

Hand in Hand: Cherishing Families, Friends and Communities

手牽手：珍惜家人，朋友和社區

管述途文 薛衛中譯

By Guan Shutu

Chinese Translated by Xue Wei



A photo exhibition with the title “Hand in Hand: Cherishing Families, Friends and Communities” was held at the Ukiah Public Library in northern California from September 7 to October 3, 2019 to commemorate more than forty years of Instilling Goodness and Developing Virtue School (IGDVS), which was founded by late Venerable Master Hsuan Hua.

On September 6, 2019, an “Art Walk Ukiah” event took place from 5 to 7 PM, which was a prelude to the photo exhibition. There were live harp music, a book sale, and refreshments. This event was sponsored by the Friends of the Ukiah Valley Library and Mendocino County Library.

An opening program for this exhibition sponsored by the Mendocino County Library was held on September 7 from 10:30 AM to 12 PM. Bhikshuni Jin Rou and Terri Nicholson started the program by ringing a hand bell to

二零一九年九月七日至十月三日，在加利福尼亞北部的瑜珈市公共圖書館舉行了名為「手牽手：珍惜家人，朋友和社區」的攝影展，以紀念由已故的宣化上人創建，迄今已逾四十年的育良小學和培德中學。

二零一九年九月六日下午五點至七點，「瑜珈市藝術漫步」活動拉開了攝影展的序幕。有現場豎琴音樂表演，售書和茶點。該活動由瑜珈谷圖書館之友和曼度仙諾縣圖書館二組織贊助。

展覽開幕式由曼度仙諾縣圖書館協助於九月七日上午10:30至正午舉行。比丘尼近柔和易果參敲引磬召集大家開始了此項活動。共有三十六人參加。

在開幕式上，易果參講了四個故事。這些故事是從故事書中選出，以珍



gather participants. There were a total of 36 participants.

During the opening program, Terri told four stories from storybooks which were specially chosen with the theme of cherishing our families, friends and communities.

Bhikshuni Jin Rou led the children to play a game of mindfulness. With closed eyes, the children listened carefully to the sound of her ringing the hand bell until the lingering sound completely quieted down. Then, they pointed their index fingers upward to show that they were aware of the end of the sound. This game is helpful for lengthening children's attention.

Terri led the children in another game of mindfulness. First, she poured water into a cup so that it was halfway filled. The children had to pass the cup without spilling the water. After the first round, Terri poured a little more water into the cup and they had to pass the cup more carefully. In the third round, the cup was about ninety percent full, and they had to help each other when they passed the cup in order to not spill the water. This game is helpful for training children's attention and fostering cooperation.

Bhikshuni Jin Rou also taught them to make fish origami with construction paper. Dozens of beautiful fish origami in various sizes and colors were made, and the children took them home happily after this program.

The twenty-five photographs in this exhibition span over forty years and show the students of Instilling Goodness Elementary School and Developing Virtue Secondary School in class and in various activities such as Honoring Elders Day and World Peace Day.

惜家人、朋友和社區為主題。

比丘尼近柔帶領孩子們玩正念遊戲。孩子們閉上眼睛，仔細地聽她敲引磬的聲音，直到餘音完全消失。然後，孩子們豎起食指向上，表示他們知道聲音結束了。這個遊戲能幫孩子們延長專注力。

易果參帶領孩子們玩了另一個正念遊戲。首先，她將水倒入一個杯中至半滿。孩子們依次將這杯水傳給下一位而不能讓水灑出來。第一輪結束後，果參往杯子裡又加了一些水，孩子們傳杯子時得更小心。第三輪時，杯子裝了差不多百分之九十。孩子們傳杯子時，必須互相幫助，以免水濺出來。這個遊戲能幫助訓練孩子的專注力和合作精神。

比丘尼近柔還教他們用紙折魚。孩子們折了數十種大大小小、色彩斑斕的美麗的紙魚。活動結束時，他們開心地將他們的藝術成果帶回家。

這次展覽中的二十五張照片跨越了四十年，展示了育良小學和培德中學學生們的課堂以及各種課外活動，如敬老節和世界和平日活動。

在一張照片中，學生們在一九八七年參加瑜珈市市政中心開幕慶典的遊行。在另一張照片中，一位學生正在彈奏中國傳統樂器二胡。這個二胡上有精美的雕刻，頂上有一個美麗的龍頭。在另一張像片中，學生們在舊金山機場歡迎天主教樞機主教于斌到來。這張照片反映

In one photograph, students are shown riding in the parade of the opening of the Ukiah Civic Center in 1987. In another photo, a student is playing a delicately carved traditional Chinese musical instrument, Erhu, with a beautiful dragon's head on the top. In one other photo, students are shown welcoming the Catholic Cardinal Yu Bin at San Francisco Airport. This photo reflects the school's philosophy of welcoming students of all ethnicities and religions and teaching them how to be good people and good citizens.

The exhibit received positive feedback. One library patron, Tonya Stultz, pointed out that these photos showed the cultural aspects of IGDVS. Being a vegetarian herself, she appreciated IGDVS's existence in Ukiah.

Darleen Castanon was interested in seeing the students' engagement in the classroom. She said, "I can see from these photos that students are engaged." She also noted that it was good to see these photos at the library: "because this school is on the outskirts of the town, it's good to see the school in the center of Ukiah." She and her brother Deven Castanon both felt that this photo exhibition was a good way to show the presence of IGDVS in Ukiah Valley.

James Laughner from Lakeport also enjoyed viewing these photos. He felt that all schools should have an exhibition like this to show what really happens at school. He liked the meditation class at IGDVS and remarked that "meditation is a good thing to me."

The Ukiah Public Library will hold another photo exhibition with the theme of "Lunar New Year" in February 2020. Dharma Realm Buddhist Association and Dharma Realm Buddhist University will prepare photos for this celebratory event. ❀

了學校的理念，即歡迎所有種族和宗教的學生，並教他們如何成為好人和好公民。

展覽受到了好評。一位圖書館用戶譚雅·斯圖茲指出，這些照片顯示了育良小學和培德中學文化的一面。作為素食者，她珍惜瑜珈市有這兩所學校存在。

另一位參觀者達琳·卡斯坦諾對看到學生參與課堂活動的情形感興趣。她說：「從這些照片中我可以看到學生們上課很認真。」她還指出，在圖書館看到這些照片真好：「因為這所學校地處郊區，所以能在市中心看到學校的信息很好。」她和她的兄弟戴文·卡斯坦諾都覺得舉辦這次攝影展是展示育良培德中小學在瑜珈谷地存在的一個好方法。

來自湖港的詹姆斯·勞納也喜歡看這些照片。他認為所有學校都應該舉辦類似的展覽，以展示學校真正發生的事情。他喜歡育良培德中小學的靜坐課；他說「靜坐對我來說是一件好事。」

二零二零年二月瑜珈市公共圖書館將舉辦另一場攝影展，主題是「農曆新年」。法界佛教總會和法界佛教大學將為該慶祝活動提供照片。❀



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