



LONDON FO GUANG SHAN

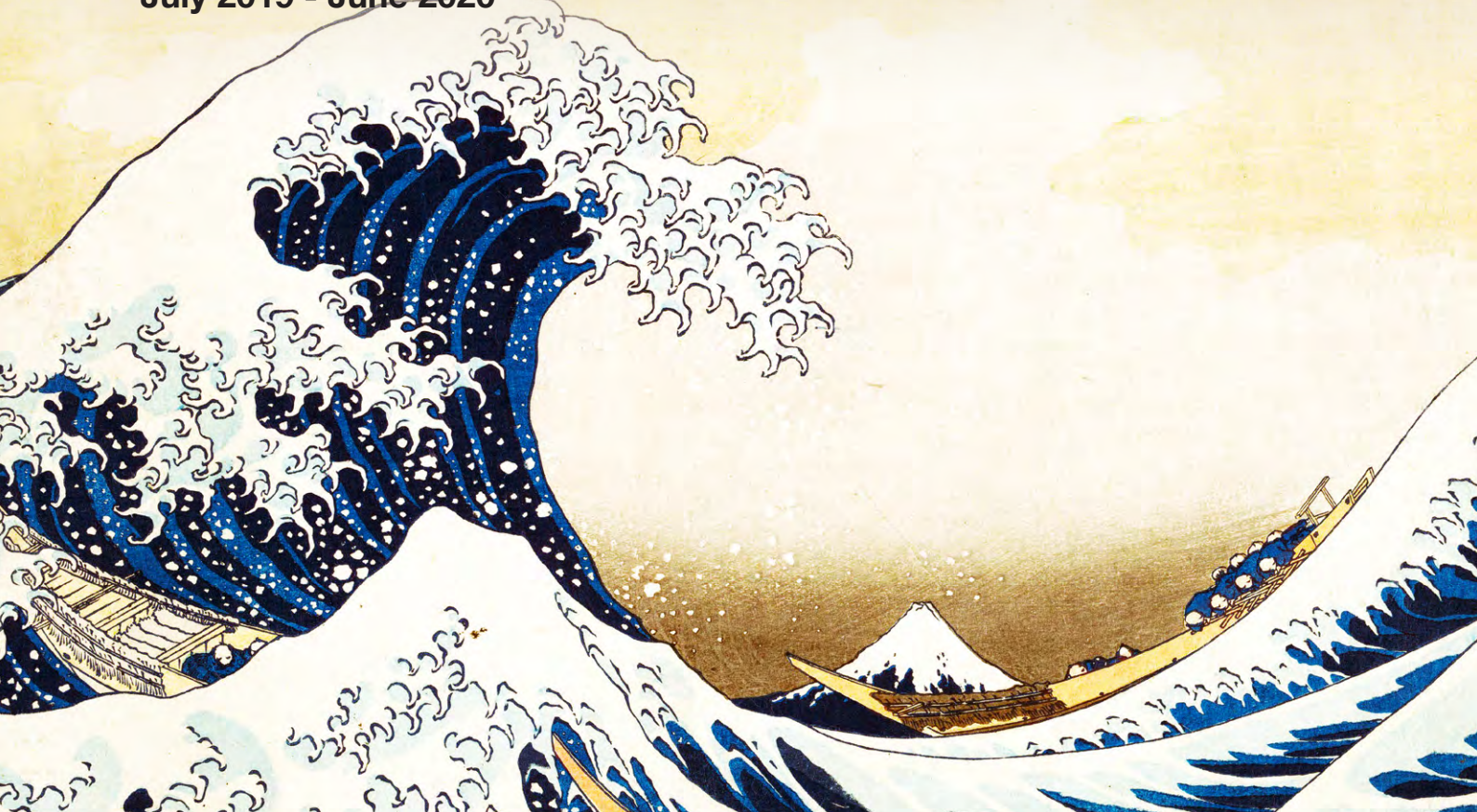
# 以慈悲與智慧 轉化困境 航向光明

## Navigating through uncertain times

弘法報告

Activities Report

July 2019 - June 2020







金豬年後半，倫敦佛光山、佛光協會僧俗二眾、義工，群策齊心合力下，為2019年下半年增添了精彩的弘法篇章。本著教育、文化、慈善、修持四大宗旨，倫敦青年團的薪火傳承、白象幹部再添新血，各項義工、會員聯誼活動熱情開展，佛光人寒冬送暖，食物銀行雪中送炭，課程參與、法會精進無有間斷。

送走金豬，迎來了無疑是令人永遠無法遺忘的庚子鼠年，新冠肺炎疫情的來勢洶洶，封國、封城，改變了生活步調與思維。道場的暫時關閉，因緣剎那生滅改變，車水馬龍的熱鬧寺院頓時寂靜，人與人的距離因雲端相會而縮短。抗疫初期第一時間道場募集了近五萬個口罩，本著慈善關懷，寄發口罩與經典抄經紙本等法寶給英倫區近三百位佛光人解燃眉之急，緊接又捐助二萬多個口罩予倫敦區教堂、老人院、安養鄉心與各級學校等等，落實了真實的跨宗教交流與互助。為安撫照料信眾會員在這波疫情的不安與焦慮，因應時勢開啟直播，法會共修、與各項經典講習課程；話說佛光山論壇，老中青三代飲水思源共話佛光山的內涵與因緣情感等等活動，首創網路弘法的新頁外，會員大眾得以有所依怙而安住身心。信眾的精進、自覺行佛，刺激著佛光大眾相互成就精進。

無常的變化，未曾抹滅佛光人弘法的熱情，秉承開山星雲大師提出信仰與傳承，佛說、人要、淨化、善美的人間佛教。佛光分會線上的素食教學，介紹更深入、多元的素食內涵；人間音緣的下午茶會，輕鬆歡唱的線上會員聯誼；監獄弘法佈教培訓傳承接班；中英讀書會無有暫輟；青年團抗疫期線上心得分享相互砥礪加油；菩提園親子動員一家親，促進家庭融合，為推動人生的真善美，和諧社會而奉獻努力。佛光人克秉一心，不因疫情而固步自封，效法菩薩精神更為積極投入線上弘法愈發堅定。

因緣的改變，促使了設限於道場的法會，轉型為直播共修，又網路無國界，受益者、參與者更多、更廣。危機或是轉機，逆境來時順境因。未來，或難或易，或種種的不確定性，佛光人我們在堅持信仰力量下、佛菩薩的庇佑下，確定堅信的在各個角落持續發光發熱。

釋如海

倫敦佛光山監寺



The second half of 2019 was teeming with great achievements in our Dharma propagation mission, thanks to the seamless collaboration among the London Fo Guang Shan monastics, BLIA lay community and volunteers. Upholding the four main objectives of Fo Guang Shan through culture, education, philanthropy and spiritual cultivation, we witnessed a new batch of BLIA YAD committee members and White Elephant staff; stronger bonds fostered through volunteering opportunities and fellowship events; the great success of the winter foodbank drive; active participation in numerous classes and Dharma services. Such dedication and unwavering attitude to cultivation is so encouraging.

2020 is definitely an unforgettable year. The rapid spread of COVID-19, evolved into a full-blown pandemic, resulting in lockdown measures, travel restrictions and dramatic changes to the lives and minds of many. The temple was shut down temporarily, a perfect example of the law of impermanence, as this once crowded place in the heart of London turned into an empty building with no visitors. However, advanced technology has no boundaries, connecting us in this trying time. The temple also actively took part in the effort of combating this pandemic. At the initial stage, almost 50,000 face masks were collected. Apart from sending face masks and sutra transcription sheets to about 300 Buddha's Light members, the temple also donated over 20,000 face masks to schools, churches, and nursing homes across London.

Dharma services and sutra classes were streamed and held online, which provided an avenue for devotees to soothe their anxieties and worries. The "Fo Guang Shan: Retrospection" forum held on Buddha's Light Day was a huge success in bringing together the community across different age groups, as the panelists shared their personal stories and their special connections with Fo Guang Shan. These opened a new chapter of online Dharma propagation for us, providing a source of reliance for many. Using modern technology, our devotees were able to deepen their spiritual practice as they came together virtually and supported one another in their cultivation.

Venerable Master Hsing Yun advocates Humanistic Buddhism and the importance of Faith and Legacy. Humanistic Buddhism is that which was taught by the Buddha himself, that which is needed by human beings, that which is pure, and that which is virtuous and beautiful. The pandemic did not stop us from continuing to uphold these values. With technology, we shared online tutorials on how to cook a diversity of vegetarian food; a virtual tea party was held as members sang songs from "Sounds of the Human World" together; we also continued to train volunteers to be chaplains for prisoners. Both Chinese and English study groups continued to take place online; YAD showed support to each other and shared their reflections about the pandemic; assignments given to Bodhi Garden students became fun family projects as parents were involved, fostering stronger family relationships in building a harmonious society. Despite the pandemic, Buddha Light members stayed true to their values and continued to progress. They emulated bodhisattvas' spirit and actively joined the online cultivation activities.

Current circumstances and conditions have led to the transformation of our temple-based Dharma services into online events, surpassing geographical restrictions. It has benefited many more as we are able to reach out to a wider audience. Every crisis can be an opportunity in disguise. When adversity comes, it may be a cause of benefit. No matter what the future holds, with faith and blessings from the buddhas and bodhisattvas, we shall continue to radiate light and warmth to every corner of the world.



**Ru Hai Shi**

Superintendent  
London Fo Guang Shan



當佛光山開山宗長星雲大師興起其「佛光普照三千界，法水長流五大洲」之慈悲宏願時，佛教的種子即開始散播於世界各地。1990年11月，在大師率團至歐洲弘法並繞道英國考察之際，並留下兩項使命：1. 倫敦要有道場；2. 倫敦要成立佛光會。這時候，這顆佛教種子就已在英國萌芽了。

歷經年餘的努力，1992年初，終於在倫敦最繁華的中心地區覓得一棟合適的宗教建築。4月20日，大師蒞臨主持「國際佛光會倫敦協會成立大會暨皈依典禮」。同年9月28日星雲大師親臨主持開光落成典禮。自此，這座基督教書院便成為佛光山在英國的重要據點，也是中國大乘佛教在英的最佳立足點。

這座樓高四層的古院被列為二星級古蹟的維多利亞建築，曾經一度是基督教神學院。它是一棟擁有地上三樓、地下一層的雙排四層樓高建築，包括大殿、觀音殿、地藏殿、文物流通處、圖書館、辦公室及齋堂。

平日除了例行週日共修會，農曆的初一、十五的點燈祈福法會外，亦會配合時節舉辦多元化活動：如戶外浴佛法會、朝山、社教課程、讀書會、兒童菩提園、生活講座、慈善籌款等，秉持佛光山教育、文化、慈善、修持四大宗旨，藉著不同的活動，推動人間佛教，將佛法融入本地的社會中。

正信佛教不僅在英國紮下了根基，也將不斷地成長茁壯，倫敦佛光山本著星雲大師「以文化弘揚佛法，以教育培育人才，以慈善福利社會，以共修淨化人心」的理念，倡導佛教本土化，培養本地的弘法人才，以為實現同體與共生、歡喜與融和、平等與和平，而建立人間淨土於全世界。



Established in 1992, London Fo Guang Shan Temple is an active centre of Buddhist worship and teaching in the Mahayana tradition. It is one of the 200 worldwide branches of Fo Guang Shan Monastery founded in Taiwan by Venerable Master Hsing Yun in 1967.

