



金岸法界兒童工作坊

GOLD COAST DHARMA REALM KIDS WORKSHOP



金海岸腹地的春天—金岸法界兒童工作坊

A Beautiful Spring Morning in the Hinterland— Gold Coast Dharma Realm Kids Workshop

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微風徐來，搭配著溫暖的朝陽，兩隻袋鼠在桉樹的樹蔭下安然的睡着。笑翠鳥以其獨特的笑聲在歌唱，鸚鵡則在斑斕的色彩間輕盈起舞。黃金海岸的春意之中，充滿了春天的芬芳。一條曲折的小徑引領著我們前行，走向那充滿了兒童歡聲笑語的環形劇場。

這是黃金海岸法界於9月9日星期六舉辦的首場兒童工作坊。帶領的老師包括恒實法師、Ben Fitzpatrick 教練和張峻榮老師。孩子們來自各種文化背景，年齡從三至十一歲。他們在此齊聚，不僅學習佛法，更學會如何做最好的自己。

恒實法師開始指導孩子們佛教的禮儀和坐禪方法。這些孩子展現了

Two kangaroos doze under the canopy of gum trees. A gentle breeze mingles with the warmth of morning sun. The kookaburras sing with distinct laughter while the lorikeets dance in a flurry of colours. The scent of spring permeates the lush green of the Gold Coast hinterland. A windy path leads to an amphitheatre of children's chatter and mirth.

This was the scene of a beautiful morning in Gold Coast Dharma Realm where our inaugural children's workshop was held on Saturday, 9th September. Our respected educators were Reverend Heng Sure, Ben Fitzpatrick and Wade Chang. The children were from various cultural backgrounds, from ages three to eleven. They gathered at this time to learn about the Buddhadharma and what it means to bring out the best in our nature.

Rev Heng Sure started the day with basic instructions on Buddhist etiquette and how to sit in meditation. The children showed remarkable ability in being still. They were encouraged by a tree stump puppet who made an appearance from time to

驚人的冥想天賦。一個樹樁木偶不時地把孩子們的注意力吸引回來。接著，他們深入討論了生命的意義和觀音菩薩的神奇力量。孩子們認識到，生命的真義在於為他人帶來快樂，而觀音菩薩其實是從不休息的！歌曲《她度我》更是加深了大家的理解和認識。

接著，Ben Fitzpatrick教練展示射箭技巧，吸引了孩子們的目光。他向大家展示了多種弓箭，包括軍用弓和蒙古弓。箭矢一次次精準地擊中靶心，孩子們都迫不及待地想試一試。不知他們是否知道，悉達多王子年輕時也是一名射箭高手呢？

最後，張峻榮老師引領大家進行了一個戶外遊戲，目的是讓大家深刻體會人與自然的緊密聯繫。當老師喊「保護色」時，家長們驚訝地發現孩子們已迅速隱藏在各種物體後。雖然有些小摩擦，但孩子們都能迅速地找到自己的藏身之所。當他們完美地融入澳洲的野外環境中的時候，我們深切體會到，萬物都是息息相關的，包括那些我們通常避之唯恐不及的小爬蟲。

時間如箭，工作坊結束後，大家前往餐廳享用午餐。孩子們品味著美味的素食，並學習餐桌禮儀。毫無疑問，薯餅是大家的最愛。在不遠處，一隻袋鼠已經起身跳躍而去。我們猜測，它一定是將這個激動人心的消息告訴了其他的動物，熱切的期待著下一次的工作坊啦。❀

time. Then profound questions on the meaning of life and the spiritual ability of Guanyin Bodhisattva were asked. They learnt that the meaning in life is to make others happy and that Guanyin Bodhisattva doesn't actually go on vacations! A rendition of "She Carries Me" brought home the message.

The next activity was a demonstration by Ben Fitzpatrick on archery which proved to be an absolute treat amongst the kids. He showcased his various bows including a survival bow used by the army and a Mongolian style bow. The sound of arrows whistled as they hit the bull's eye one after the other. The children couldn't wait to line up as they each fired shots into the target block. Did they know that Prince Siddhartha was also a master archer in his youth? Finally, Wade Chang concluded with an outdoor game to emphasise the importance of connecting with nature. The parents watched in amazement as the children disappeared behind all objects large and small after the word "camouflage" was called out. Despite the occasional collisions, they were quite nimble at finding a place of refuge. As they seamlessly blended into the Australian bush, we were reminded that all things are interconnected, even the creepy crawlies that we have been told to avoid.

Time flew as the workshop came to a close with lunch in the dining hall. The children enjoyed delicious vegetarian tucker while observing dining etiquette. The time-honoured hash brown was a favourite. Not far in the distance, one of the kangaroos had gotten up and hopped away. Was it already spreading the exciting news to all the other animals as they eagerly await the next workshop? ❀



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