

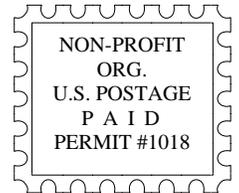


# 金山聖寺通訊

## GOLD MOUNTAIN MONASTERY NEWS

Issue 240期  
2月&3月 08年  
Feb & Mar 08

800 Sacramento Street  
San Francisco, C.A 94108 U.S.A.  
Tel: (415) 421-6117  
E-mail: goldmountain6117@sbcglobal.net  
Web Site: <http://www.drba.org>



Address correction requested

## 新年快樂 萬事吉祥

*Happy New Year*



金山寺為迎接新年的來臨，於二零零八年二月七日星期四（農曆正月初一）舉行慈悲三昧水懺法會。法會從早上八點三十分至下午四時。歡迎十方善信闍家蒞臨。法會期間設有吉祥燈，供眾祈求如意平安、消災延壽。

Gold Mountain Monastery welcomes all who wish to come to the monastery to celebrate the Chinese New Year on Thursday, Feb. 7th, 2008. We will conduct the Dharma Assembly of The Water of Compassionate Samadhi Repentance. Ceremonies will be held from 8:30 am to 4:00 pm. A warm welcome and open invitation is extended to increase blessings. Auspicious lamps will be lit during the Dharma Assembly. Those who sponsor them may make wishes for having things go according to one's wishes, for peace, for dispelling calamities, and for lengthening life.

# 改過自新好過年

## TURN OVER A NEW LEAF TO START THE NEW YEAR

宣公上人一九九四年一月二日開示於國際譯經院

Venerable Master Hua's Talk on January 2nd, 1994, at the International Translation Institute

淨住 記錄 Translated by Jing Ju



我們修道，不要修來修去，還在名利、人我是非上鑽著，還想在這權力上用功夫，這完全錯了！

我們過新年，要發大誓願，一定要改過遷善。改過自新要怎樣呢？要「諸惡莫作，眾善奉行，自淨其意，是諸佛教。」自己淨其意，就是收拾乾淨你內部的這些毛病。你不收拾乾淨，就會又爭、又貪、又求、又自私、又自利、又打妄語！尤其這個打妄語，你日用行爲，一舉一動都會打妄語。好像你有什麼過錯，自己不承認，推到旁人身上去，往旁人身上推，這就是打妄語。你自己不老實，想要得到便宜，得到利益，這都是邇邇東西。所以你要是沒有邇邇東西，就會不爭、不貪、不求、不自私、不自利、和不打妄語了。

尤其出家人，打妄語一定下無間地獄的，一定沒有救的。因爲你騙人騙己，欺負佛菩薩，欺騙佛菩薩，你瞪眼睛說瞎話，這都是要不得的。若你不知道厲害，將來墮地獄就後悔遲了。所以出家人受過戒律，無論如何，不能打妄語的，不能自己有過就往旁人身上推，自己不承認。一定要這樣子的，要老老實實地修行，要實實在在地修行，要沒有一切的貪求來修行。這樣子，你把自己收拾乾淨，你的智慧五眼六通自然現前；你不把自己收拾乾淨，就想得五眼六通啊？

In cultivation, we should not pursue fame and profit, make discriminations of self and others, discuss rights and wrongs, or seek after power. This is totally wrong!

To celebrate the New Year, we have to make a great resolve to definitely change and become good. How do we wipe the slate clean? "Do no evil, and practice all good. Purify your own mind. This is the teaching of all Buddhas." Purifying your mind means wiping clean the bad habits inside you. If you don't clean them up, you will contend, be greedy, seek, be selfish, pursue personal benefits, and tell lies. If you tell lies, you lie in every action and deed in your daily life. For example, when you make a mistake, you don't admit it, but put the blame on someone else instead. By shifting the blame to others, you are telling a lie. If you are dishonest and try to get personal advantage and profit, your behavior is filthy. If you didn't behave in such a filthy way, you wouldn't contend, be greedy, seek outside, be selfish, seek personal benefit, or tell lies.

If you are a left-home person and you lie, you will surely fall into the Relentless Hells, and no one will be able to save you. That's because you cheat yourself and others, you bully and cheat all the Buddhas and Bodhisattvas, and you deceive others with your eyes wide open. These are very bad ways of behaving. You may not know how serious this is, but when you fall into the hells, it'll be too late for regrets. A left-home person who has been ordained should never tell lies, blame his own faults on others, and not confess his mistakes, under any circumstances. You must not have any greed in cultivation. In this way, once you have cleaned up your act, your wisdom, your five eyes, and your six penetrations will appear. But if you don't do it this way, and you try to get the five eyes and six penetrations, you won't attain a single penetration or any wisdom, and you will understand nothing! You will simply be ignorant, blind and confused, and you will make no sense.