The Temple propagates the Dharma (Buddhist Teachings) of Humanistic Buddhism advocated by the Venerable Master. Humanistic Buddhism is a modern Buddhist philosophy. Its goal is to live the Bodhisattva way. Bodhisattvas are energetic and enlighten beings who strive to help us liberate ourselves. Humanistic Buddhism places strong emphasis on making Buddhism relevant in contemporary society by bringing it into all aspects of our daily lives.

In the same year, the Buddha's Light International Association (BLIA) London was born. This is a Lay Buddhists group also formed by Venerable Master Hsing Yun for lay practitioners to join in the propagation of the Buddha's teachings under the guidance of monastics. The BLIA headquarter is in Los Angeles, California, USA. In every temple of Fo Guang Shan in the world, there is a BLIA chapter within it to assist the temple in spreading the Dharma.

London Fo Guang Shan Temple aspires to create a Pure Land on Earth. Housed in a Grade II\* listed building in the central of London city, London Fo Guang Shan Temple is a remarkable example of high Victorian polychromatic architecture by one of the UK's most significant Victorian architects, William Butterfield. Only a few minutes away from Oxford Street, the Temple provides a sanctuary from the stresses of urban life. Spanning four floors, the Temple consists of the Main Shrine, two additional Shrines for Avalokitesvara (Guan Yin Pusa) Bodhisattva and for Ksitigarbha (Di Zang Pusa) Bodhisttva, A meditation hall, a refectory and a library.

Over two decades, London Fo Guang Shan Temple and its affiliated association have actively fulfilled their role in spreading the Dharma of Humanistic Buddhism based on the four principles initiated by the Venerable Master:

- Propagating Dharma through Cultural Activities
- Fostering talents through education
- Benefiting society through Philanthropic Programme
- Purifying human hearts and minds through Buddhist practices

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## 倫敦佛光山 堅持網絡直播共修 疫情期間以法相會共勉

世界衛生組織3月份宣佈新冠為「全球大流行」，隨後英國政府頒布了居家令。為響應政府政令，倫敦佛光山隨後也臨時中止了對外開放，所有佛堂活動都改在了網上，網絡直播共修意外地受到了信眾的極大歡迎。

自3月8日倫敦佛光山第一次網上直播「點燈祈福法會」以來，網上直播初一、十五及周末共修法會，每場網上參與共修人數介於80-200人。另外幾乎每天都有晚課的直播，每場約有百人參加，圓滿完成了30部的「慈悲三昧水懺」。疫情期間，倫敦佛光山的網上共修直播，給信眾以極大的鼓舞。每天在網上跟隨法師們一起共修，成了疫情居家期間多數信眾的常規。

\* 數據從3月8日至6月30日 (data from 8th March to 30th June 2020)

# 9,000+

## 頻道直播時間總計

YOUTUBE CHANNEL - minutes of streaming

# 18,000+

## 直播收視率

LIVE STREAMING VIEWERSHIP

# 6,788

與會者 Participants

## 晚課

EVENING CHANTING

# 1,573

與會者 Participants

## 週日共修

SUNDAY SERVICES

# 873

與會者 Participants

## 光明燈法會

NEW MOON/ FULL MOON SERVICES

# 1,510

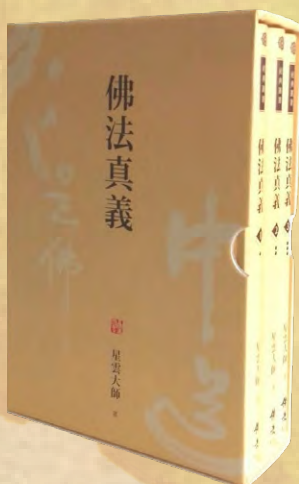
與會者 Participants

## 大型法會/修持活動

SPECIAL DHARMA SERVICES

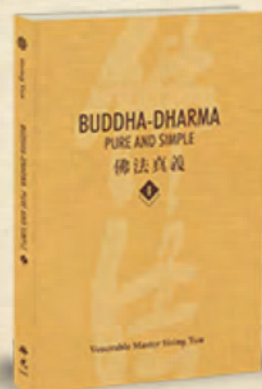


## 疫情期間線上課程傳遞佛法安撫身心



《佛法真義》社教課從2019年六月開課一直持續到今年七月，因新冠肺炎疫情而於三月份開始轉為線上課程。由安今法師授課，37堂課、二十余位學員共霑法喜、精進學習。課程以星雲大師著作《佛法真義》為題材，深入探討i. 佛法基本義理、ii. 對佛法應有的認知、iii. 名相解說以及 iv. 如何將人間佛教落實在生活中。第一分會會長王守娟表示從課程中獲益良多：「師父每堂課的教材都準備齊全，一張講義的背後，有另外幾張密密麻麻的文字。這幾期的課程師父時時強調和提醒我們做為佛教徒，最基本的佛學知識一定要清楚明白，特別我們是受戒的信徒，也是佛光人，每日的修行不論是誦經或是行佛時都要對佛學有所認知，秉持中道的佛教理念，活出自我生命的意義和價值。」

2020年這一場新冠肺炎疫情短時間內猖狂的在全球各地逆襲，居家隔離令讓全球在那間進入癱瘓。倫敦佛光山在這非常期間推出一系列的社教課程，適時的以佛法清流洗滌安撫人心。讓「人間佛教」得以在英國本土化，一直就是倫敦佛光山的弘法使命之一；因此也特地的安排了英語組《佛法真義》，由青年妙慧講師彭寶珊授課，近三十位西方學員以及以英語為首要語言信眾參與，每週一線上以法相會。學員年齡從7歲-70歲，來自多元文化教育背景；信仰與佛法還有星雲大師的「人間佛教」把大家牽繫在一起。妙慧講師的用心備課、創意教學以及學員們的踴躍參與和分享讓每一堂課都在法喜充滿中進行，在善知識互相學習、扶持下，讓居家隔離的日子更增添了不少的意義和色彩。



自今年三月因疫情居家以來，倫敦佛光山有舜法師于每週四晚上7:00-8:30在網上給信眾們講授佛遺教三經。分別為《佛遺教經》《四十二章經》及《八大人覺經》。

每次課程約有四十位學員參加。有舜法師的講課通俗易懂，提醒大家聽聞之後也要時刻運用在生活裡，清淨身口意，遠離五欲六塵，常觀想因果無常。信眾們也很感恩疫情期間仍然有機會修持精進。



受疫情影響，英國全民居家隔離數月，少數居家隔離在家悶得發慌，甚至還出現抑鬱焦慮等情緒困擾。倫敦佛光山積極發展線上共學模式，由監寺如海法師教授《那先比丘經》課程，帶領佛光人深入經藏，啟發般若智慧。學員們透過課程的學習，提升心靈免疫力，以更積極正面的心態抵抗疫情。



隨著新冠肺炎疫情在全球蔓延，英國從三月份出台全民居家隔離的規定，所有居民將出門次數減少到最低程度。倫敦佛光山積極開展線上佛學課程，由監寺如海法師教授的《認識法會--水懺解析》課程，吸引了佛光人精進熱情的參與。學員們透過佛法的熏習，不僅提升了佛學素養，也透過佛法的正能量來安定身心。



邁入第二年的倫敦中譯英翻譯課經過時間的歷練而更扎實，每兩周的相聚是眾學員們最期盼的時刻。因此絲毫不受疫情影響，當政府事實居家隔離政策後；課程善巧的利用新穎科技，學員們跨越時空，於倫敦、曼城、馬來西亞和台灣，繼續歡喜以法相會。兩小時的課程涵蓋了筆譯審核、法相分享和同步與逐漸口譯練習。學員們聽取妙光法師的建議在每一堂課開始前唱誦心經並在結束前做三歸依回向，把翻譯課視為修持。近幾個月來，回應總山推出的英語版心經，翻譯組也開始練習英語心經，期許有一天可以以心經來接引更多本地西方人學習佛法。兩年來，在帶領人彭寶珊用心的指導下，學員之間互相切磋，大家都有了顯著的進步並開始承擔起道場的翻譯工作。期許大家初心不退，承擔起弘法使命，讓人間佛教在英國發光發熱。



81

線上社教課程

ONLINE CLASSES

2,529

學員

ONLINE STUDENTS

25

讀書會

STUDY GROUP SESSIONS

220

讀書會學員

GROUP STUDIES PARTICIPANTS

24

佛光會線上活動

BLIA ONLINE ACTIVITIES

579

線上與會人總計

ONLINE PARTICIPANTS



## 課後心得分享

### 王錦惠 佛教百問

人生無常，死亡可能隨時降臨。佛法告訴我們死是要到下一期的生。生死只是人間的相。這一期生命裡活得好，不得意。活得不生好，也不必灰心，在生活中修行累積好因緣，可以改變下一期的生命，為下一期做準備。這樣就可以平常心自在的面對死亡。有時面對家人的死亡，有更多牽絆，除了個人對往生者的不捨，加上家人彼此之間的情緒宣洩不當，非常容易摩擦。這一定不是往生者所樂意見到。也是對平常心大考驗，須有智慧去處理。我想開始和家人談生死這個話題，平時就知道自己的想法，對生死有修行，有準備。那一刻來臨時就容易多了。

非常感謝師父開了這門課。讓我們在這非常期間，可以學到這麼多主題，而且這些主題都是我們學佛生活中非常貼切的主題。替我們解答了許多疑問，加強了學佛概念和信心。藉由觀看影片，才知道更多佛光山的線上學佛資源，那像是取之不竭的巨大寶庫。在作業設計上師父讓我們有機會反思所學，不只是知識上的學習和修行功課，還有對自我內心的觀照，那是修行很重要的一部份。很受用。最後可以各別提問自己的問題，師父也都用心回覆。我覺得收穫很多。十分感謝。

### 何美穎 認識法會~ 水懺解析

聽了師父的講解，了解了懺的功用，它能洗淨了人間的千塵，宿業，轉念無邪。懺可化怨為甘美的清流，讓我人間，就如但採淨蓮，莫臭泥，讓我們增長了寬容和慈悲。使這社會更加美好。

### 盧鏡善 佛遺教三經

佛陀要我們安貧守道，要有智慧，要精進。大師曾說過六度波羅蜜中以般若波羅蜜為導。因為沒有般若智慧就很難有正知正見，而無法了解佛法真實意。

在修行路上很辛苦有時也很孤單因為修行要靠自己，沒人幫得了忙。如果沒有精進很難持久。精進不是一下子都很多經書或做很多佈施。精進是不間斷持續的修持。要有意志力也要有對佛法不變的信心。

執著應該是我的煩惱魔之一。經常為了一點事就忘了大局面。比方說家裡很潮濕牆壁有很多潮濕的痕跡。每天我會對著潮濕的地方盯著看而造成生活很大的困擾。有一天聽心陪和尚講心經。他說人的執著往往只注意生活中不完美的這一點而忘記了其它美好的地方。一言讓我驚醒。是啊為什麼我每天盯著牆上潮濕的地方而不看房子其它的地方呢。從此對房子潮濕的事就沒有以前那麼在意了。煩惱還有但是沒有以前那麼嚴重了。

### 黃華娟 佛教百問

這堂課讓我對生死的看法有很大的改變! 「生亦未嘗生，死亦未嘗死，生死一如，何憂何喜?」讓我想到生在戰爭時代、天災橫禍、當今的疫情，何喜之有? 死只是另一段生命的開始，對那些患有惡疾而痛不欲生的人不也是一種解脫嗎?

