

2024年華嚴精舍夏令營

2024 Avatamsaka Vihara Summer Camp

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2024年7月22日，華嚴精舍舉辦了新冠疫情後的第一屆夏令營。這次夏令營共有十三個孩子參加。最大的孩子將近十八歲，最小的不到五歲。孩子們有緣和各位法師，義工及老師們一起度過了有意義而又愉快的六天。

早上第一節課，孩子們有幸和萬佛城來的近柔師學習打坐。近柔師對孩子們非常慈悲，會找到適合小孩子的打坐方式，讓他們安靜下來，而令人驚訝的是，他們不但很快適應了這種安靜，而且表示很享受不被打擾的感覺。法師還會細問每一個孩子，用什麼方法讓自己專注？孩子們都積極的分享了

On July 22, 2024, Avatamsaka Vihara held its first summer camp since the pandemic. A total of thirteen children participated, with the oldest nearing eighteen and the youngest under five. The children had the wonderful opportunity to spend six meaningful and joyful days with Dharma masters, volunteers, and teachers.

During the first morning session, the children had the opportunity to learn meditation from Dharma Master Jin Rou, who came from the City of Ten Thousand Buddhas. Dharma Master Jin Rou was incredibly compassionate toward the children, finding meditation methods suited to their young age that helped them settle down. Surprisingly, not only did they quickly adapt to the stillness, but many expressed how much they enjoyed the feeling of being undisturbed. She also took time to ask each child how they managed to stay focused, and the children eagerly shared their experiences. Additionally, Dharma Master Jin Rou shared many Buddhist stories and stories from the life of Venerable Master Hsuan Hua. Through these stories, the children naturally felt a deeper connection to the Master and the Dharma.

In addition to stories, the children also studied the *Song of*

自己的心得。近柔師還為孩子們帶來了很多佛教故事，和宣公上人的傳記故事。孩子們通過這些小故事，對上人，對佛法，都不知不覺地更親近了。

除了故事以外，孩子們還學習《永嘉大師證道歌》。《證道歌》是永嘉玄覺大師在開悟後所作，辭句精闢，一氣呵成。恒圓師說，以前上人就非常喜歡吟誦它。在夏令營裏，孩子們除了學習朗讀，恒圓師還會帶著孩子們唱誦。《證道歌》的英文名字是「Song of Enlightenment」。在第三天結束的時候，有的孩子非常好奇，到底什麼是「enlightenment（悟道）」？而法師也鼓勵孩子們，希望他們都可以「get enlightened（開悟）」。孩子們都很期待自己能有一開悟的一天。

和以往一樣，夏令營還安排了戲劇課，孩子們一起表演了出自佛典《六度集經·卷三·廿五》的故事《菩薩與鰲》，在這個故事裏，孩子們看到了菩薩的仁善，慷慨和慈悲，看到了小動物們報恩之心，也看到了貪婪所帶來的後果。每一個孩子都是天生的演員，尤其是最小的小朋友，雖然台詞不多，但是也把一隻小老鼠演得有模有樣。在準備演出的時候，孩子們為了台詞、道具，一起配合，為最後演出的成功打下了基礎。

這次夏令營的課後活動也是各位法師和義工們精心準備的。無論是遊戲，手工還是廚藝的環節，都讓我們大開眼界。手工課上，孩子們發現一根看起來平常的繩子，可以帶來這麼多的變化，還可以有這麼多的作用；廚藝課上，孩子們一起動手，享受自己烹飪的成果。做遊戲的時候，更是歡聲笑語不斷。

六天的夏令營，彈指一揮間就過去了。孩子們每天看到法師和義工們上供、拜懺、打掃、和各種忙碌，想起來《弟子規》中的一句話：「能親仁，無限好，德日進，過日少。」我想，佛法的種子，大概就這樣浸潤在他們小小的心靈中了。❀

Enlightenment by Great Master Yongjia. This profound work, written by Master Yongjia Xuanjue after his awakening, flows seamlessly in both depth and clarity from beginning to end. Dharma Master Heng Yuan shared that Venerable Master Hua used to enjoy chanting it. During the camp, in addition to teaching the children how to read it aloud, Dharma Master Heng Yuan also guided them in chanting the verse. The English title of the piece is *Song of Enlightenment*. By the third day, some children grew curious and asked, “What exactly is enlightenment?” She encouraged them, expressing the hope that one day, each of them might achieve enlightenment. The children eagerly looked forward to their own moment of awakening.

As in previous camps, drama classes were included in the schedule. The children performed a play based on the Buddhist story—*The Bodhisattva and the Turtle*—from the *Ṣaṭpāramitā-saṃgraha Sūtra*. Through this tale, they witnessed the Bodhisattva’s kindness, generosity, and compassion, along with the gratitude of the small animals and the consequences of greed. Every child proved to be a natural actor, especially the youngest, who—despite having few lines—convincingly portrayed a little mouse. During rehearsals, the children collaborated on their lines and props, setting the stage for the success of the final performance.

The after-class activities during this summer camp were thoughtfully prepared by the Dharma Masters and volunteers. Whether it was games, crafts, or cooking sessions, each activity offered something new and exciting for the children. In the crafts class, the children were amazed to discover how an ordinary piece of rope could be transformed in many ways and serve many purposes. In the cooking class, they worked together to prepare their own meals, enjoying the fruits of their labor. During the games, the air was filled with laughter and joy.

The six days of summer camp flew by in the blink of an eye. Every day, the children observed the Dharma masters and volunteers offering food to the Buddhas, bowing in repentance, cleaning, and attending to various tasks. This brought to mind a line from the *Standards for Being a Good Student*, “Being close to virtuous people is infinitely rewarding; virtues grow daily, while faults diminish.” I believe the seeds of the Buddhadharm were quietly nurtured in their young hearts during this time.❀