

萬佛聖城敬老節

Honoring Elders Day at the City of Ten Thousand Buddhas

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2022年10月29日，萬佛聖城培德中學、育良小學再次舉辦一年一度的「敬老節」，邀請了200多位長者以及瑜伽市社區民眾到現場。在採取防疫措施的努力下，共同歡慶這個難得的年度佳節。

猶記1992年，法界佛教總會創辦人上宣下化老和尚特別訂定「敬老尊賢耆德節」，期以敬老、素食來提醒世人，尊重一切眾生的生存權利。「壯年人知道敬老，年幼的人才懂得盡孝。幼盡孝，壯敬老，這種教育能成功，世界就有救了。」從此「敬老節」成為法總多座分支道場廣受歡迎的年度佳節之一。

疫情以來，萬佛聖城依舊每年舉辦敬老節，但2020年只有線上敬老節，2021年為福居樓的資深法師舉行敬老節，僅限城內住眾參加。今年適逢法界佛教總

On October 29, 2022, Instilling Goodness and Developing Virtue Schools (IGDVS) at the City of Ten Thousand Buddhas (CTTB) held the annual “Honoring Elders Day”, inviting over 200 elderly and Ukiah community members to celebrate this annual festival with careful epidemic prevention.

In 1992, Venerable Master Hsuan Hua, founder of the Dharma Realm Buddhist Association (DRBA), specially established the “Honoring Elders, Respecting the Worthy and Virtuous Day”, hoping to remind the world to respect the right of all sentient beings to

live by honoring the elders and promoting vegetarianism. “Only when middle-aged people know how to respect the elders do youth know how to be filial. Young people should be filial, and middle-aged people should respect the old. If this kind of education succeeds, the world will be saved.” Since then, “Honoring Elders Day” has become a popular annual event in many branches of DRBA.

Even during the pandemic, the City of Ten Thousand Buddhas has still held the Honoring Elders Day every year, but in 2020 it was only held online, and in 2021 it was held for the senior masters in the Tower of Blessings, and only residents in the city were able to participate. This year coincides with the 30th anniversary of the “Honoring Elders Day” held by DRBA, IGDVS specially invited the elderly from neighboring towns to come to the City of Ten Thousand Buddhas to enjoy the programs carefully prepared by the students. Some elderly people from outside the city came to the venue for the “Honoring Elders

會舉行「敬老節」30週年，培德育良中小學特別邀請鄰近市鎮的長者，來到萬佛聖城一起欣賞學生們精心準備的節目。有的城外老人家早早就來到疫情前舉辦「敬老節」的場地——萬佛聖城大齋堂，卻發現今年改到無言堂附近的路段，在戶外空地搭起演出舞台，以及觀眾遮棚和座位，恰座落於城內主要道路「菩提道」上。

今年敬老節的開場是祈求「暴風雨眼中的寧靜」，這也正是今年敬老節的主題，將全球的動盪不安比喻成暴風雨，這個主題的寓意是在不安定中仍有寧靜與和平，恰如颶風眼中的平靜，今年的敬老節正希望為大家帶來和平與慈悲的精神。同學們紛紛使出渾身解數，表演各項才藝，從鋼琴到豎琴，琵琶、短笛到印度班舒李笛，學校樂隊到中樂團，優雅的中國民俗舞蹈到慶祝光明節的印度祈禱舞、學生背誦「弟子規」、乃至法大與培德中學合唱團帶來的大合唱「觀音頌」，培德中學男校學生充滿活力的舞龍、舞獅、與節奏感特強的二十四節氣鼓，紛紛贏得熱烈的掌聲。

法界佛教大學校長蘇珊·朗思是前來歡慶「敬老節」的長者嘉賓之一，特別應邀上台致詞。她說：「即使在亂流和怒潮之中，我們仍能找到平衡點。這讓我想起今年敬老節的主題——暴風雨眼中的平靜。」

高中應屆畢業班同學帶領大家一起攝心正念，解釋「六字大明咒」每個字的意義，並全體齊誦「唵嘛呢叭咪吽」，讓大家感受六字大明咒的療癒力量。

基於防疫考慮，今年贈送給長者的是禮物袋內附點心，而學生們精采的演出、誠心的祝福，讓所有長者嘉賓深感被關懷的溫暖，以及受到尊重的舒心，大家都希望明年再來。萬佛聖城這次敬老節的精華片段，已製作成短片，在中小學網站上可點閱觀賞：<https://igdvs.org/2022/11/25/honoring-elders-day-2022/> ❀

Day” before the pandemic — the big dining hall of CTTB, but found that this year it was changed to the section near Wordless Hall. A performance stage and audience tents and seats were set up in an outdoor open space, located on the main road “Bodhi Way” inside CTTB.

The event opened with an invocation on this year’s theme—Equanimity: The Eye of the Storm. Likening global turmoil and negativity to a storm, this theme suggested tranquility and peace even in the midst of instability, the same way it is calm in the eye of a hurricane. With this message, the event was held with the intention of invoking the joyous spirit of peace and compassion. The students performed various talents, from piano to harp, school band to Chinese orchestra, pipa and Chinese piccolo to Indian bansuri, elegant Chinese folk dance to Indian prayer dance (in honor of Diwali), “Standards for Being Students” recitation and the DRBU-IGDVS collaborative chorus sung the “Guanyin Praise,” the energetic dragon and lion dances of Developing Virtue Boys’ School students, as well as the rhythmic 24-season drums, won warm applauses again and again.

Susan Rounds, the president of Dharma Realm Buddhist University, was one of the elderly guests who came to celebrate the “Honoring Elders Day” and was specially invited to deliver a speech. “Even in the midst of turbulence and rough water, we can find our balance. This makes me think again about the theme for this celebration - equanimity in the eye of the storm,” she said.

High school seniors led everyone to work on mindfulness, explained the meaning of each character of the “Six-Character Mantra”, and all recited “Ong Ma Nī Bēi Mēi Hum”, letting everyone feel the healing power of this mantra.

Due to the consideration of epidemic prevention, a gift bag with snacks and other items were provided for the elderly this year, and the wonderful performances and sincere blessings of the students have made all the elderly guests feel the warmth of being cared for and the comfort of being respected. Elders all wanted to come back again next year. The highlights of this Honoring Elders Day in the City of Ten Thousand Buddhas have been made into a short video, which can be viewed on the website of IGDVS: <https://igdvs.org/2022/11/25/honoring-elders-day-2022/> ❀