一直來以為帶業往生或隨習氣受生，只有好好修行，改往修來就可以免墮三惡道，沒想到意念也很重要。意念堅強就可以超越平常不好的習氣，我相信「放下屠刀，立地成佛」應該也是意念的成就吧!“我從小就很怕死，只有聽到死這個字都會發抖。原因是媽媽常常講她小時候二戰時期日本軍人如何傷殺她們村莊的人，因此一直都很害怕死的過程和痛苦。

去了佛堂和接觸佛法後，了解人死後有輪迴、也有三世因果的關係，開始認真的好好學佛和拜懺，總希望能把前世不好的業減少也不希望今生有所犯的帶到下一生。一直來以為自己已明向生死輪迴的道理，以為心理上已準備好一切，以為可以坦然面對死亡，可是一個新冠肺炎就把我完全的打敗了!

原來也就是那個過程，是患病後到死亡的痛苦過程;臨終不能有家人陪伴;也不能有正式的告別式! 這些跟我平常心理上已準備好的一切都不可能實現，那些恐慌和困擾每天都好像在地獄走來走去。若然沒有佛堂安排線上共修和課程，把我的思惟重新喚起，想今天還是給這個無明所牽引到種種的忐忑和恐懼!



## 王守娟 佛遺教三經

觸事無心難一開始學佛有很多的障礙，以前不知道是自己的福德不夠，因緣不具足，常常怨天尤人，1996皈依進入佛門幾次就懈怠了，心裡也常想，一切隨緣。現在我懂得所謂「隨緣」是你在努力過後，還是不能圓滿，才叫隨緣。

沒有學佛前每日一早起床，忙忙碌碌的過了一天，心境時而跟著外境轉，無明煩惱重重包圍，甚至在睜開眼的剎那間，真的希望自己不存在，在渾渾噩噩之中追求不實際的自己，自暴自棄，自憐自艾，喜歡和別人比較，為什麼我的命這樣慘。學佛後持戒，依教奉行給予我最大的幫助，我將生活簡單化，不靠太多的金錢物質來滿足自己，去掉我執回歸到真如自性，試著不攀緣，提醒自己把心放在善念裡。妄想減少了，遇到逆境時，會用佛法來分析。”

## 朱麗月 佛遺教三經

佛陀說四聖諦，是要為眾生說明世間是苦的，並說出煩惱是苦的根源，無明及貪瞋癡是煩惱的來源，也是生死輪迴的原因，要去除煩惱，才能解脫，並說明離苦的修道之法。佛陀三轉法輪說四聖諦，希望眾生能體悟出其中的道理。過去我也不懂為什麼在世間是苦的，直到有了愛別離苦、親人離去的苦，學佛之後才知道要知道苦才能離苦，最近觀察的生活細節，發現從這些地方可以覺察自己煩惱的來源，希望能慢慢修正。

對於“識自心源”這四個字特別有深刻感覺，我對自己的本性到底了解到多少，我很感謝師父教我們要觀察，在觀察自己心識的變化時我發現我的一些長久以來的習性，一開始只知道發現它的存在，現在我慢慢的可以修正它了。

## 倪世健 佛教百問

在本週的課成中最有感受的是一半一半的世界，在早年一切追求都要圓滿，只有百分百才算成功才算克服，說好聽，是有能力，不服輸，能堅持，不放棄等等，但能真正完成到百分百圓滿好像也數不出來，自己不黯這一半一半真理的奧妙，所以煩惱叢生，好壞，喜樂，日夜，貧富邪正，個有自己的領域，有時各有增減，但卻無法統領相對的另一半，當然此道理，更無須一切都要完整全能，無須強求或羨慕他人的成就，更無須一切都要完整的百分百，重要的是如何將自己的領域盡量充實完善；在工做中，大家對家人的互補，要相互欣賞尊重贊歎；在工做上，無須完全做盡所有的事，留一半給他人承擔發揮，讓大家共同分享努力與成果，不也皆大歡喜。這一念的體悟，讓我的生命有了另一番無限寬廣的生命活力，在自己的一半世界盡情的去發揮。

## 魏藝曼，佛法真義

因果報，並不是信其有而不信則無，我們在現世能做的就是多給自己重善因，懺悔自己做錯的過去，多給自己出舍出去什麼。想獲得什麼，就要多自己付。相信了因果，让我有了畏懼之心，并不仅仅只是社会的法律法规在约束人，即使别人没看到，你没有得到惩罚，但是因果确实最公平的，因为有了因，再加上缘的成熟，我们就会受到果报。从现在开始多积累善因，多做好事结善缘，一切都不必操心，因为善因也会因为善缘的成熟而生出善果，我们只需要但行好事，莫问前程。



## 課後心得分享

### 朱麗月 佛法真義

我很喜歡師父在課堂中舉例老和尚替老爺放祿位的故事，過去遇到比較難相處或難溝通的人時，大多的情況我會認為這個人有問題，但沒有想到可能是我有問題，因此有時會與人結下壞的因緣。老和尚想到過去世可能自己沒有跟他結下好緣，這樣的想法反而讓他將這個煩惱轉成了菩提。人的心念轉換一下，人生就會有所不同，過去許多的聖人的成功，背後都有許多的挫折與困難，然而這些卻是成就果實的肥料。人生中總有許多的大小挫折或是與人的摩擦，希望能用我們所學到的佛法，藉由心念的轉變，放下執著，多觀照自己，體諒別人，相信有一天能夠在無明煩惱中，培養出菩提心。

### 黃素璇 那先比丘經

學佛修行後，如何在生活中長智慧？

這是我還在努力的！佛法是不可思議的，但也要有心去體悟和實踐才能真正的受益。對大師倡導的「三好四給五和」，我是五體投地的。星雲大師和佛光山攝受了我，原來學佛、行佛並不止是拜佛和求佛而已。記得剛到倫敦佛光山，有次聽妙祥法師開示，他說：佛陀並不需要你禮拜他，而是在禮佛時，你以謙卑的放下自我！這一句話，對於當初的我，其實是一記棒喝！這幾年在菩提道上，有過精進，也會懈怠；有信心十足的時候，也有不確定的時刻。不論順境逆境，佛法讓我學會觀照自我、學會反思、學會接受包容，更重要的是如何把自己從牛角尖裡轉出來。也許距離增長智慧還有很長的路，但我有在努力，信仰和佛法給了我強而有力的力量，讓我可以更從容、更坦然的面對生活。

### Tim Andrews, Buddha-Dharma: Pure and Simple

A lot has been going on in my life, with many changes and many challenges, particularly during this pandemic. At such time of uncertainty, I am so grateful for the Buddha Dharma Pure and Simple Classes and all the online services and activities organised by the temple, which has given me guidance and hope. Learning the Buddha's teachings have helped me to accept and understand life. I look forward to these classes each week as they give me such positivity and wisdom. Thank you!

### 謝詠琴 菩提家長讀書會 《五和》

星雲大師的“五和”理念讓我體悟甚深，疫情期間居家隔離，終日共處一室，即便是家人之間也難免有摩擦。那麼每個人從自我做起，就能讓家庭和順，然後才能廣及社會，實現社會和諧。



## 林瑞春 佛法真義

近年吃素的人愈來愈多，不少人為環保、健康，或宗教而吃素，吃素好處不少，還能長養慈悲心，不剋生不侵犯他人生命，但若吃得不健康，也可能吃到營養不良「面有菜色」，或者愈吃愈胖。烹飪素食時，就不要用太複雜的烹調程序，新鮮蔬菜多食用，油一定要適量，選擇素料豆類如黃豆、毛豆、綠豆，豆腐，腐竹和冬菇類等等，含豐富蛋白質，少吃加工食品對身體不好，經常換米飯種類，偶爾吃點糙米，或在米飯內加五谷、燕麥等都比較有營養。有些人擔心吃素怕營養不良。其實只要吃素時能選擇多样化的菜式，不偏好某種菜，一樣能攝取到足夠的營養。

## Betty Moore, Buddha-Dharma: Pure and Simple

HUGE Thank Roxy for your dedication and efforts in making study enjoyable and developing our wisdom. Thank you everyone in this study class too. Immense gratitude for facilitating my spiritual journey through deepening Buddhist study and application to daily life.

## Peggy Lau, Buddha-Dharma: Pure and Simple

Thank you for the classes on Monday evening. I am impressed with the way you make things easy to understand and tips to remember. Now I can understand about the terms that are used such as noble truths, realms, be aware of the thieves.

I look forward to every class to improve my learning and understanding of Humanistic Buddhism. The classes have also helped to guide my understanding and help to link the chanting and practices we should aim for. Thank you.