一通也不通，一慧也不慧，甚麼都不懂！就是在那兒愚癡，愚魯盲混，不講道理。

### 至理名言莫忽略

我講這六大條款，是給要成佛的人講的，要成菩薩的人講的，給要成聲聞羅漢的人講的，給天人講的，給鬼神講的，凡夫聽到這個道理啊！你不要把它看輕了，說「噢！我們做生意，不爭又不行，不打妄語不行，不自利不行。」天天就做一個財迷，財迷買彩票，想中第一，這都離道太遠了。你放著真正值錢的道哩，不學，盡找那些污濁邈邈、不值錢的東西。人世間的財是邈邈的東西，它把人支配得顛顛倒倒，煩煩惱惱，爭爭吵吵，都是爲了這個東西。你看看！那有錢的人，他也不會用錢，他用什麼？吃喝嫖賭買股票，吃喝玩樂。以爲這是快樂，結果就造地獄的深因，絕天堂的道路，這是很危險的。

你有錢不會用錢，這是很苦惱的一件事，就拿錢來造罪業，以爲這是便宜，這是好事啊？這是吃大虧的。消耗你的智慧光明，法身慧命，都因爲你盡貪玩樂，所以把自己前程都耽誤了。你本來應該成佛的也不成了，本來應該成菩薩的也不成了，應該成聲聞緣覺的也不成了，甚至於連天也不能上了。一般凡夫修十善法，就是不殺、盜、淫，不犯貪、瞋、癡，不犯綺語、妄語、惡口、兩舌，這十惡。你若能不這樣子，就會生天的；你若盡這樣子做，這一定墮地獄。

今天是新年的第二天，我一再向你們說這個至理名言，你們要記得，不要忽略。我今天講的是最要緊的道哩，你們若能身體力行，終身用之，則不能盡之矣！都用不完的。就是這麼很淺顯的一句話，我也不願意說出來的話，令人聽了格格不入，不明白，

### Don't Ignore Truthful Remarks

The Six Great Guidelines were spoken for those who want to become Buddhas, Bodhisattvas, Sound-hearers, Arhats, heavenly beings, and ghosts. Ordinary people shouldn't look down on them and say, "Oh! We do business, and it's not possible for us to not contend, not be greedy, not seek, not be selfish, not want personal profits, and not tell lies." Craving money all day long, and buying lottery tickets in the hope of winning first prize, you are simply too far from the Way. Putting aside the really valuable principles, you always try to find contaminated and worthless things. The dirtiest thing in the world is money. Money causes people to be muddled and afflicted, so that they quarrel constantly. Take a look at rich people. They don't know how to spend their money. What do they spend it on? They spend it on eating, drinking, gambling, patronizing whorehouses and buying stocks, living a dissipated life. They think these things bring happiness, but they are actually planting deep causes for falling into the hells and cutting off their path to the heavens. This is really dangerous.

If you have money but don't know how to make good use of it, you are in a vexing situation. When you spend money to create karmic offenses, do you suppose you are getting a bargain? Do you think it's a good thing? You are actually taking a big loss. It exhausts your light of wisdom, your Dharma-body, and your wisdom life. Greedy for enjoyment, you ruin your own future. Originally, you should have become a Buddha, a Bodhisattva, a Sound-hearer, or One Enlightened by Conditions, but you didn't, and you can't even go to the heavens. Ordinary people cultivate the ten good deeds: no killing, no stealing, no sexual misconduct, no greed, no hatred, no stupidity, no frivolous speech, no false speech, no harsh words, and no double-tongued speech. If you don't violate the ten good deeds, you will be born in the heavens. If you constantly violate them, you will surely fall into the hells.

This is the second day of the New Year. I have talked about these truthful principles over and over. You must remember them; don't ignore them. These principles are of the utmost importance. If you can put them into practice and uphold them lifelong, you will enjoy the benefit forever! What I said was superficial and obvious. I don't want to say something that nobody can understand. That's why I always talk in plain language to all of you.

### Don't Crave Fame, Profit, and Beautiful Women

Finally, I am going to read you some words by a Taoist cultivator name Qiu Chu-ji. He said, "With no greed for fame and profit, and no greed for flowers." "Flowers" refer to

所以我講話都用很淺顯的文字，來對你們大家說。

### 不貪名利不貪花

最後我讀道教的邱處機，這位真人所說的幾句話，他說：「不貪名利不貪花」，不貪花就是不貪女人，名利他也不要，女人他也不要。「終朝每日臥彩霞」，他每日都在清淨的道裡頭用功夫。「肚餓猿猴獻桃果」，肚子若餓了，那猿猴會給送桃子來。「口渴龍女送椽茶」，口若渴了，龍女送一杯茶來。「勝如漢口三千戶」，那時候在宋明之間，他說我這生活，比漢口三千戶都好得很。「強似京都百萬家」，我比這百萬家都好，他們旁的沒有，只有爭爭吵吵，煩煩惱惱，一天到晚忙忙碌碌，就為的這個利。我是不要這個東西了，不貪名利，也不想做官去，也不想有什麼權位。所以「不貪名利不貪花，終朝每日臥彩霞，肚餓猿猴獻桃果，口渴龍女獻椽茶，勝如漢口三千戶，強似京都百萬家。」你看！他說這話是很透徹，很明白的。所以我們修道，不要修來修去，還在名利、人我是非上鑽著，還想在這權力上用功夫，這完全錯了！

