

培德女中2024畢業典禮

Developing Virtue Girls' School Graduation 2024

培德女中提供

By Developing Virtue Girls' School

2024年6月6日，歡聲笑語充滿了萬佛聖城培德女校的校園，家長和老師的到來使這個寧靜的地方充滿了興奮和回憶的氛圍。畢業典禮在妙語堂舉行，成為學生們奉獻和努力的美好見證。畢業生們身穿優雅的藍色畢業袍，當她們走上台領取畢業證書時，象徵著人生旅程中的一個重要站點，並歡迎她們進入下一章。

培德女中的校長近智師與畢業生們分享了《華嚴經·入法界品》中的故事，講述善財童子向各行各業的老師參訪學習。在遇到第八位善知識時，他意識到了善知識的重要性。經文中有十個比喻來形容善知識：好的導師是門戶、載具、船隻、火炬、道路、燈光、橋樑、遮陽傘、眼睛，是引領我們通往全知的潮水。2024年的畢業學生們，誰會成為引導你們的善知識？你們將進入大學，學習各種知識，但鮮有人能幫助你們培養德行。近智師希望畢業生們遵循八大核心美德與菩薩們的指引，尋找能夠幫助大家拓展潛能的火炬、道路和燈籠，為自己、家人、社區和世界做出貢獻。

教師代表恒青師教授12年級學生美國政治和世界宗教，她希望即將離校的學生們意識到自己是培德女中的使者，並繼續對他人保持善良、友好和尊重的態度，不讓私欲玷污多年培育的孝、悌、忠、信、禮、義、廉、恥八德。恒青師留給畢業生們的忠告

On June 6, 2024, chatter and laughter filled the air as parents and teachers arrived, filling the quiet grounds of Instilling Goodness Developing Virtue Girl School in the City of Ten Thousand Buddhas with an atmosphere of excitement and reflection. The graduation ceremony in the Wonderful Words Hall was a beautiful testament to our students' dedication and hard work. Wearing their elegant blue graduation uniforms, each graduate stepped forward to receive their diploma, marking a significant milestone in their journey and symbolizing the beginning of the next chapter in their lives.

Principal Dharma Master Jin Jr shared with the graduates a story from the "Entering the Dharma Realm" chapter of the *Avatamsaka Sutra*, which tells of Sudhana's visits to various teachers from different professions. Upon meeting the eighth wise teacher, Sudhana realized the importance of these guides. The text uses ten metaphors to describe a good teacher: a gateway, a vehicle, a ship, a torch, a path, a lamp, a bridge, a parasol, an eye, and a tide that guides us to all knowledge. Dharma Master Jin Jr said, "To the class of 2024, who will become your spiritual guide to all knowledge? As you enter university and acquire various kinds of knowledge, few will help you cultivate virtue." Principal Jin Jr hopes the graduates will follow the eight core virtues and the guidance of Bodhisattvas, seeking out the torches, roads, and lanterns to help them expand their potential and contribute to their families, communities, and the world.

Dharma Master Heng Ching, the teacher of 12th grade in US Government and World Religions, hopes the outgoing students will regard themselves as ambassadors of Instilling Goodness Developing Virtue Girl School. She encourages them to continue to be good, kind, and respectful toward

是：保持閱讀、反思和報答。她說：「也許對於你們這一代人來說，閱讀似乎是一種古老的學習形式。大家的生活中充斥著社交媒體上的簡化文字和表情符號，但永遠不要低估閱讀和批判性思維的力量。請將每年閱讀一定數量的書作為自己的目標之一，這個決定你們永遠不會後悔。」

恒青師還強調了反思的重要性。學習的一個重要部分是培養批判性思維，回顧所學內容，看看是否真正消化，並反思每天學到的東西，看看如何在其他領域使用它。真正學好的知識會適用於生活的各個方面。

此外，她也強調報答的重要性。時刻伸出援助之手，分享並給予他人所擁有的，回饋社會。無論是父母、家人、朋友、老師還是任何在你生命中經過的人，都應該回報這份善意。

畢業生們也紛紛分享了他們的感言。

王懷真首先表達對父母的感謝，希望自己能夠實現學醫的夢想，就像自己的父母一樣；對老師表達感謝；感謝老師鼓勵自己去要尋找自己喜歡做的事情；感謝老師們在自己大學申請期間給予的幫助和鼓勵；感謝小提琴老師激勵了自己發掘自己對音樂的熱愛；感謝和同學們一起經歷的一切欢笑与眼泪。

袁雪珊說：「每個人心中都藏有一顆屬於自己獨一無二的星星。它是我們追逐目標，努力奮鬥的動力。而它的光芒正是為了指引迷失的人找到自己的方向。同時感謝老師們，儘管她們自己多疲憊也會像太陽一樣帶給我們歡笑，照亮我們前方的路。」

賴郁廷說：「我要向所有老師表達我最深的感激之情，感謝你們無數個小時的付出，幫助我在學業和個人成長方面取得進步。你們的耐心、鼓勵和支持是無價的，我永遠感激你們對我的影響。」

陳海蒂表示：「我們的宿舍顧問通過間接指導對我產生了深遠的影響，促使我進行自我反省和改進。她們沒有使用傳統的教學方法，而是讓我面對困難，鼓勵我找到自己的前進道路。在老師們的指導下，我學會了獨立應對挑戰，並在逆境中培養了韌性。老師

others and never allow selfish interests to blemish the eight virtues of filial piety, fraternity, loyalty, trustworthiness, propriety, fairness, integrity, and humility that have been cultivated over many years in IGDVS.