## 王雪燕 菩提家長讀書會 《佛光山之歌》

星雲大師的慈悲願，在全球五大洲都設有有佛光山的道場，即「佛光普照三千界，法水長流五大洲」，不僅是弘法的道場，也是海外遊子的心靈加油站。作為佛光人，出門在外如遇到困難，不但有諸佛菩薩加持，也可以得到當地佛光會的幫助，何其幸運。



## 陳梅琳 認識法會-水懺解析

世事無常！想不到這次新冠肺炎疫情把我們大家都關在家、封城了！但身為一位護士我还是要每天去醫院上班，繼續看護更需要醫療的病人。恐怖心，對新疫情的無知都帶來了諸多不便。更重要是看到同事們一個個的倒下，自己不知何時也和他們一樣呢？再加上一個人要做三人的工作，病人的電話問題無終止，而且要上呼吸機器訓練以備不時之需，實在太累了！

但也感謝這疫情，發起我的增上心！大姐傳來的每日禪坐功課，跟隨常住晚課禮拜水懺。最重要的還是每星期三如海法師的課，聽法師講解水懺由來，明罪相來無量不出有三障，要以七種心來懺悔三障，以禪修、定調伏自己的心，以清淨心相應。我很感恩有這麼好的因緣，第一次可以誦念這麼多部的水懺，更重要是師父的慈悲讓我理解之中的函意，盡量的隨聞而觀。

## 趙含晶 菩提家長讀書會 《流轉》

讀了大師的《流轉》，我覺得我們的人生就像水的德性，有強勢的一面也有柔軟的一面，當遇到困難時，心情就像海浪沖向岩石那般洶湧，水從高處直沖向石頭，流過山路崎嶇不平。如遇到順境時，就像船到達彼岸，心情像水那般平靜。我希望可以學習水柔和的一面，生活中能屈能伸。

## 袁瑩 認識法會-水懺解析

們都把注意力放在悟達國師上，卻忽略了懷恨了十世，過了十世苦日子的晁錯。當時聽到這時，心裏咯噔了一下。常說得饒人時且饒人，原諒了別人，也就是了結一段的恩怨情仇，自己也從中解脫了，那是多麼好的結果啊。反觀自己，被責備了一下，小小的事情，心裏都會產生不良情緒，而且還會持續一點時間，也是苦啊。轉念一想，凡所有因，一起都是業感所招，自作自受。幾個月下來師父在課堂上詳細地解釋懺文中的法相，特別是各種煩惱障的原因，百千的煩惱，留在記憶的是六根本煩惱：貪、瞋、癡、慢、疑、見。“凡夫之人，舉足動步，無非是罪”。是啊，近期儘管被鎖在家裏，我們有更多的起心動念，行善作惡都在念頭間。再次誦讀懺文更明白為什麼要時時懺悔，時時反省，才可以慢慢去垢，少一些苦。

## 黃忠東 菩提家長讀書會 《佛陀的一生》

雖然在疫情期間，經濟受到很大打擊，但我覺得人命才是最重要的，其他都是身外物。要把一切都放下，思考我們為何來到人世，學會在虛幻裡平復自己的心態。雖然佛用佛學來安撫世人，但我們仍會遭遇很多不快樂的痛苦，所以要保持“留得青山在，不怕沒柴燒”的信念。



## Kim Koh, Buddha-Dharma: Pure and Simple

The classes have made attending the live streaming of the New Moon service so much more meaningful. Now, when I chant the dedication of merits, the lessons come to mind and with the chanting of the Triple Gem and vows of Amitabha Buddha, I recall the lessons of the meanings and their significance and it makes the service so much more meaningful.

Thank you! I still have a lot to learn and a long way to my cultivation. Your help and compassion is invaluable.

## 張薇薇 菩提家長讀書會 《五和》

星雲大師的《五和》對人與人之間的關係做出非常貼切的描述。當初給孩子起名Harmony (陳悅祺)，就是不求富貴，地位，外貌，只希望孩子在快樂和諧的環境中健康成長，並在未來建立和諧的家庭關係，師生關係，社會關係，成為一個內心幸福的人。希望Harmony長大後也能體悟大師的「五和」理念。

## 陳偉良 菩提家長讀書會 《佛陀的一生》

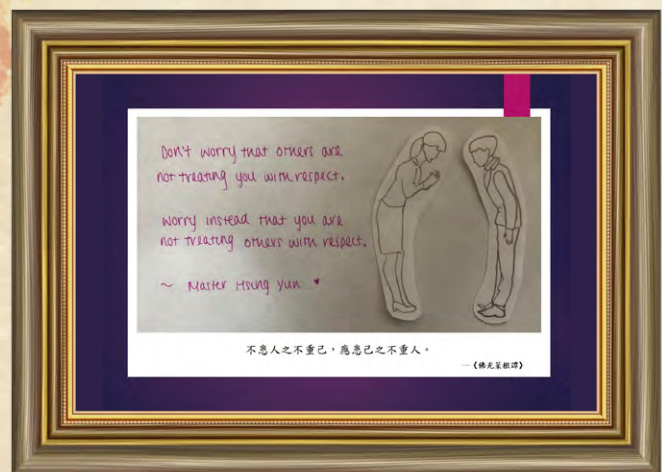
視頻中提到佛陀了悟要依循中道修行。我們在疫情封城期間，也應學習佛陀的中道精神，平衡各方面的壓力，懂得如何合理分配時間。又比如不能一直讓小孩做功課，要讓他們也有休息和玩樂的時間。對小孩不能太寵，也不能太緊，疫情期間，孩子只能呆在家裡，學習之餘，也可以安排一些如做蛋糕、做飯等親子活動。

## Junie Yong, Buddha-Dharma: Pure and Simple

I benefited from the class as it had filled in the gaps and improved my Buddhist knowledge. In class, Roxy had emphasized that not only we need to listen and learn the Dharma, we also need to contemplate and practice it in our daily routine. That has also made me more mindful of my actions. Thank you for the hard work and effort in making the classes interesting and knowledgeable.



# 文化 Culture



# 教育 Education







# 慈善 Charity



# 共修 Cultivation





## 文化 | Culture

### 西敏市市長就職 佛光山受邀祈福

倫敦西敏市市長Ruth Bush 就職典禮7月7日假西敏寺(Westminster Abbey)大教堂隆重舉行，來自軍、公、教、宗教及各界人士逾千人到場觀禮祝賀，倫敦佛光山為唯一佛教代表受邀前往，監寺如海法師於典禮中誦念祈願文祈福祝禱。

除此，長年在跨宗教交流合作推廣上更是不遺餘力。就職典禮在教堂管風琴的悠揚樂聲中展開，主教、皇室貴賓等緩緩入席，在優美詩歌的禮讚下，新任市長承擔了未來促進社會和諧、和平的重任。

在議長Nickie Aiken的《聖經》宣言後，新任市長也引用《聖經》Zacchaeus與耶穌的一段故事作為就職致詞，接著由受邀之六位各宗教代表，包括伊斯蘭教Liza Begum、天主教Gwenaelle Mallet、基督教愛爾蘭分部Edford Hall、猶太教Helen Freeman、印度教Vamsidharidasa與佛教。各宗教代表分別誦念其信仰的祈禱文，如海法師以星雲大師寫的〈為世界和平祈願文〉祝禱祈願。儀式在雋永的詩歌聲中圓滿。

就職儀式後，所有佳賓轉至西敏寺的後花園進行茶話會，新市長又再次感謝並致贈花束予各宗教的代表，充份體現出Ruth Bush 女士在跨宗教範疇的重視。期待在未來新任市長的領導下，宗教之間的距離能縮減至無形，達到信仰共和的和諧社會。

### London Fo Guang Shan invited to Inauguration Ceremony of Lord Mayor of Westminster

On 7 July, the inauguration ceremony of the Lord Mayor of Westminster, Ruth Bush, was held in Westminster Abbey with over 1000 attendees. London Fo Guang Shan was invited as the only Buddhist representative.

The inauguration ceremony began harmoniously in the abbey. Under the salute of distinguished guests and the beautiful melodies, the new mayor undertakes the responsibility in facilitating the society to run smoothly and peacefully.

The six representatives from different religions were Liza Begum from the Islam faith, Gwenaelle Mallet from Catholicism, Edford Hall from Christianity, Rabbi Helen Freeman from Judaism, Vamsidharidasa from Hinduism and Venerable Ru Hai from Buddhism. Each representative recited prayers from the respected religions. Venerable Ru Hai recited "A Prayer for World Peace" written by Venerable Master Hsing Yun.







## 世界宗教大會參訪 體驗茶禪文化

倫敦佛光山及國際佛光會倫敦協會應世界宗教大會（World Congress of Faiths, 簡稱WCF）之邀，於7月30日在道場圖書館舉辦「日日是好日—星雲大師一筆字茶禪」活動，來自基督教、猶太教、錫克教等不同宗教人士共21人出席了此次活動，期能透過茶禪體驗不同的宗教信仰，為佛教本土化和跨宗教交流合作再添新頁。

茶禪會場以悠揚的古琴迎接來賓，配以星雲大師「三好四給」，「以人方便」一筆字，在寧靜祥和的氛圍中，展開了禪修、茶道、一筆字書法和古琴音樂的多元化融合。

活動一開始，由國際佛光會青年總團妙慧講師彭寶珊帶領大眾靜坐禪修，擯除雜念，清淨身心。隨後茶禪行者在講師的帶領下，專注地把正念融入泡茶的每一個動作，從溫壺、置茶、注水、奉茶等行茶儀軌中，讓與會茶客感受到佛光茶禪一味的莊嚴氛圍。

品茶過程中，講師帶領大眾賞析大師一筆字，讓大眾進一步感受其所蘊含的佛法智慧。

來自倫敦大學文化遺產學碩士生顧芸培現場為大眾演奏古琴，她表示能夠在這樣安靜放鬆的氛圍下演奏，將茶、禪、琴融為一體，是一種很特別的體驗，她希望能把這份琴聲祥和而富有禪意的畫面感傳遞給現場每一個人。

曾經在日本生活了將近七年的猶太宗教顧問Rabbi Jeff Berger表示，雖然以前曾經參加過茶禪活動，但是這次的體驗是完全不一樣的，尤其是其所傳遞的那種寧靜和諧氛圍，讓他感受到身心的清淨與放鬆，是一場非常難忘的體驗。

活動結束之後，WCF還特別來函致上感謝信與捐款表示感激之情，透過茶禪活動不僅給他們身心帶來了寧謐，也讓他們在品茶賞藝中對佛法和茶禪有了更深刻的了解。

## World Congress of Faiths Tea Ceremony

On 30 July, London Fo Guang Shan and BLIA London hosted a One Stroke Calligraphy Tea Ceremony for members of World Congress of Faiths. 21 people from various faiths including Christianity, Judaism, Sikhism etc. gathered at London Fo Guang Shan for this auspicious and significant occasion.

The holistic event included a combination of tea, Chan, music and One-Stroke Calligraphy. BLIA YAD Lecturer Roxanna Pang started off the session with guided meditation. The tea masters then began to prepare, brew and serve tea to guests. Each step, each action was performed with accuracy and elegance. As the guest appreciated the tea, Roxanna introduced the significance of Tea Chan and Venerable Master's One Stroke Calligraphy and the profound meaning behind the words.