我說的都是人不願意聽的話，但是我願意說，誰不願意聽的，我願意說，這沒法子。

富貴五更春夢，功名一片浮雲，  
眼前骨肉已非真，恩愛反成仇恨。  
莫把金枷套頸，休將玉鎖纏身，  
清心寡欲脫紅塵，快樂風光本分。



women. He did not want fame and profit, nor did he want women. "I lie upon rosy clouds, day in and day out." He cultivated the principles of purity and stillness. "When I am hungry, a monkey offers me peaches. If he was hungry, a monkey would send him peaches. "When I am thirsty, the Dragon Girl sends me tea." When he was thirsty, the Dragon Girl sent him a cup of tea. "This life is superior to that of the three thousand families in Han-kou." At the time, between Sun and Ming Dynasties, he said his life was better than that of the three thousand families in Han-kou. "It's better than that of the million families in the capitals." I am better off than those families. Their lives are filled with quarreling and afflictions. They are busy from morning to night, all for the sake of profit. I don't want any of that. I have no desire for fame or profit. I don't want to be a government official, nor do I want power or position. Therefore, "With no greed for fame and profit, and no greed for flowers, I lie upon rosy clouds, day in and day out. When I am hungry, a monkey offers me peaches. When I am thirsty, The Dragon Girl sends me tea. This life is superior to that of the three thousand families in Han-kou. It's better than that of the million families in the capital." Take a look! What he said was penetrating and clear. In cultivation, we should not pursue fame and profit, nor make discriminations of self and others. We should not discuss rights and wrongs, or be seeking after power. This is totally wrong!

The things that I say are all things that people don't like to hear. But I wish to say them, so even if people do not want to listen, there is nothing I can do.

*Riches and honor are but a springtime's dream at dawn;  
Fame and merit are a wisp of floating cloud.  
The blood relatives that are so close to us are not real;  
Love and affection soon turn to hate.  
Don't slip a golden collar around your neck.  
Don't drape your body with chains of jade.  
Purify the mind and reduce desire  
in order to transcend the world.  
That's the happiness of your native land.*

不生煩惱才能消災，不發脾氣才能延壽。

人能不發脾氣，甚麼業障都能一筆勾消

You can eradicate disasters only if you don't get afflicted.

You can lengthen life only if you don't lose your temper.

If a person never loses his temper, all his karmic obstacles can be canceled.

# 教育就是要愛國、愛家、愛生命

## Education: Teaching People to Love the Country, Love the Family, and Cherish Life

(續 continued)

我們小學呢，就是盡量教學生怎麼樣盡孝道？怎麼樣令父母歡喜，順從父母的意思？所以我們這個小學裡，必須要讀《弟子規》。這《弟子規》就是做學生、做兒子的一個規矩。所以必須要把它讀會了。這是中文，然後再把它翻譯成英文，我們也有英文的翻譯。這是我們小學的宗旨，要教學生來「盡孝道」。

### 中學的宗旨就要盡忠

中學呢，就要「盡忠」，盡忠為國，愛護國家。為什麼「教育」是真正的國防？原子彈、氫氣彈、死光，這些武器都是害人的，都是硬碰硬的，都是以毒攻毒的，並沒有一個和祥之氣；這裡邊都是預備殺傷人類的，是最殘忍的一種行為。所以，我們不教這個，我們教人「盡忠為國」。你不能以你是強國的這種地位，去侵略弱小的國家。你要愛護自己的國家，也要愛護其他的國家，不要用這種武器、刀兵去傷人，你把人類都教導明白了，這是真正強國的一個根本道理。

可是世界人，都把這一點忽略了，只知道造飛機、大砲，只知道怎麼樣去侵略人家。啊！你若侵略其他的國家，想去奪人家國家的財產，布帛和子女，去把旁的國家的人都給搶來，這就是對自己的國家不忠。怎麼叫不忠呢？你侵略人家，你一定要損失很多的生命財產。生命財產犧牲了之後，你才能得到旁人國家的財產，但是這已經有所損失了。你就是有了其他國家的財產，也是得不

In the elementary school, we try our best to teach the students how to practice filiality, how to make their parents happy, and how to be obedient. Therefore, in our school, students must read *The Rules for Being a Student*. This book teaches the rules of how to be a student and a child. We have to study it well. The original book is in Chinese and it has also been translated into English. Thus, the purpose of elementary school is to teach students to be filial.

