客人進入活動舉辦的地點：大齋堂。由於今年是萬佛城創始人，宣公上人的百歲誕辰，幾位學生為了紀念這個特別的節日而背誦詩歌。培德女校的小提琴三重奏接著給大家演奏了幾首動聽的曲子。今年，著名的瑜伽市尤克裏裏樂團和憤怒奶奶歌唱團也在活動中演出了他們的節目。他們邊唱著「你是我的陽光」等歌曲，同時彈奏他們的尤克裏裏琴，使場面充滿音樂和歡樂的氣氛。來自培德男校的男孩樂團還演奏了兩首自編的歌曲「培德男校校歌」和「教師節歌」，以表達對所有長者的感恩之情。

當每個人都沉浸在歡樂氣氛中，午餐

them. Afterwards, a delicious vegetarian meal was served by the students, which included Asian delights such as fried rice, spring rolls, curry puffs, sweet and sour vegetables and much more!

After a scrumptious meal, the thunderous 24-season drumming and the suspenseful Lion Dance performances put up by the students of DVBS kept everyone glued to their seats as the audiences watched them perform stunts accompanied by the beat of dynamic drums and loud cymbals. The Chinese Orchestras from both the Developing Virtues Secondary Schools also shared their melodious music with the audience. To conclude the event, students from DVGS performed the Guan Yin Dance, symbolizing the thousand arms of the Bodhisattva of Compassion. Dressed in vibrant colors of purple and orange, the dancers brought to an end the event with their beautiful dance.

As the guests left with wide smiles on their faces, our hearts too were filled with joy. We hope that this will continue to be a tradition of CTTB and that everyone will always remember to respect and cherish their elders, so that all elders may experience the honor and happiness of those who attended the celebration.

On Oct. 28, the Sunday before Honoring Elders Day at the City of Ten Thousand Buddhas, Instilling Goodness Elementary and Developing Virtue Secondary Schools girls division and Ukiah Adventist hospital jointly held an Honoring Elders Day at the hospital from 10am to 2pm. There were booths about health and wellness in the Glenn Miller and Main Conference Rooms of the hospital. Girl students played violin and keyboard for entertainment. Girl students also provided booths such as knitting and massage to release pressure for the elders. Several restaurants in Ukiah offered free vegetarian lunches for elders to enjoy a wonderful day.

Venerable Master Huan Hua promoted Honoring Elders Day in the United States to remind us “to care of our own elders as well as others’ elders.” This has gradually created a trend in some places such as in Chinatown, San Francisco, where, after Gold Mountain Monastery tradition of Honoring Elders Day, another Chinese group with over 100 years’ history has also started us to hold an Honoring Elders event at the end of the year. Instilling Goodness Elementary and Developing Virtue Secondary Schools girls division and Ukiah Adventist hospital jointly held an Honoring Elders Day is another example and a new model as well. ❀



時間很快到了。飯前，男校的學生以供茶的方式來表達對長者的尊敬。之後，學生們給長輩送上美味的素食餐，包括亞洲美食，如：炒飯、春捲、咖哩泡芙、酸甜蔬菜等等。

享用過美味的午餐後，培德男校的學生以雷霆般的鼓聲和生動的舞獅表演，把整個氣氛推向高潮。充滿活力的擊鼓和響亮的鈸聲伴隨著他們表演的特技，使觀眾看得十分投入。來自培德女校和男校的中國樂團也分別和大家分享了幾首悅耳的曲子。最後，培德女校的學生們表演了「觀音舞」，象徵著慈悲觀音菩薩的千手千眼，以優美的舞蹈為敬老節劃下圓滿句點。

當長者們臉上露出燦爛的笑容時，我們的心中也充滿了歡樂。我們希望這個傳統將一直維持下去，提醒大家敬懷長輩。如此一來，所有的老人家將可以感受到參加活動所得到的歡樂和美好回憶。

在今年萬佛聖城敬老節之前的週日（10月28日）上午10時至下午2時，育良培德女校和瑜伽市瑜安醫院聯合舉辦敬老節，瑜伽市老人中心等單位協辦。在瑜安醫院會議室內，當天設置了多個保健養生攤位。培德女校的學生們演奏小提琴、電子琴樂器助興，並提供編織、按摩等攤位，為老人家紓壓。瑜伽市的餐館贊助素食午餐，讓老人家愉快過節。

宣公上人在美國提倡「敬老節」，不僅提醒大家要「老吾老以及人之老」，並且逐漸帶動風氣。例如舊金山中國城內的金山聖寺舉辦「敬老節」多年後，附近一個逾百年歷史的華僑團體也開始在每年年底舉辦敬老活動。育良培德女校和瑜安醫院聯合舉辦敬老節，是另一個例子，也是一個新的模式。❀