## 文化 | Culture



### 倫敦佛光運動會 平衡功帶來不同的驚喜

倫敦佛光杯2019夏季戶外運動會，7月20日原定於倫敦攝政公園舉辦，後因連夜大雨，場地濕滑，而移師倫敦佛光山。運動會特別邀請講師歐綺霞為大家傳授康健氣功——平衡功，是活動的亮點，吸引了近30位信眾參與學習。修習平衡功近30年的歐綺霞精神矍鑠，她自謙一直在學習中，與大家一起互學互動，教學相長。

歐綺霞介紹人體氣脈等運行的概念，接著示範十一式平衡功法，大家認真地跟隨老師學習。這些動作看似簡單，做起來卻不容易。應大家要求，歐綺霞表演了一套完整的六十四式平衡功，「氣」平八穩的熟練動作，讓大家讚歎不已。為了加深印象，並親自示範各動作和解答疑問。歐綺霞說，每天堅持練功，堅持搓臉，都不用買護膚霜。她以自身體會表示，氣功對於強身健體，確實有效。

倫敦佛光杯運動會由倫敦佛光協會第二分會主辦，每年舉辦四場，分別為春季室內、夏季戶外、秋季慈善義跑以及冬季室內電子運動。倫敦佛光協會第二分會副會長陳煥杰表示，感謝歐師姐精彩的平衡功，為此次運動會帶來不一樣的驚喜。

### BLIA London Cup 2019 - Practising Balance Qi Gong

The BLIA London Cup 2019 was scheduled to be held in Regent's Park on 20 July. However, due to heavy rain, the event was moved indoors to the London Fo Guang Shan temple. The lecturer Kitty Au was specially invited to teach healthy Qigong – The Balance Qigong, which was the highlight of the event, attracting nearly 30 participants to join. Kitty Au has been practising the Balance Qigong for nearly 30 years, therefore she looks fit and healthy. She is still practising and wishes to learn more from others for improvement.

Kitty Au introduced the concept of qi running in the human body, then demonstrated the Eleven-style Balance Qigong method. Everyone concentrated and followed her teaching, but the actions were not as easy as it seemed.

The London Fo Guang Cup sports games was hosted by BLIA London Sub-Chapter 2. It has held four sports games each year, including spring indoors games, summer outdoor games, autumn run for charity and winter indoor E-sports games.







## 新聞寫作培訓

為提升國際佛光會協會幹部們新聞寫作和活動宣傳水平，倫敦佛光山8月24日在圖書館開展新聞寫作培訓，由國際佛光會禮講師倪世健主講，共五位佛光人參加。

課程開始，督導首先口述一篇文章，然後請學員指出錯處。接著他為大家介紹「新聞」的定義，和新聞稿的四個特點：真實性、新鮮性、簡明性和傾向性。

督導講解新聞稿的基本格式和寫作方法，即通過梳理 what、who、when、where、why、how 六要素，釐清寫作思路。他提醒大家，標題要富吸引力，導語要一目了然，主體要表明觀點，結語要昇華主題。

培訓課程讓大家對新聞稿的基本內容與格式都有了一定的了解。透過不斷地練習，大家會更加熟悉新聞寫作。

## News Writing Training Session

In hope to improve the quality of news writing for BLIA events, London Fo Guang Shan held a training session led by Helen Ni, BLIA Lay Dharma lecturer. There were a total of five attendees.

The session began with Helen reading a news article, then had participants point out the errors. She then introduced the four characteristics of news articles: authenticity, freshness, conciseness, and tendency.

Helen explained the format and structure of writing--the 6 elements of who, what, where, when, why, how. She reminded the participants that the title must be attractive, the introduction should be concise, the body paragraph should be clearly structured and the conclusion should elevate the topic.

This training session has brought a basic understanding of the format and structure of news articles. Along with constant practice, everyone will be more familiar with news writing.



## 文化 | Culture

### 雙城堡一日遊, 增擴見聞學習佛法

「讀萬卷書，行萬裡路」，國際佛光會倫敦協會第三分會本著此理念，於9月7日主辦了沃爾默城堡(Walmer Castle)和迪爾城堡(Deal Castle)一日遊。當日，由47人組成的旅遊團在第三分會會長劉豔梅和分會幹部的帶領下，浩浩蕩蕩的前往參觀坐落於英國東部，在北海邊境沿海而建的沃爾默城堡和迪爾城堡。

在出發的旅途中，協會幹部王守娟帶領大家做完早課後，劉豔梅會長簡單地介紹一天的行程，並將全團分成七個小組由七個組長帶領，以便團員得到妥善的照顧。在兩小時的車程中，安排了中文讀書會，由王守娟帶領大家閱讀星雲大師的《人間萬事》中的文章「向自己宣戰」。通過這次學習，我們知道了世間的敵人是自己，敵人躲藏在自己的心中。我們必須除掉這些敵人，特別是敵人的主帥——我執。會員們分別對自私，欲望，嫉妒和懶惰進行了討論。

沃爾默城堡和迪爾城堡是由亨利八世在十六世紀中葉，為了防禦法國和羅馬帝國入侵於肯特郡沿岸所建造的砲兵堡壘。此兩個城堡現時被列入為英國遺產城堡加以保護，乃肯特郡沿岸最壯麗的城堡之二。

離開沃爾默城堡，幾分鐘的車程就抵達迪爾城堡。當天在迪爾城堡園區正值美食節，團員們買了美食後，坐在陽光燦

爛，涼風習習的海邊享受午餐。午餐休息後，團員們開始參觀迪爾城堡。由城堡導遊講解城堡的建立及改建歷史，並帶領我們參觀。在18世紀和19世紀期間，迪爾城堡被改建為一個更適合城堡主人居住的私人住宅。自1904年，將城堡向公眾開放。迪爾城堡現在保存情況良好，仍然保留修建時的原料。從迪爾城堡出來，各組長帶領著小組步行去參觀了附近的迪爾小鎮。結束後，即奔向回程。

回程路上，劉豔梅主持了英文讀書會，帶領大家閱讀星雲大師的《迷悟之間》(三) 的「觀念播種」英文版。文章中所述：「人的一生，成敗的關鍵很多；「觀念」的對錯、正邪，是當中的一個很重要的因素。「觀念」就像播種，播了什麼樣的種子，就結什麼樣的果。好的觀念能夠成功致富，成聖成賢；壞的觀念只會沉淪墮落、邪惡如魔。」。在討論中，一致同意觀念的對錯、正邪在我們一生中非常重要，因為「觀念」將會變成行動和計劃，不僅會影響自己，也會影響周圍的人。因此，好觀念會幫助我們成長，壞的觀念會導致失敗。





## Field Trip to Two Castles

On 7 September, BLIA London Sub-Chapter 3 organised a day trip to Walmer Castle and Deal Castle.

Walmer and the adjacent castles of Deal are situated in East England along the sea. They were originally constructed by Henry VIII between 1539 and 1540. It formed part of the King's Device programme to protect against invasion from France and the Holy Roman Empire, and defended the strategically important Downs anchorage off the English coast. The two castles are now managed by English Heritage and remains the most grand castles in Kent.

In the 18th century, Walmer Castle became the official residence of the Lord Warden of the Cinque Ports.

Walmer Castle is only a few minutes of car ride to the adjacent Deal Castle. The day of the trip happened to have a food fair in the castle, members went on a guided tour after enjoying the food. The Deal Castle is in very good conditions, with most of the original construction still in place. The group also visited the nearby Deal town.

On the way back, the Sub-Chapter president Maisie Astbury shared an article in English from "Between Ignorance and Enlightenment". In the article, Venerable Master reminds us that Buddhist teachings are a form of Dharma wealth. If we are able to establish the right understanding with the basis of five precepts, six paramitas and cultivate according to the Dharma, that will be the treasures of our lifetime.





## 文化 | Culture

### 菩提園秋季開課 動手做月餅 慶中秋

漫長的暑假結束了，倫敦佛光山菩提園於9月8日秋季學期開始。39位小學童準時回到道場上課。適逢中秋佳節即將來臨，為讓英國出生的小朋友瞭解中華傳統文化，今天特別安排陳梅琳師姐教授大家製作冰皮月餅。

Roxy老師先為小朋友講解月餅的意義，月餅是圓形的，象徵團圓美好。菩提園就像一個大家庭，希望大家都能齊心協力做好月餅和家人團圓圓圓。小菩薩一一穿戴圍兜及手套，分成5組，準備就緒聽從指示。

陳梅琳老師說這次做月餅的材料有四種口味，五種顏色，而顏色都是用天然的材料。小朋友首先學習如何做月餅皮，大家分工合作，有的秤麵粉，有的負責加奶並攪拌。接著學習用冰皮包裹月餅餡心，並用模具壓出五顏六色的月餅。

一個小時候，100粒月餅全部做好。老師讓每一位小朋友拿一粒自己做的月餅帶回家跟家人分享。中華傳統，在中秋節時要送月餅給親戚朋友，寓意送上一份祝福。小朋友各拿一粒月餅，贈送給班上的一位同學，並送上祝福的話。大家都覺得很溫馨。從旁觀看的家長非常感動，也感謝常住安排這樣的課程，讓小朋友不但能學會自己動手做月餅，更能了解中國文化，感受大家庭的溫暖。

倫敦佛光山監寺如海法師讚嘆小朋友用心做出的月餅很漂亮。如海法師還特地從台灣帶回一份驚喜給大家——星雲大師送給每一位小朋友的禮物。小朋友收到師公送的禮物非常開心和珍惜。最後大家拿著禮物，站在三寶山的照片前錄影，感謝師公。







## Bodhi Garden Kicks Off New School Term with Mooncake Making

London Bodhi Garden commenced on 8 September 2019 after a long summer holiday. 39 students attended the first class for a special lesson of snow skin mooncake making, conducted by Moi Ling Ting. The lesson was arranged to celebrate the forthcoming mid autumn festival and to introduce the traditional Chinese festival to children who were born and raised in the United Kingdom.

First and foremost, teacher Roxy explained to the class about the significance of mooncakes. The round shape of the cake symbolises unity, fullest and perfection. Bodhi Garden is a big family where everyone works collectively in a team to make the mooncakes so that we will all reunite for a wonderful mid-autumn festival. She divided the class into five groups, kids put on the gloves and aprons and were ready to go.

Moi Ling introduced and explained the ingredients, there were four flavours with five different colours. She emphasised that all colourings were made from natural ingredients. Children first learned about how to make the outer layer of the cake followed by the fillings. They worked hand in hand, some weighted the flour, some were in charge of mixing and whisking. They then learned how to wrap the outer layer with the filling, using the mould to create the round shape and patterns.

