

馬里蘭州華嚴精舍慶祝「敬老節」 Celebration of Honoring Elders Day at Avatamsaka Vihara

華嚴精舍提供
By Avatamsaka Vihara

11月5日，馬里蘭州華嚴精舍隆重舉辦了自疫情爆發以來的首次「敬老節」活動。當天活動匯聚了眾多來賓，大家新朋舊友相聚一堂，喜笑顏開。上午9:00，齋法師帶領大家唱誦了〈六字大明咒〉併致歡迎詞。隨後，群獅迎賓，生龍活虎的獅舞表演為節目演出拉開了序幕。

演出節目精彩紛呈，既有展示中華文化魅力的旗袍秀、悠揚動聽的合唱表演、來自華嚴精舍中文學校學生們的才藝表演，又有精彩的〈八段錦〉、太極拳表演及在大華府大名鼎鼎的少林功夫表演，無不贏得了來賓們的熱烈掌聲。穿插其中的抽獎環節和92歲的耆老李先生親自切素糕的環節更是使現場氣氛達到了高潮。

整場活動在優雅大方的兩位主持人有條不紊的主持下，喜樂又融融，給人意猶未盡的感覺。演出結束後，齋法師帶領大家一同參加了上供儀式，並唱誦了臨齋儀，義工們為來賓們提供了美味可口的便當和堂食齋飯。在法師和義工們的同心協力下，本次敬老節活動圓滿成功，給來賓們留下了難以忘懷的美好回憶。❀



On November 5, the Avatamsaka Vihara in Maryland hosted a “Celebration of Honoring Elders Day” for the first time since the pandemic. The event brought in numerous guests and new and old friends came together to share joy and laughter. At 9:00 am, Dharma Master Jai chanted the “Six-Character Great Bright Mantra” with guests and gave a welcoming speech. A lively lion-dance performance kicked off the show.

The following performances were brilliant, including a cheongsam show that displayed the charm of Chinese culture, a melodious choral performance, a talent show by students from the Avatamsaka

Vihara Chinese School, as well as the wonderful traditional Chinese wellness exercise “Eight Section Brocade” (Ba Duan Jin), Tai Chi demonstrations, and the famous Shaolin Kung Fu demonstration from the Greater Washington area, all of which were highly applauded by the guests. The interspersed lucky draws and the 92-year-old Mr. Li, who personally cut vegetarian cakes, brought the atmosphere to a climax.

The entire event, organized by the two elegant emcees, was filled with joy and harmonious, leaving people with a lingering sense of delight. After the performances, Dharma Master Jai led everyone in a Meal Offering ceremony and recited the Meal Offering chant. Volunteers provided the guests with delicious vegetarian takeout boxes and meals for dine-in. Thanks to the joint efforts of the Dharma Master and the volunteers, the “Celebration of Honoring Elders Day” was successfully completed, leaving the participants with precious and unforgettable memories. ❀