### The Aim in High School is to Teach Loyalty

In our high school, students learn to be devoted to their country and to protect their country. Why is education the true national defense? Atom bombs, hydrogen bombs, and laser beams – these are weapons that harm people. They use force to fight force, evil to fight evil, and they lack the spirit of peace. They are built to kill mankind, and their use involves great cruelty. Therefore, we don't teach such things. In our school, we teach students to be devoted to the country. A powerful country should not oppress or invade a small one just because it has the power to do so. We should love our country and love other countries as well. We must not use military force to harm people. You have to educate people to understand this clearly; this is a fundamental cause for a genuinely powerful country.

However, the people of the world ignore this point. They know only to make airplanes and artilleries, and how to invade other countries. If you attack another country in order to rob the people of their wealth and children, you are just being disloyal to your country. How are you being disloyal? When you attack another country, you are sure to cause great losses of lives and wealth. Only after sacrificing those lives and wealth can you obtain the wealth of the other country. However, the losses are already incurred. Even if you obtain the other country's wealth, the gain is not worth it. In the future, when other countries become powerful, they will invade you in turn. Therefore, if you attack other countries, you are being disloyal to your own country. We should love the country, love the family, and cherish life.

If you are in the university, you should cherish your

償失。將來其他國家若強大了，也會來侵略你的。所以，你侵略旁人的國家，就是對自己的國家不忠實、不盡忠。所以我們要愛國、愛家、愛生命。你若讀大學呢，更得愛惜自己的生命。做人要講仁義，要用仁義來做人，就是對人不會對不起。你要用「義」、「仁」來處事為人，都要用這個。所以我們這個教育的宗旨是這樣子。

我今天借著這個機會，來對你們大家講一講，不然，你們大家就會想：「哦！師父這麼笨哪！他不要錢，怎麼叫人家也不要錢？」我告訴你們各位，我有生以來，無論做什麼事，我是不要錢的，我是盡義務的，就幫助人多大的事情我也不要錢的；甚至於救人的生命，我也不求代價的。我是這麼愚癡，所以我也教你們那麼一個愚癡的思想。

life. Being a person, you should cultivate humaneness and righteousness. If you are a person who is humane and righteous, you will not do anything that will disappoint others. You must use righteousness and humaneness to handle affairs and get along with people. These are our aims in education.

Today, I will take the opportunity to tell you all — otherwise, you will think, “Oh! How stupid the Master is! He doesn’t want money, but how could he ask others not to want money, too?” I want to tell you that in all my life, no matter what I have done, I have never wanted money. I do everything for free. No matter how big a service I render to others, I don’t want money. Even if I save someone’s life, I don’t ask for a reward. This is how stupid I am, and so I teach you to also have this stupid way of thinking.

### 慶祝觀音菩薩聖誕法會

萬佛聖城於三月二十三日(星期日)舉行觀音菩薩聖誕法會，敬邀十方善信，共植聖因。金山寺將安排巴士當日往返聖城，欲參加者請盡早報名。

The City of Ten Thousand Buddhas will celebrate Gwan Yin Bodhisattva’s Birthday on Mar. 23rd, 2008. The faithful from the ten directions are cordially invited to participate in this special event. Gold Mountain Monastery will charter a bus for same day travel. Please register with us if you plan to ride the bus.

## 財神 喜神 貴神

這三個神，都是在你自己這兒。不過你不會用，所以就跑到外面去找了。

什麼是財神？你不把你的精氣神丟了，這就是財神。

什麼是喜神？你要是歡歡喜喜的，這就迎接喜神了。

什麼是貴神？你一年也不發脾氣，這就出貴了。

### The Gods of Wealth

### Happiness and Nobility

The three gods are all here within you, but since you don’t know how to use them, you seek them outside yourself.

Who is the god of wealth?

If you don’t lose your essence, energy, and spirit, just that is the god of wealth.

Who is the god of happiness?

If you are merry all the time, then you have welcomed the god of happiness.

Who is the god of nobility?

If you don’t lose your temper all year long, then you are a distinguished person.

# 十法界不離一念



## The Ten Dharma Realms Are Not Beyond a Single Thought

(續 continued)

老修行說：「我修的是忍辱。」「什麼叫忍辱啊？」「就是誰罵我，誰打我，我也不生瞋恨心。」「你能忍辱？真的？假的？」「當然是真的。」「好，那我就試驗、試驗。」歌利王把身上寶劍拔出來，就把忍辱仙人的手給剃下來了，說：「我現在把你的手剃下來了，你瞋恨不瞋恨？」這個老修行說：「我不瞋恨。」「哦！好！你不瞋恨，真有點本事，你盡打大妄語，你心裡瞋恨，你口裡講不瞋恨，你來騙我！我是一個最聰明的人，你能騙得了我？好，你既然說你能忍辱，不生瞋恨，你那個手，我也給你剃下來了。」把那個手也剃下。剃下了又問：「你瞋恨不瞋恨？」這個老修行說：「還是不瞋恨」。於是乎，歌利王又拿著寶劍，又把兩隻腳給剃下了，剃其四肢又問：「你瞋恨不瞋恨？」老修行說：「我不瞋恨，有什麼證明呢？我要是瞋恨你，我這個手腳就不能恢復如故了；我要是沒有瞋恨心，我這個手腳就恢復如故，像我原來的有手有腳，就證明我沒有瞋恨；我要是有瞋恨，就不會這樣子。」釋迦牟尼佛在因地說過這話之後，手腳果然又恢復如故。