After an hour, 100 mooncakes were done. Teacher Roxy asked each child to take a mooncake home to share with family, she explained that this is a Chinese custom to convey blessings during the festive season. Children also exchanged mooncakes among themselves and sent their wishes. This had created a very heartwarming atmosphere

and had touched the hearts of parents who were there too. Parents expressed their gratitude to the temple for arranging such a meaningful activity. Children had not only learned to make mooncakes, but they had also learned about traditional Chinese culture; most importantly experienced the warmth and love from a big family.

Superintendent of London Fo Guang Shan , Venerable Ru Hai praised the kids for making such beautiful mooncakes wholeheartedly with love. She reminded the kids to bring the joy home and wished everyone a very happy Mid-Autumn Festival.





## 文化 | Culture

### 中秋節茶話會 佛光人慶團圓

國際佛光會倫敦協會為慶祝中秋，9月15日下午於倫敦佛光山五觀堂舉辦中秋節茶話會，此次茶話會由第三分會協辦。倫敦佛光山監寺如海法師、協會幹部會員及家屬150多人參加此次茶話會。

如海法師表示，中秋佳節是闔家團圓的節日，佛光會就是一個溫馨的大家庭，祝福大家都像十五的月亮一樣事事圓滿光明。

佛光合唱團演唱優美的佛曲〈佛寶讚〉和〈祈求〉，菩提園小朋友演唱自行改編的佛光版〈月亮代表我的心〉。第一分會表演活潑的舞蹈〈好自在〉，帶動輕鬆歡樂的氣氛。第二分會為大家設計懷舊燈籠創作比賽，讓大家以柚子和橙子皮發揮創意，重溫兒時的歡樂時光。第三分會準備中秋燈謎，讓與會大眾在輕鬆猜謎的同時，也學習到一些佛學知識。最後，如海法師帶領大家唱〈佛光照耀著你〉，圓滿茶話會。







## Mid Autumn Festival Celebrations

On 15th September, BLIA London Sub-Chapter 3 organised a Mid Autumn Festival Tea Party. About 150 Buddha's Light members attended with their friends and families.

There were many different performances and activities including singing, dancing, lantern-making and riddles.

Venerable Ru Hai reminded everyone that mid-autumn festival is a time for reunion and family gatherings. BLIA is a big family that welcomes everyone. She wished everyone a happy mid-autumn festival.





## 文化 | Culture



### 全英古跡遺產開放日 倫敦佛光山脫穎而出

全英古跡遺產開放日已邁入25周年，廣獲英國人及各地遊客熱烈回響。今年的開放日延長至兩周，從9月13至22日，數百座古跡開放參訪，吸引數以萬計的古跡、建築及文化愛好者前往朝聖。

矗立於倫敦鬧市西敏寺牛津街附近的倫敦佛光山是座二星級古跡，2017年因屋頂修復工程，獲得英國國家彩票基金會（National Lottery Fund）的援助金而參與此盛事。今年再次共襄盛舉，於19、21、22日開放門戶，讓大眾有機會一睹這棟出自著名建築師William Butterfield之手，建於維多利亞時代的13世紀的哥德式風采。

倫敦佛光山高聳宏偉的外觀古色古香，內在則為清淨雅致的漢傳人間佛教寺院；建築和文化上中西合璧，讓訪客非常驚豔，留下了深刻的印象。

3天開放日迎來近500位訪客。別具一格的禪修、藝文活動如：茶禪、抄經、DIY製香工作坊、素食烹飪示範等，不僅讓佛光山在眾與會古跡中脫穎而出，獲得訪客的青睞與佳評；更藉由此開放日，接引了各階層人士，透過活動來推廣人間佛教。

來自肯特的一對夫婦表示，選擇到倫敦佛光山來參觀，除了因為它是著名建築師的作品，也出於對佛教寺院的好奇，並被道場安排的節目所吸引。他們在參觀後留下來抄寫星雲大師的法語，沉澱身心，享受難得的禪悅法喜。任職於英國國會人力資源部的Jessica和India Andrew是一對孿生姐妹，從小受母親薰陶與佛法有緣，去年他們曾到台灣佛光山總本山參訪，此次也特別前來參觀倫敦佛光山。他們表示，茶禪活動令人印象深刻，希望能夠把這份平靜的力量帶回生活中，也期待未來再度來寺。

倫敦佛光山前身為英格蘭基督教會之教區學校，1992年由佛光山接手，在星雲大師的領導下，化身為大乘佛教道場。在漫長的歲月中，倫敦佛光山這座歷史古跡像蓮花般出淤泥而不染，肩負弘揚人間佛教的使命，也是無數離鄉背井華僑的法身慧命之家，安撫了無數漂泊的心靈。





## Heritage Open Day 2019

There have been 25 years of history for Heritage Open Day which is popular not only among the British, but also visitors from other countries. The period this year has been extended to 2 weeks (13 September to 22 September). Hundreds of ancient buildings were open for the public to visit. Thousands of fans of ancient buildings, architecture, and culture.

London Fo Guang Shan temple is a grade 2-star listed building located in the most crowded area in London — Oxford Circus. The temple was open on 19, 21 and 22 September, which allowed the public to enjoy the 13th-century Victorian period Gothic style designed by famous architect William Butterfield.

The exterior of the temple is decorated with magnificent Gothic elements, and its interior depicts that it is a pure and elegant Chinese Buddhist temple. The marriage of Chinese culture and Western architecture left a good impression for hundreds of visitors.

All volunteers followed the working creed for Buddha's Light members by Venerable Master Hsing Yun to welcome the visitors. The open day attracted over 500 people in 3 days. The unique meditation and art activities such as tea mediation, Sutra copying, DIY incense workshop, vegetarian cooking demonstration and so on, which not only made Fo Guang Shan stand out from the crowds but also won the favor and good comments of visitors. On this open day, people from all walks of life were attracted to the temple.

A couple from Kent said that the reasons why they chose to visit London Fo Guang Shan was because they were attracted by the special activities besides the architecture itself. They copied the sentences written by Venerable Master Hsing Yun, which calmed themselves down and cheered them up. Twins Jessica and India Andrew said, tea mediation is impressive and they hoped to bring the calmness back to their everyday life and they are eager to visit again.

Before this architecture was used by Fo Guang Shan, it was originally a parish school. Under the leadership of Venerable Master Hsing Yun, it soon became a Mahayana Buddhist temple focusing on spreading Buddhism. In history, this building seems like a Chinese traditional lotus flower, this is to say, it remains calm and pure regardless of the environment.





## 文化 | Culture

### 人間音緣唱長青 倫敦道場賀重陽

「獨在異鄉為異客，每逢佳節倍思親」，身處英國倫敦的佛光長青菩薩，這個重陽節並不孤單寂寞。10月13日下午，國際佛光會倫敦協會第二分會主辦的「九九重陽 人間音緣長青聯誼會」，讓與會的70餘位佛光長青菩薩，度過了一個既溫馨又難忘的下午。

長青菩薩齊聚二樓大殿，在倫敦佛光山監寺如海法師、有舜法師和安今法師引領下，進行莊嚴的祈福法會。大眾隨法師拜誦「藥師佛」佛號及〈藥師灌頂真言〉，並依次獻燈祈福，一起誦讀佛光山開山星雲大師〈為長者祈願文〉。

如海法師以星雲大師法語：第一，要修好緣，結善緣；第二，要懂得安排適當合理的經濟生活；第三，要把經驗、智慧傳承給後代，而不是依賴子孫來養老；第四，要靠信仰來養老，「以佛為伴，以法為用，以僧為友」，激勵長者。

「為眾服務、行菩薩道就不懂疲倦，只有在生病時，才是休息時間」，國際佛光會倫敦協會督導黃堅代表長青菩薩發言，獲得了大家的讚許。

倫敦佛光協會第二分會連續5年舉辦重陽敬老活動，為了讓老菩薩開心而來，滿意而歸，各義工花了不少心思。當老菩薩領到精美的禮包，吃著可口的點心時，無不點頭稱讚。

倫敦佛光山菩提園的小朋友在老師劉晉銓的指導下，早在2個星期前就開始製作福袋，小朋友們發揮巧手慧心，讓拿到福袋的老菩薩愛不釋手。

第二分會會長黃素璇在聯誼會開始時致詞，家有一老，如有一寶，現在佛光人有這麼多的「寶」歡聚一堂，真是「寶山」。每逢佳節，雖然思親，但佛光人就是一個大家庭。







## Evergreen Tea Party

On 13 October, 70 elders attended the Evergreen Tea Party organised by BLIA London Sub-Chapter 2 in conjunction with the Double Ninth Festival.

Venerable Ru Hai (Superintendent of the temple), Venerable You Shun and Venerable An Jin led the light offering service by chanting Medicine Buddha's name, Medicine Buddha Mantra and reading "A Prayer for the Elderly" by Venerable Master Hsing Yun.

Citing from Venerable Master Hsing Yun's teachings, Venerable Ru Hai said one should develop good affinities, live a reasonable life, share experiences and pass down their wisdom to the future generations, instead of relying on future generations to look after them. They were also encouraged to regard "Buddha as companion, Dharma as the way of life, and Sangha as friends". When faced with sickness, one should face it positively and transform pain into joy and be a wise, joyful and carefree elder.

BLIA Sub-chapter 2 had held this event for 5 years consecutively. Volunteers were thoughtful in making this a memorable event for the seniors. Elders were delighted in receiving the beautiful presents and delicious refreshments.

Under the guidance of Teacher Jason, Bodhi Garden kids had creatively made and prepared gift bags for the elders. The elders loved the gift bags.

In her speech, Soo Syan Eng, the president of BLIA Sub-chapter 2, stressed that elders are treasures. Hence, the big family of London Fo Guang Shan is indeed a big "treasure mountain".





## 文化 | Culture

### 佛光寶寶祝福禮與皈依典禮 倫敦見證信仰與傳承

慶祝觀世音菩薩出家紀念日，倫敦佛光山10月20日舉辦佛光寶寶祝福禮和皈依典禮。佛光寶寶祝福禮有30餘位寶寶參加，近百位佛光人共襄盛舉。此外，近30位的青年和信徒發心皈依三寶，成為正式的佛教徒。

監寺如海法師恭喜大家皈依三寶，這只是學佛的開始，鼓勵大家常回道場，建立良好的價值觀，在佛道上繼續精進用功。星雲大師在全球各地辦道場，成立佛光會，讓五大洲的佛光人有法身慧命之家，有弘法的舞台，大家學佛也要行佛，成為「人間佛教」的行者。祝福大家在三寶的加持下福慧增上，健康平安。

簡單卻殊勝的祝福、皈依，見證了信仰的傳承。有多戶佛光人三代齊聚一堂，同沾法喜。其中，國際佛光會倫敦協會督導倪世健帶著2位外孫子女參加祝福禮，第二分會資深老菩薩鄧玉珍也帶著兒媳和2位孫子女，一家三代五口歡喜皈依三寶。年初成家的前青年團副團長Rachel Yip目前懷著小寶寶，也來參加祝福禮。







## Fo Guang Baby Blessing Ceremony: Faith and Legacy

In celebration of Avalokitesvara Bodhisattva's renunciation day, London Fo Guang Shan held a Fo Guang Baby Blessing Ceremony on 20 October. Almost 100 people attended with over 30 babies as part of the ceremony. Furthermore, about 30 devotees also aspired to take refuge in the Triple Gem and became an official Buddhist.