She advises the graduates to maintain a practice of reading, reflecting, and reciprocating. She said, “For your generation, reading may seem like an old-fashioned way of learning. In your lives, simplified texts and emojis on social media abound but never underestimate the power of reading and critical thinking. Make it a goal to read a certain number of books each year—a decision you will never regret.”

Heng Ching Shr talked about the importance of reflection. A crucial part of learning is developing critical thinking skills by reviewing what has been learned to ensure it is truly understood. “Reflect on what you learn each day and consider how it can be applied in other areas. Knowledge that is well-learned is applicable in all aspects of life.”

She also emphasized the significance of reciprocating. “Always extend a helping hand, share and give what you have to others, and contribute to society. Whether it’s to your parents, family, friends, teachers, or anyone who has touched your life, it is essential to reciprocate that goodness.”

The graduates also shared their heartfelt reflections. Katherine Wang began by expressing deep gratitude to her parents, hoping to fulfill her dream of becoming a doctor just like them. She also thanked her teachers for encouraging her to find her passions and their support and encouragement during her college application process. She expressed appreciation for her violin teacher, whose efforts inspired her to discover her love for music. Lastly, she was grateful for all the laughter and tears she shared with her classmates throughout their journey in IGDVS together.

Shine Yuan said, “Everyone harbors a unique star within their heart. It drives us to pursue our goals and strive for success. Its light guides those who are lost, helping them find their way.” She also expressed her gratitude to the teachers, who, despite their own fatigue, always brought joy to the students like the sun, lighting their path ahead.

Eric Lai expressed, “I want to extend my deepest

們為我提供了另一個人生中的安全港灣。她們在給我們提供諸多機會的同時，也確保我們的身心健康，這激勵我學習更多。我希望長大後能像她們一樣，既勤奮又富有同情心。」

吳櫻花分享道：「作為一名高年級學生，我無法忽視培德女中所經歷的巨大變化。新冠疫情顛覆了我們的世界，對我們所有人都產生了深遠的影響。日常生活被打亂，友誼受到了考驗，我們生活的許多方面都被顛覆，這迫使我們所有人都必須創造性地思考，以保持培德女中的活力。然而，儘管面臨這些挑戰，我們適應了、成長了，並且繼續互相支持。在這一切變化中，有一件事我將永遠在學校的牆壁上聽到回響：「我們永遠在這裡支持你」和「我們永遠會把時間留給你。」

在畢業典禮的最後時刻，當低年級同學唱著歌為畢業生送上祝福時，所有畢業生的臉上都洋溢著成就感和期待感。她們即將踏上的道路各不相同，將前往史丹佛大學（王懷真）、加州大學爾灣分校（賴郁廷、袁雪珊）、愛默生學院（陳海蒂）和羅格斯大學（吳櫻花）。這些年輕學子在培德女中的指導下茁壯成長，現在已經準備好展翅高飛，將八德的價值和智慧帶到更廣闊的世界。離別是人生中的必修課，當同學們道別時，她們堅信自己的未來將是光明的，並將繼續用多年來所學到的佛教教義和精神激勵他人。我們將懷著一顆感恩的心，繼續記錄我們的旅程和即將開始的朝聖之旅。親愛的諸佛菩薩、老師和父母，感謝你們所做的一切，我們由衷地感激你們的支持！❀

gratitude to all the teachers. Thank you for the countless hours you've dedicated to helping me progress academically and personally. Your patience, encouragement, and support are priceless, and I will forever be grateful for your impact on me.”

Hailey Tran stated, “Our dorm advisors profoundly influenced me through indirect guidance, prompting self-reflection and improvement. They didn't use traditional teaching methods but encouraged me to face difficulties and find my own path forward. Under their guidance, I learned to tackle challenges independently and developed resilience in adversity. Our teachers provided me with another haven in life. They offered us numerous opportunities while ensuring our physical and mental well-being, inspiring me to learn more. I hope to grow up to be like them, hardworking and compassionate.”

Cherry Ngo shared, “As a senior student, I cannot overlook the significant changes IGDVS has undergone. The COVID pandemic turned our world upside down, profoundly affecting all of us. Daily routines were disrupted, friendships were tested, and many aspects of our lives were upended, forcing us to think creatively to keep IGDVS thriving. Despite these challenges, we adapted, grew, and supported each other. Amidst all these changes, one thing I will always hear echoing within the school walls is: ‘We are always here to support you’ and ‘We will always make time for you.’”

In the closing moments of the ceremony, as the younger classmates sang songs to send best wishes to congratulate the graduates, there was a palpable sense of accomplishment and anticipation on all the graduate's faces. The paths they are set to embark upon are as diverse as the students themselves, with all of them heading to prestigious universities such as Stanford University (Katherine Wang), University of California, Irvine (Erica Lai, Shine Yuan), Emerson College (Hailey Tran), and Rutgers University (Cherry Ngo). These young women, who have blossomed under the guidance of Instilling Goodness Developing Virtue Girls' School, are now ready to spread their wings and bring the values of the eight virtues and wisdom into the wider world. As other students bid them farewell, they remain confident that their futures will be bright and will continue to inspire others with the teachings and spirit of the Buddhist principles they've learned throughout the years. As they said, “We will continue to chronicle our journey with a heart of gratitude along with the upcoming peregrination. Dear Buddhas, Bodhisattvas, Dharma Masters, teachers, and parents, thank you for everything you have done. We truly appreciate you and are grateful for your support!” ❀