

various ways on how to chant Amitabha Buddha's name.

During his lunchtime Dharma talk, Reverend Heng Sure pointed out to the assembly that the Buddha had asked us not to cast out all of our doubts and simply accept his teachings on faith; however, there was one exception: the Pure Land teaching. The Buddha instructed us to try out the [Pure Land] method and witness [its benefits] for ourselves. Reverend Heng Sure further explained that in Pure Land practice, the disciple takes on an active role. They have to bring forth their own diligent effort to reap the results. Basically, they have to save themselves.

This one-day Pure Land-Chan session was a rare opportunity to bring the younger and elder generations of Buddhists together. The younger generation could see the faces of the older generation who came before [them]; alternatively, the elder generation could see the next generation to see the direction the Dharma is heading towards at DRBU and in the West. Many of the participants who partook in the event experienced bridging between the generations. ❀



恒實法師進一步解釋，在淨土法門的修行中，修行者扮演主要的角色。修行者要自己把心發出來，努力耕耘才能收穫。基本上，是自己拯救自己。

這一天的「淨土與禪」法會，是一個很好的契機，把老一代和年輕一代的修行人聯繫在一個。年輕一代可以在這個機會下了解自己的前輩；同時，老一輩也在這個法會中，看到佛法帶領年輕的一輩在西方的發展方向。對許多參與者來說，這個法會是連接兩代人的一座橋樑。❀

## 培德女校訪問無畏寺

### Developing Virtue Girls' School Visits Abhayagiri Monastery

2019年10月12日，培德女中「世界宗教」課程全班，包括高三和高四學生，造訪了無畏寺。這天是南傳佛教的居士日之一，今年無畏寺為居士提供了五次為期一天的共修機會。「居士」這個字眼的梵文原意是指「近坐之士」，用以指稱「隨著僧眾修行佛法」的在家人。這次的一天共修主題是「日常生活的修行：愛、執著、與友誼」。首先，學生們前往齋堂用齋，並受五戒，這是上座部傳統的做法。之後，女生們參加了佛法分享，和寺中的女居士們一起探討當天的共修主題。這項令人投入又生動的討論，總共持續了三個小時。❀



On October 12, 2019, juniors and senior girl students from Developing Virtue Girls' School visited Abhayagiri Monastery as part of their World Religions class. They attended a day-long Upasika retreat. An Upasika is one who has taken the three refuges and five precepts. Abhayagiri offers five day-long retreats for upasikas every year to renew their commitment to their practice. The topic for this retreat was "Practice in Daily Life: Love, Attachment, and Friendship." First the students attended the meal offering and recitation of the five precepts, both of which are common daily practices in the Thai Forest tradition. During the Dharma sharing session with the upasikas at the monastery, there was a lively and engaging three-hour discussion of the topic. ❀