這護法善神，一看歌利王這麼惡，把老修行四肢給斷了。於是乎就大顯神威，下雹子打這個歌利王。歌利王也知道厲害了，看老修行有這麼大的神通變化，於是乎跪到老修行面前求懺悔。老修行就發願說：「我若不成佛啊，就沒有什麼可說了。我若有一天成佛，我就先度你成佛。你若不開悟不成佛，我也不成佛。」因為這樣子，所以佛成了，就到這個鹿野苑去，先度這個憍陳如。這老修行，

The old cultivator said, "I'm cultivating patience." "What do you mean by patience?" "Patience means that no matter who curses me or beats me, I don't get angry." "You say you can be patient? Is that for real or not?" "Of course it's for real." "All right, then let me test you out." The King of Kalinga drew his jeweled sword and hacked off the cultivator's hand. Then he asked, "I've cut your hand off. Are you angry?" The old cultivator said, "No, I'm not angry." "Fine! You're not angry? Then you've really got some skill. But actually, you're just lying. You're angry inside, but you say you're not. Are you trying to deceive me? I'm a very intelligent person. Do you really think you can fool me? All right, since you say you can be patient and not get angry, I'll cut off your other hand, too." The King cut the cultivator's other hand off and then asked, "Are you angry now?" The old cultivator said, "I'm not angry." Then the King of Kalinga raised his jeweled sword and sliced off the cultivator's two feet. Having cut off his four limbs, he asked, "Aren't you angry?" The old cultivator said, "I'm still not angry. How can I prove it? If I'm angry at you, then my limbs will not grow back. If I am not angry, then my hands and feet will grow back, and I will be just as I was before. That will be proof that I have no anger." After the old cultivator (Shakyamuni Buddha in the stage of cultivation) spoke these words, his hands and feet actually did grow back as before.

When the gods, dragons, and the rest of the eight divisions of Dharma-protecting good spirits saw how the King of Kalinga had viciously cut off the old cultivator's limbs, they manifested their spiritual might and sent down hailstones to pelt the King. Seeing how devastating the consequences were and witnessing the old cultivator's spiritual transformations, the King knelt before the cultivator and begged in repentance. The old cultivator then made a vow, "If I don't become a Buddha, then there's nothing to be said. But if one

那麼我們聽見這一段公案，誰對我們愈不好，我們要發願，成佛的時候要度他。不要說，你對我這麼不好，等我成佛的時候要叫你先下地獄，不要發這種願。

那麼佛到了鹿野苑，為五比丘三轉四諦法輪。初轉四諦法：此是苦，逼迫性。

此是集，招感性。

此是滅，可證性。

此是道，可修性。

二轉四諦法：此是苦，汝應知。

此是集，汝應斷。

此是滅，汝應證。

此是道，汝應修。

三轉四諦法：此是苦，我已知，不復更知。

此是集，我已斷，不復更斷。

此是滅，我已滅，不復更滅。

此是道，我已修，不復更修。

(待續)

## 敬老節 Honoring Elders Day



*I want to treat every man as my father  
and every woman as my mother.*

一切男子是我父，一切女人是我母



*May you enjoy eternal health like  
the evergreen pines and cedars.*

祝你松柏長青



*Our cheerful volunteers 神采奕奕的義工*



day I do attain Buddhahood, then I will first come and teach you to become a Buddha. If you don't get enlightened and become a Buddha, then I won't become a Buddha either. Therefore, after the Buddha attained Buddhahood, he went to the Deer Park to save Ajnatakaundinya first. The old cultivator was a former incarnation of Shakyamuni Buddha, and the King of Kalinga was a former incarnation of Ajnatakaundinya. Because the Buddha made that vow in his past life, he wanted to save the person who had treated him the worst.

Having heard this story, if we are treated badly by someone, we should make a vow to save him after we attain Buddhahood. Don't think, "You've been so mean to me. When I become a Buddha, I'm going to make you fall into the hells." Don't make that kind of vow.

When the Buddha arrived at the Deer Park, he turned the Dharma Wheel of the Four Holy Truths three times for the five Bhikshus.

The first turning:

This is suffering, it's nature is oppression;

This is accumulation, it's nature is enticement;

This is cessation, it's nature is that it can be realized.