Venerable Ru Hai congratulated them and advised that this is only the beginning of the journey, everyone is encouraged to continue their cultivation on this path. With temples and BLIA all over the world, BLIA members have spiritual homes, and a place to propagate the Dharma everywhere. By learning and practicing the Buddha's way, we are a practitioner of Humanistic Buddhism. May everyone develop their merits and wisdom under the guidance of the Triple Gem.

This simple yet extraordinary ceremony is a demonstration of Faith and Legacy, as many Fo Guang families were gathered together. For example, Advisor of BLIA, Helen Ni brought her grandchildren to the blessing ceremony. Rachel Yip, the previous YAD vice president also joined the ceremony with her new family and unborn baby.





## 文化 | Culture

### 佛光山鼎力支持大英圖書館佛教展覽 合作創新高峰

舉世聞名的大英圖書館於2019年10月25日至2020年2月23日勝大舉辦佛教展。佛光山鼎力支持這次的展覽，不但提供展覽品，佛陀紀念館館長如常法師也擔任佛教展諮詢委員會的委員。展覽於10月24日晚上在圖書館大廳舉行了隆重的開幕典禮，百多位貴賓共同參與這千載難逢的佛教展。倫敦佛光山監寺如海法師帶領法師以及倫敦佛光協會會員一行9人應邀出席，並在展覽會場為大眾演繹漢傳佛教唱誦。

當晚的開幕式由日佛僧一曲黑管與南傳佛教僧團唱誦巴厘文佛曲揭開序幕，主席Dame Carol Black代表大英圖書館致歡迎詞時表示，這次展覽力求展現佛教多元的派別以及其

深厚的教義內涵。她感謝圖書館所有參與策展的同仁以及提供借展的館社，包含大英博物館、V&A等。她也特別感謝倫敦佛光山對這次展覽的貢獻。Jampa Thaye喇嘛在開

幕致辭時闡明本次展覽是一座難得的橋梁，接起東方2500年的信仰以及西方近代50年興起的佛教修習。

貴賓致詞後，展覽正式開放，給大家參觀交流，細看探討珍貴難見的典藏文物。期間多位圖書館高層職員向法師致謝。也有其他受邀的貴賓向佛光人詢問有關倫敦佛光山的資訊，及未來合作交流的可能性。8點整大家移駕到最後的展覽區，聆聽倫敦佛光山帶來的梵唄唱誦。磬聲一起，全場肅靜，如海法師、有舜法師安今法師引領佛光人誦唸心經，接著以揚州小調唱十修歌，最後以中英文四句偈迴向所有與會來賓。在倫敦佛光人的誦唱祝福聲中開幕之夜圓滿閉幕。



大英圖書館這次的展覽是經過多年的籌備，聚眾多因緣而成。2017年6月佛光山佛陀紀念館館長如常法師、海外巡監院院長滿謙法師，時任倫敦佛光山住持妙祥法師，楊威博士等人前往大英圖書館，捐贈中英版《世界佛教美術圖說大辭典》與《佛光大辭典》並舉行雙邊合作交流事項會議。2018年1月佛光山、佛陀紀念館與大英圖書館正式簽署3年合作備忘錄，內容包含雙方未來在展演活動的合作、典藏鑑定技術等。同年4月，大英圖書館亞非部主任Luisa Elena Mengoni專程至高雄佛光山佛陀紀念館參訪，並拜會星雲大師。5月大英圖書館正式邀請佛光山參與2019年的佛教展。他們認為佛光山有豐富的經驗，必定能協助大英圖書館有成功的展出及廣大迴響。

隨後佛光山全力支持，如常法師協助監督圖形面板上的展覽清單、標籤和文字，以確保書面材料（如音譯）的一致性和學術嚴謹性提供建議。在此次的展覽中處處看到佛光山的影子。展覽品有佛光山提供的浴佛節悉達多太子聖像、星雲大師一筆字墨寶及大師的文房四寶。展覽中還播放大英圖書館特地為佛教展所製作的影片，鏡頭包括倫敦佛光山浴佛法會，還有如海法師的採訪錄影。為了推廣這次的展覽，倫敦佛光山也和大英圖書館的教育推廣部共同發起為學校舉辦“佛教學習日”讓中小學生上午到寺院參訪及學習，下午再到圖書過看展覽。開幕式當天，佛教展負責人Jana Igunma特別贈送了展覽特刊給如海法師，感謝佛光山對這次展覽的大力支持。

此次的展覽利用多種歷史文獻、圖片、繪畫配以視屏闡釋了佛陀的一生、佛教哲學、佛教的傳播和佛教的修行與實踐。珍貴的展覽品包括彩繪經卷、華麗精湛的佛教文物，以及跨越上下兩千年、來自於全球二十個國家和地區的精美插圖。期許未來四個月的佛教展可以讓所有參訪者對佛陀、佛教和佛法有更深一層的認識；更讓起源於東方信仰的佛教在歐洲西方國度扎根。







## Fo Guang Shan Contributes to “Buddhism” Exhibition at British Library

From 25 Oct, 2019 to 23 Feb, 2020, the British Library held an exhibition about Buddhism. Fo Guang Shan was extremely supportive of the event and provided various display items. The opening ceremony was held on 24 October with over 100 guests witnessing this special exhibition. Superintendent Venerable Ru Hai along with 9 BLIA members attended the ceremony and performed the classical Chinese Buddhist way of chanting.

Dame Carol Black, the chairman, addressed that this exhibition aims to present the diversity in the different categories of Buddhism and their profound teachings. She thanked all the different temples and museums for guiding and providing items to make this even possible. Jampa Thaye, a lama elaborated that this exhibition is a bridge that links the 2500 year-old eastern religion and the 50 years of western practices and interest in Buddhism.

After the opening, guests were able to look closely and discuss the artefacts displayed at the exhibition. At 8pm, all guests assembled to listen to London Fo Guang Shan's chanting including the Heart Sutra, the Song of the Ten Practices and Dedication of Merits. The evening concluded peacefully in the chantings of Fo Guang Shan.

This exhibition was made possible through many different causes and conditions over a long period of time. In June 2017, Director of Fo Guang Shan Buddha Museum Venerable Ru Chang, Director of Fo Guang Shan Overseas affairs Venerable Man Chien, Abbess of London Fo Guang Shan Venerable Miao Shiang and Dr. Wei Yang donated the “Encyclopedia of Buddhist Arts” and “Dictionary of Buddhist Studies” to the British Library and held a meeting about the upcoming collaboration. In January 2018, Fo Guang Shan, Fo Guang Shan Buddha Museum and the British Library signed a collaboration agreement for the coming 3 years including events and artefacts. In April of the same year, a representative of British Library flew to visit the Buddha museum, then asked Fo Guang Shan to support and advise on the curation of the exhibition.

Fo Guang Shan was supportive throughout the entire process from text, translations, academic guidance all

the way to displayed items like Siddhartha's statue and Venerable Master Hsing Yun's one-stroke calligraphy. The exhibition also included footage of London Fo Guang Shan's Buddha Birthday Celebration and Venerable Ru Hai's interview. In support of the exhibition, a “Buddhism Day” was also promoted where students are encouraged to visit the temple in the morning and the exhibition in the afternoon.

This exhibition utilized various historical artefacts, photos, arts and videos to display the life of Sakyamuni Buddha, Buddhist philosophies, the spread of Buddhism and the cultivation and practice of Buddhism. Precious artefacts like scrolls and sutras were assembled from 20 countries all over the world with a time span of 2000 years. Hopefully, in the 4 months of display, visitors are able to have a deeper understanding of Buddha, the Buddha's teachings and Buddhism, for this eastern derived religion to take root in the west.





## 文化 | Culture

### 聖馬裡波恩區祈福禮·佛光山《佛寶讚》宣揚和平自由

11月26日，圣马里波恩教区教堂（St Marylebone Parish Church）主辦了2019年圣马里波恩區祈福禮。主題為「在瞬息万变的世界中通过多元化而互相包容，同体共生」，此祈福禮選在耶誕前，邀約西敏寺各宗教信仰團體一起以音樂和祈禱來歡慶和表揚生命。作為西敏寺宗教交流活躍與親善會員的倫敦佛光山，在監寺如海法師的帶領下，也歡喜共襄盛舉，並以莊嚴的《佛寶讚》供養與會大眾。

祈福禮于晚上七時正掀開序幕，在高亢優美的聖歌伴奏下，圣马里波恩教区教堂住持，佳能牧師史蒂芬·埃文斯博士和各宗教信仰團體代表陪同特別嘉賓西敏寺市長露絲·布什議員入席。牧師史蒂芬·埃文斯博士在歡迎詞中說到：倫敦是一個多元化、國際化的大都市，在這溫馨的夜晚，我們凝聚了各元流宗教信仰的代表，大家相聚在這，代表著我們都認同作為社會的一份子，互相尊重和包容乃建立與塑造平等和諧的社會的核心。

當晚的主題演講由坎特伯雷大主教的英聯邦特別代表，佳能牧師茵群溫菲爾德博士演說。她表示：生命是脆弱、无常不定和錯綜複雜的，唯有信仰和愛可以讓心靈得到依靠。互相理解、包容和關愛能讓我們跨越彼此之間的差異，同體共生。唯有平等才能確保真正的自由。

主題演講後，如海法師和安今法師帶領七位佛光人排班于教堂正中央，首先由青年妙慧講師彭寶珊簡介《佛寶讚》；響亮的引庆聲劃過了諾大的殿堂，緊接著是佛光人莊嚴

高亢的唱誦聲。佛光人用心的演繹加上真誠的宗教情操感動了在場的每一顆心靈。

如海法師說：倫敦是個大都會，五花八門；因此，宗教交流在社會平等和諧課題上扮演著舉足輕重的角色。星雲大師提倡「人間佛教」- 佛說的、人要的、善美的、淨化的；所以倫敦佛光山一直都不遺余力的參與各宗教交流活動，積極的走入社群，推動「人間佛教」。





## St Marylebone Parish Church Interfaith Service Promoting Peace and Freedom

With the advent of Christmas, St Marylebone Parish Church organised an interfaith blessing service on 26 November, with the theme of "Unity through diversity in a changing world". Various religious groups in the Westminster borough were invited to join the service through music and prayers. London Fo Guang Shan temple also participated in this event under the lead of Venerable Ru Hai, the temple superintendent.

