

萬佛聖城慶祝2023年敬老節

City of Ten Thousand Buddhas Celebrates 2023 Honoring Elders Day

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曼都西諾縣議長格林·麥克古爾提(左二)等四位長者，獲邀從獅子口中取出「福、祿、壽、康」四幅中英文字軸，都是對耆老最大的祝福。

Four elders, including Glenn McGourty, the chair of the Mendocino County Board (the second from the left) of Supervisors, were invited to retrieve four calligraphic scrolls from the lion's mouth, bearing the words "Blessings, Prosperity, Longevity, and Health" which were the best wishes for elders.

萬佛聖城第31屆「敬老節」，於2023年10月21日舉行。鄰近城鎮瑜伽市、克洛爾戴爾、威力斯、安德森谷等地，約有300位長者前來，加上萬佛聖城住眾與師生，合計逾五百人參加。他們在這專為長者舉辦的慶典中，既觀賞節目演出，又享受美味素食。

萬佛聖城開山祖師上宣下化老和尚在1990年代初，特別訂定「敬老節」與「懷少節」，每年分別在秋天和春天舉行，期

The City of Ten Thousand Buddhas (CTTB) held its 31st "Honoring Elders Day" on October 21, 2023. The event was attended by approximately three hundred local people from cities such as Ukiah, Cloverdale, Willits and Anderson Valley, as well as CTTB residents, bringing the total number of participants to over five hundred. Attendees enjoyed performances and delicious vegetarian food while celebrating this festival dedicated to our elders.

In the early 1990s, the founder of the City of Ten Thousand Buddhas, the Venerable Master Hsuan Hua, established both

以敬老懷少來提醒世人：尊重一切眾生的生存權利。

萬佛聖城敬老節，每年由城內附設的培德中學和育良小學男女校主辦，這是訓練學生們組織、聯繫、和策劃能力的好機會。即使在疫情頭一年，敬老節仍在線上舉辦；疫情第二年，僅限萬佛聖城住眾參加。去（2022）年改在戶外舉行，今年終於回到室內舉辦。

當低年級小學生表演「我願為世界建立一個家園」歌舞時，超萌模樣，讓全場老人家都忍不住嘴角上揚。合唱、舞蹈、中樂團、詩歌朗誦、話劇「長壽」、以及多種西方樂器等表演相繼上場。培德中學女校民俗舞蹈社團推出優雅的中國舞蹈「神仙鶴羽」；男校舞龍舞獅社團成員也使出渾身解數，演出令人印象深刻。有些長者甚至拿出手機，錄下這些表演節目。

曼都西諾縣議長格林·麥克古爾提等四位長者，獲邀從獅子口中取出「福、祿、壽、康」四幅中英文字軸，都是對耆老最大的祝福。麥克古爾提在致詞時說道：「萬佛聖城是曼都西諾縣第一區乃至全縣的精神和文化珍寶。我們受到在座各位的祝福。」

瑜伽市社區居民強納森·戴維斯，以七十八歲高齡，為在場所有長者娓娓清唱鮑伯·迪倫名曲「永遠年輕」：「唯願你永遠知道真相，並看到圍繞著你的光明……」。當天的特別來賓還有瑜伽市議員蘇珊·雪兒。另一位座上賓是年逾八十的費爾·賀煦，他在萬佛聖城負責音響系統已有多年。

節目進行中，學生們不斷傳

“Honoring Elders Day” and “Cherishing Youth Day” to be held in the fall and spring, respectively. These festivals aim to remind people to respect the right to life of all sentient beings.

“Honoring Elders Day” is organized each year by the schools at the City of Ten Thousand Buddhas both the boys’ and girls’ divisions of Instilling Goodness Elementary School and Developing Virtue Secondary School participate. This provides an excellent opportunity for students to develop their organizational and planning skills. The event continued even during COVID-19 when it was first held online, the next year for residents only, and last year (2022) held outdoors. This year, Honoring Elders Day is indoors once again.

The adorable performances by the youngest students who sang, “I’d like to build the world a home,” brought smiles to the faces of the seniors in attendance. Choirs, dances, traditional Chinese orchestra performances, poetry recitations, a play called “Longevity,” as well as various other musical performances took the stage one after another. The girls’ division of Developing Virtue Secondary School presented an elegant dance “Longevity Cranes and Fairies” by the Chinese dance club while the boys’ division performed captivating lion and dragon dances which were very impressive. Some of the attendees even recorded the performances on their phones.

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“May you always know the truth and see the light surrounding you...” A resident of Autumn Leaves, Jonathan Davis, age 78, sang “Forever Young” by Bob Dylan in acapella style for all the elders. Another special guest was Susan Sher, Ukiah City Council member. Another distinguished elder was the octogenarian Phil Hirsh, who had been in charge of CTTB’s sound system for many years.

Throughout the program, students served healthy and delicious vegetarian meals, bringing joy and happiness to the elderly participants. The grand finale performance, “Twenty-four Seasons Drumming,” featured three drummers leaping onto the drums, releasing colorful confetti that showered over the drummers. At the end of the performance, all the guests clapped in rhythm with the drum beats, creating the most enthusiastic applause and elevating the atmosphere

送健康可口的午齋餐點，讓耆老們看得歡喜、吃得開心。壓軸節目「廿四節氣鼓」有三位鼓手跳到鼓上，拉出彩色碎紙，撒落在鼓手們身上。表演最後，所有來賓配合鼓聲節奏拍手，成了最熱烈的掌聲，將氣氛炒到最高點。耆老們帶著愉快的心情，紛紛計劃明年再來。

參加敬老節的來賓之一蘇·米契爾認為，西方文化缺少敬老的觀念，參加萬佛聖城敬老節後，她覺得每個國家都應提倡敬老。在她年幼時，義大利裔母親告訴她，要對外祖父母好一點，因為「他們即將離開人世」。如今蘇也邁入當年外祖父母的年紀，她覺得老年人不應只是弱勢人口，長者的人生經驗和智慧，其實非常值得分享給青壯年。

宣公上人住世時，曾在敬老節中，給老人家分派了一項重責大任：盡力消弭世上的不和平。首先，要讓我們自己與家庭和平，然後讓我們的社區和平，繼而讓我們的鄉鎮城市和平，接著讓我們的國家與世界和平。以這樣的方式，老年人可為世界和平貢獻自己的力量。✽

to its peak. The elderly attendees left with joyful hearts, making plans to come again next year.

One of the guests attending the Honoring Elders Day, Sue Mitchell, said she believed every country should promote respect for the elders. When she was young, her Italian mother told her to be kind to her grandparents because “they will die soon.” Now that Sue has reached the age her grandparents were at the time, she feels that seniors should not be considered a vulnerable population. The life experiences and wisdom of our elders are valuable and worth sharing with younger generations.

At one of the early Honoring Elder’s Day celebrations, the Venerable Master Hua assigned a significant and challenging task to all the elders: to work toward eliminating the lack of peace in the world. He suggested that, initially, seniors should encourage their families and others they encounter to find inner peace, promote harmony in communities, and ultimately strive towards peace in all nations and worldwide. In this manner, seniors can contribute to world peace. ✽



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