This is the Way, it's nature is that it can be cultivated.

The second turning:

This is suffering, you should know it;

This is accumulation, you should cut it off;

This is cessation, you should realize it;

This is the Way, you should cultivate it.

The third turning:

This is suffering, I already know it and need not know it again;

This is accumulation, I have already cut it off and need not cut it off again;

This is cessation, I have already realized it, and need not realize it any more;

This is the Way, I have already cultivated it and need not cultivate it any more.

(to be continued)

# 歡度敬老節感言

文—王衍昌 By Henry Wang

## Thoughts on Honoring Elders Day

11月3日是金山聖寺舉辦一年一度的敬老節。清晨，當大地還在沉睡的時候，金山聖寺裡已經一片繁忙，法師和一大群義工們正忙著敬老節的準備工作。敬老節是秉承法界佛教總會創辦人宣公上人的遺旨，爲了發揚孝道的精神而舉行的。所謂「百善孝爲先」，「尊老敬賢是根本，本立而道生」。

早上9點正，伴隨2007年度敬老節序幕的拉開，金山聖寺大殿內響起了莊嚴雄壯的法音，一百五十多位長者在法師們的帶領下齊聲念誦觀世音菩薩普門品。說到觀世音菩薩的神通妙用和感應事跡，在場所有人都有說不完的故事。所以他們都非常認真地念誦普門品，並希望以此感謝觀世音菩薩「千處祈求千處應，苦海常作渡人舟」的慈悲心。今年的健康講座是由譚醫生講述如何做好骨頭退化性症變的預防和簡單的治療。看到不少老人家都一邊聽一邊作筆記，就知道他們一定又有不少的收穫。

時間過得真快，轉眼又到了上供的時間。爲了讓老人家們好好地享受這一個特別的節日，法師和義工們不僅準備了十道素菜，更安排了豐富的文藝節目。首先是金山寺兒童合唱團用他們甜美的童聲唱誦「三字經」和「找朋友」。歌聲往往會勾起人們的回憶。當三藩市華人合唱團演唱完「外婆的澎湖灣」時，全場響起了熱烈的掌聲。這首歌描述了一個遠離家鄉的遊子對他童年時代的回憶。輕快的音樂旋律在五位男歌手雄厚的歌聲詮釋下，引起了不少老人家的共鳴。精采節目一個接著

Gold Mountain Monastery held their annual Honoring Elders Day celebration on November 3rd. At dawn, while most people were still asleep, Dharma Masters and a group of volunteers were already busy preparing for the event. The Venerable Master Hsuan Hua began the tradition of celebrating Honoring Elders Day in order to promote filial piety. As it is said, "Filial piety is foremost of all virtues" and "Honoring and respecting elders is a fundamental virtue."

At 9:00 a.m. sharp, the program for Honoring Elders Day began with the sound of Dharma; over 150 elders, under the Dharma Masters' lead, were chanting the Gwan Yin Universal Door Chapter. Everyone there had countless stories about Gwan Yin's spiritual powers and the miracles that she had manifested. They all recited very sincerely to thank the compassionate Gwan Yin Bodhisattva, who "answers all prayers and rescues living beings from the sea of suffering." This year, a health discussion was hosted by Dr. Tan, who spoke on health related issues such as preventive measures and simple treatments for osteoarthritis. Many of the elders were taking notes while listening attentively; it must have been very rewarding for them.

Time flew by quickly and it was soon meal offering time. To make sure that the elders would enjoy the program, the Dharma Masters and volunteers prepared over ten types of vegetarian dishes and arranged a series of performances. It began with the kids' choir from Gold Mountain Monastery. With their sweet voices, they recited and sang the "Three Character Classic" and "Looking for Friends." Such performances brought back many people's memories. When the Asian Association of San Francisco sang "Grandma's Penghu Bay," the crowd responded passionately with loud applause. This song described a nostalgic traveler's memories of his childhood. The cheerful melodies along with the powerful voices of the five male singers really struck a chord with many of the elders. More exciting performances followed,

一個，萬佛城女校表演的「春雨」和「秋菊」舞蹈，將春天的生機和秋天的美景帶給了老人家。黃師傅和鄭玉萍師徒兩人表演外柔內剛的太極拳和雲波扇，更將生命的力與美傳播出來。接著袁丞寬的小提琴和袁丞緯的電子琴合奏出悠美和諧的音樂讓人們得到了鬆弛。休息片刻，緊接著由陳親雪和鄭玉萍主持一智慧之光問答遊戲，便將整個慶祝活動推向了另一個高潮。老人們對佛法的了解、敏捷的思維和答題的勇氣在在令我們敬佩不已。很多時候當問題還未讀完，已有幾位老人同時舉手，響應之熱烈，可謂空前未有。最后由淨業社歡樂大合唱「心經」和「友誼之光」。

歡樂的時光總是過得很快，當「阿彌陀佛」聖號在五觀堂響起時，一年一度的敬老節又到了尾聲。老人們不僅帶著豐盛的禮物法喜充滿地離開金山聖寺，更帶走了法師種在他們心中的菩提種子，在觀世音菩薩甘露水遍灑下，相信這些種子一定會早日開花結果的。同時他們的歡笑也是對法師和義工們的辛勤勞動的一種最好回饋。

望著他們遠去的身影，我為能在法師們帶領和眾義工努力下完成宣公上人的遺旨而高興，同時一股感激的心情也油然而生。通過做敬老節的義工我又一次感受到宣公上人的偉大。當年正是師父上人歷盡千辛萬苦，忍人所不能忍，將佛法傳到美國。不僅如此，他還通過不同的型式將正法傳到每一個人的心裡。所以今天我們才有機會在這個末法時代還能聆聽到正法，並舉行敬老節活動。我們要好好珍惜身邊所有的一切，將宣公上人「尊老敬賢是根本，本立而道生」的精神貫徹在現實生活。希望我們緊記上人的六大宗旨不爭、不貪、不求、不自私、不自利、不妄語，在與老人們相處中增福增慧。

with the Developing Virtue Girls School performing two dances named “Spring Rain” and “Autumn Chrysanthemum.” They brought to the elders the lively spirit of spring as well as the gorgeous scenery of autumn. Next, Mr. Huang and his student Binh Trinh performed Tai Chi and Yun Po Shan to demonstrate the importance of exercise in people’s daily lives. The program continued with a violin and keyboard duet by Silvia Yuan and Harrison Yuan; their harmonic melodies relaxed everyone. For the climax of the program, Binh Trinh and Chin Shuey Chen hosted the “Wisdom Light Trivia Questions”, which tested the elders’ knowledge of Buddhism. The elders’ knowledge, quick thinking, and courage in answering were really impressive. Many elders raised their hands to answer before the prompter finished reading the question. Finally, the “Pure Conduct Club” concluded the performances by singing the “Heart Sutra” and the “Light of Friendship.”

Happy times always fly by quickly, and when the chant of “Amitabha Buddha” sounded in the Dining Hall, the annual celebration of Honoring Elders Day came to its conclusion. Elders not only left Gold Mountain Monastery with wonderful gifts but also with Bodhi seeds that the Dharma Masters planted in them; under Gwan Yin Bodhisattvas’s care, these seeds will definitely blossom and bear fruit. The Dharma Masters and volunteers were compensated for their hard work by the smiles of the elders as they made their way out.

As I watched their backs while they were leaving, I felt glad that I joined the other volunteers under the lead of the Dharma Masters in working to fulfill the responsibility that the Venerable Master left to us. At the same time I had a strong feeling of appreciation. From working as a volunteer this Honoring Elders Day, I once again felt the greatness of the Venerable Master. It was he who went through countless obstacles and endured what no one could to bring Buddhism to the United States. He also used many different methods to spread the proper Dharma to people’s hearts. That is why today in the Dharma Ending Age we can still hear the proper Dharma and also hold events like Honoring Elders Day. We must cherish all that’s around us and carry out the Venerable Master’s beliefs—building our foundation through respecting the elderly—in our daily lives. I hope that we can remember the Six Great Principles—not fighting, not being greedy, not seeking, not being selfish, not being self-benefiting, and not lying—and that we obtain wisdom and blessings through this event honoring the elders.

# 2 月份 金山寺法會時間表

## February 2008 SCHEDULE Of ACTIVITIES

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
 <p>2/7/2008 8:30 am - 4:00 pm 農曆新年特別法會 禮拜慈悲三昧水懺 <i>The Water of Compassionate Samadhi Repentance</i></p>					1 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	2 <u>9:00 am</u> Shurangama Mantra Recitation <u>10:00 am</u> 聽經 (Lecture) <u>1:10 pm</u> 大悲懺 Great Compassion Repentance <u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation
3 <u>9:00 am - 3:30 pm</u> 誦地藏經 Earth Store Sutra Recitation <u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture	4 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	5 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	6 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	正月初一 7 <u>8:30am-4:00pm</u> 慈悲三昧 水懺法會 The Water of Compassionate Samadhi Repentance	8 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	念佛法會 9 <u>9:00 am-10:00 am</u> Amitabha Buddha Recitation <u>10:00 am</u> 聽經 (Lecture) <u>1:10 pm</u> 大悲懺 Great Compassion Repentance <u>2:45 pm</u> 淨業社探訪老人 Pure Karma Society Elderly Visitation
10 <u>9:00 am - 3:30 pm</u> 誦地藏經 Earth Store Sutra Recitation <u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture	11 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	12 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	13 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	14 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	15 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	念佛法會 16 <u>9:00 am-10:00 am</u> Amitabha Buddha Recitation <u>10:00 am</u> 聽經 (Lecture) <u>1:10 pm</u> 大悲懺 Great Compassion Repentance <u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation
17 <u>9:00 am - 3:30 pm</u> 誦地藏經 Earth Store Sutra Recitation <u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture	18 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	19 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	20 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	21 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	22 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	念佛法會 23 <u>9:00 am-10:00 am</u> Amitabha Buddha Recitation <u>10:00 am</u> 聽經 (Lecture) <u>1:10 pm</u> 大悲懺 Great Compassion Repentance <u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation
24 <u>8:30 am - 3:30 pm</u> 藥師懺 Medicine Master Repentance <u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture	25 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	26 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	27 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	28 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	29 <u>1:00 pm</u> 大悲懺 Great Compassion Repentance	吉祥如意燈 

# 3 月份 金山寺法會時間表

## March 2008 SCHEDULE OF ACTIVITIES

SUN 日	MON 一	TUE 二	WED 三	THU 四	FRI 五	SAT 六
<p style="color: #a52a2a; font-weight: bold;">千處祈求千處應 苦海常作度人舟</p>		 <p style="color: #a52a2a; font-weight: bold;">Prayers depart a thousand hearts, In a thousand hearts he answers; Sailing the sea of suffering.</p>				<p style="text-align: center;"><b>楞嚴咒法會 1</b></p> <p><u>9:00 am</u> Shurangama Mantra Recitation</p> <p><u>10:00 am</u> 聽經 (Lecture)</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p> <p><u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation</p>
<p style="text-align: center;">2</p> <p><u>9:00 am - 3:30 pm</u> <b>誦地藏經</b> Earth Store Sutra Recitation</p> <p><u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture</p>	<p style="text-align: center;">3</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">4</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">5</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">6</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">7</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;"><b>念佛法會 8</b></p> <p><u>9:00 am - 10:00 am</u> Amitabha Buddha Recitation</p> <p><u>10:00 am</u> 聽經 (Lecture)</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p> <p><u>2:45 pm</u> 淨業社探訪老人 Pure Karma Society Elderly Visitation</p>
<p style="text-align: center;">9</p> <p><u>9:00 am - 3:30 pm</u> <b>誦地藏經</b> Earth Store Sutra Recitation</p> <p><u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture</p>	<p style="text-align: center;">10</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">11</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">12</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">13</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">14</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;"><b>念佛法會 15</b></p> <p><u>9:00 am - 10:00 am</u> Amitabha Buddha Recitation</p> <p><u>10:00 am</u> 聽經 (Lecture)</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p> <p><u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation</p>
<p style="text-align: center;">16</p> <p><u>9:00 am - 3:30 pm</u> <b>誦地藏經</b> Earth Store Sutra Recitation</p> <p><u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture</p>	<p style="text-align: center;">17</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">18</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">19</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">20</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">21</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;"><b>釋迦牟尼佛涅槃日 22</b></p> <p>Shakyamuni Buddha's Nirvana Day</p> <p><u>9:00 am</u> <b>預祝觀音菩薩聖誕法會</b> Celebration of Gwan Yin Bodhisattva's Birthday</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p>
<p style="text-align: center;">23</p> <p style="color: #a52a2a; font-weight: bold;">金山寺本日法會暫停</p> <p style="color: #a52a2a; font-weight: bold;">全體參加萬佛聖城 觀音法會</p> <p style="color: #a52a2a; font-weight: bold;">No Assembly today</p> <p style="color: #a52a2a; font-weight: bold;">Going to CTTB for Celebration of Gwan Yin Bodhisattva's Birthday</p>	<p style="text-align: center;">24</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">25</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">26</p> <p><u>9:00 am</u> 慶祝觀音菩薩聖誕法會 Celebration of Gwan Yin Bodhisattva's Birthday</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">27</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;">28</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="text-align: center;"><b>念佛法會 29</b></p> <p><u>9:00 am - 10:00 am</u> Amitabha Buddha Recitation</p> <p><u>10:00 am</u> 聽經 (Lecture)</p> <p><u>1:10 pm</u> 大悲懺 Great Compassion Repentance</p> <p><u>2:45 pm</u> 楞嚴咒研討 Shurangama Mantra Investigation</p>
<p style="text-align: center;">30</p> <p><u>8:30 am - 3:30 pm</u> <b>藥師懺</b> Medicine Master Repentance</p> <p><u>10:00 am - 11:00 am</u> 佛學研討 Dharma Lecture</p>	<p style="text-align: center;">31</p> <p><u>1:00 pm</u> 大悲懺 Great Compassion Repentance</p>	<p style="color: #a52a2a; font-weight: bold;">請與金山寺聯繫 交通安排</p> <p style="color: #a52a2a; font-weight: bold;">Please contact us if you would like to participate!</p>				 <p style="text-align: center;">電話 Tel: (415) 421-6117</p>