The event started at 7pm in the evening. The attendees, including Lord Mayor of Westminster, Councillor Ruth Bush, accompanied by Revd Canon Dr Stephen Evans, Rector of St Marylebone, took their seats. In his welcome speech, Stephen emphasised the importance of mutual respect and inclusivity in creating an equal and harmonious society in a place like London, an international and pluralistic society. The keynote speech was given by the Archbishop of Canterbury's special representative to the Commonwealth, The Revd Canon Dr Flora Winfield. In her speech, she urged everyone to contemplate as a part of the society, what can everyone do to contribute to peace and equality. In the midst of impermanence and uncertainty, love and faith can bring stability to the hearts.

After the speeches, Venerable Ru Hai, Venerable An Jin and seven other Buddha's Light members chanted the "Praise of the Buddha Gem". Before they started the chanting, Sumagadhi Lecturer Roxanna Pang gave a brief introduction on what the chanting was about. The chanting was received well by the participants. It was a great opportunity for London Fo Guang Shan to meet their old friends in the interfaith community and strengthen the bonds.





## 文化 | Culture

### 菩提園歲末感恩派對 見證信仰與傳承

籌備多日的倫敦佛光山菩提園歲末派對於12月16日下午2點在小朋友們的歡聲笑語中揭開了帷幕。今年共有46位小朋友加上家長義工們約120人參加，許多家庭是三代出席，一同感受佛光大家庭的溫暖。

彭寶珊老師精心為小朋友們設計了傳包裹，製作小雪人等各種遊戲，讓小朋友在遊戲中也學習到要互相尊重和包容，遵守規則，團隊合作才能拿到冠軍。在和家長義工比賽的佛法知識搶答中，菩提園的小菩薩們再次證明了自己的實力，連續兩年贏了大人們，讓觀看的老師家長們倍感欣慰。

為了讓菩提園的家長們也能有機會薰習佛法，和孩子們一起成長，菩提園特別安排了愛心媽媽和爸爸們反串表演佛教版的英國傳統惡搞童話劇《白雪公主》。故事中加進去了三好四給八正道等元素，白雪公主化身是慈悲的菩薩，時時行三好，並通過佛法，度化了惡毒的繼母和患了貪嗔癡慢疑的七個小矮人。大人們滑稽搞笑的表演，小朋友們善惡分明，積極配合演出，讓人捧腹大笑。

晚餐時，電視螢幕上播放了小朋友們今年特意錄製了的視頻「菩提園有話要說」，小菩薩們感謝師公和常住，讓他們有機會來學習佛法，可以成為更好的人；感謝法師們，老師們和義工們對他們的教育和支持，當然更感謝父母的養育之恩。孩子們誠懇和真摯的話語無不讓人為之動容。

五觀堂的三好樹上掛滿了三好娃娃祝福卡和光明智慧燈。倫敦佛光山監寺如海法師讚嘆小朋友這一年的學習成果，並給小朋友頒發了最佳出勤獎、最佳三好兒童等獎項。如海法師感謝老師和義工們為了菩提園常年無私的付出和辛勤的努力，他特別感謝彭寶珊老師多年來的用心和無條件的犧牲，成就了今日菩提園的茁壯成長，讓信仰有了傳承。







## Bodhi Garden Year-End Party

On 15 December, Bodhi Garden had their year-end party. This year, there were 120 people including 46 students, teachers, parents and volunteers participating in the party.

Teacher Roxy arranged and planned various games for the students. Among the games were passing the parcel, making snowmen and quiz. The aim was to let students learn to respect, be tolerant, follow the rules and teamwork. Once again the students have proved their strength as they won the quiz for two years consecutively against parents and volunteers. It impressed the participants watching.

In order for parents to also learn the Dharma, Bodhi Garden arranged parents to perform a special pantomime performance. The pantomime was entitled "Snow White - Buddhist Version". The Pantomime included Three Act of Goodness, Four Givings and Noble Eightfold Path. Snow White was a Compassionate Bodhisattva who practices Three Act of Goodness. Her wicked stepmother and seven dwarfs had changed to be good people through learning Buddhism from Snow White. All the audience enjoyed the pantomime.



At dinner, a video recorded by the students was played. Students were grateful to Venerable Master Hsing Yun and the temple for allowing them to learn Buddhism and to become better people. They also thanked venerables, teachers, volunteers for teaching and supporting them, and not forgetting their parents for looking after them. The student's messages were very touching.

The tree in the Dining Hall was decorated with the Three Good Deeds cards and wisdom light torches. Superintendent Venerable Ru Hai presented awards to the year's outstanding students and praised them for their achievements. Venerable thanked teachers and volunteers for their selfless dedication to Bodhi Garden over the years.





## 文化 | Culture

### 佛光人集體創作 除陳布新迎新歲

元旦剛過，馬上就要迎來2020庚子鼠年。倫敦佛光山從2019年年底開始，就已緊鑼密鼓的開始籌備迎接春節的工作了。1月4日國際佛光協會倫敦協會、青年團還有菩提園小菩薩們發心承擔起清潔和佈置的工作，分工合作、集體創作，利用元旦假日，回到道場來大掃除。春節大掃除是中華民族的習俗，除陳布新；在期待春回大地，萬像復甦的當面，家家戶戶皆辭舊迎新。倫敦佛光人懷著歡喜和感恩的心清洗法身慧命之家，並在寺院裡裡外外掛上佛光山的招牌新春平安燈籠和星雲大師的一筆字春聯「行道天下，福滿人間」；一盞盞紅紅的燈籠高高掛，倫敦佛光山這座百年老古蹟煥然一新，春味濃濃，喜氣洋洋！

第一分會負責清洗低樓的廚房和齋堂，數十位義工菩薩洗刷刷，把這平日祭大家五臟府之地洗得乾乾淨淨的。二樓大殿、觀音殿以及地藏殿由第二分會承擔，從清洗佛像、拜墊、抹地到掛燈籠，工程「龐大」，因此凝聚了佛光會、青年團和菩提園的力量，近三十人發心服務。三樓禪堂由第三分會負責，大家上上下下、又洗又抹，忙得不亦樂乎。一樓圖書館和天井走廊則由年輕力壯的青年團承擔，忙碌出坡的同時，也深入經藏，祈願在新的一年里，智慧如海。青年團也開始在策劃和設計天井走廊的許願區，這是訪客們的第一站；青年團菩薩們都很用心準備，期許讓訪客留下好印象，過個歡喜年！

「行道天下，福滿人間」是大師為庚子鼠年而寫的一筆字春聯墨寶，更是大師對全球佛光人的祝福和期望。看著除陳布新而煥然一新的寺院，感念著在千里之外年事已高卻無時無刻不心心繫繫這大家的大師；期許所有的倫敦佛光人都能實踐、實現行道天下，福滿人間，菩提路上，更上一層樓！



### Spring Cleaning and New Year Decorations

Starting from the end of 2019, London Fo Guang Shan has begun preparing for celebrations of Chinese New Year. On 4 January, BLIA, YAD and Bodhi Garden students gathered to do a thorough spring cleaning and decoration in the temple. Everyone worked together harmoniously to accomplish the different tasks. Spring cleaning is a traditional Chinese practice symbolizing the return of spring to the Earth and the restart of a new year. The London temple welcomes the new year with festive red lanterns, bringing the hundred-year-old building a fresh new look.

Sub-Chapter 1 was cleaning the kitchen and the dining hall in the basement. Sub-Chapter 2 was in charge of the main shrine, the Guanyin Shrine and the Ksitigarbha shrine on the first floor with the help from YAD and Bodhi Garden. Sub-Chapter 3 was in charge of the meditation hall on the second floor. Everyone enjoyed the process and the teamwork as they were cleansing the temple. The library and the corridor on the ground floor was cleaned by the youthful and energetic YADs. YAD members were also designing and decorating wishing areas at the entrance and corridor of the temple. As this is the initial impression of the temple for visitors, YAD members put in a lot of efforts in hope to bring positivity and joy to those who come into the temple.

"Every journey in this world is a path to happiness" is the calligraphy written by Venerable Master Hsing Yun for the upcoming Year of the Mouse. It is also a blessing from Venerable Master to all devotees around the world. May all members of the temple be able to progress further on the Bodhi path in the upcoming year.



## 行道天下 福滿人間 向倫敦華埠商家拜年賀歲

臘月十五剛過，春的脚步更逼近了。1月10日下午，倫敦佛光山監寺如海法師帶領佛光人前往倫敦華埠向十幾家和佛光山因緣深厚的商家們拜早年。隨行的有有舜法師、Vicky師姑、國際佛光會倫敦協會督導黃華娟、第二分會會長黃素璇、第三分會會長劉艷梅以及青年團妙慧講師彭寶珊。一行人拎著星雲大師的鼠年春聯墨寶和結緣品，歡歡喜喜拜年去。倫敦華埠早已大紅燈籠高高掛、新桃換舊符，準備好迎春接福！

倫敦佛光山一行拜訪了十六商家，皆受到商家們的歡喜迎接。如海法師代表佛光山感謝商家們常年來對道場的護持，並叮嚀大家一定要到佛光山來燒年香、禮千佛。法師也慈悲的講解大師為今年提寫的「行道天下，福滿人間」春聯的意義，祝福大家在新的一年里，生意興隆、萬事如意，期許人人福慧雙增，福滿人間。

黃華娟督導負責策劃此新春華埠團拜，她表示：大師教導我們要廣結善緣，新春團拜向倫敦華商表謝意，也趁春回大地好時期為商家們祈福祝賀，增進友誼。多年來，佛光山和倫敦華埠在文化與信仰上協手共進；讓中華文化得以在英國傳承，倫敦佛光山也讓許許多多離鄉背井的遊子們找到心靈的慰藉。期許在新的一年里裡延續這好因好緣！

## Visiting Chinatown to Wish the Shop Owners a Happy Chinese New Year

On 10 January, London Fo Guang Shan visited 16 shops and businesses in Chinatown which have strong ties with the temple, and wished them a happy Chinese New Year. The group from the temple was led by temple superintendent, Venerable Ru Hai. Those who joined included Venerable You Shun, Vicky, BLIA London advisor Salina Wong, presidents of BLIA London Sub-Chapter 2 and 3, SooSyan Eng and Maisie, as well as Sumagadhi Lecturer from BLIA YAD London, Roxanna Pang.

Venerable Ru Hai expressed her appreciation to the business owners for their support to the temple, and invited them to celebrate Chinese New Year at the temple. She also explained the meaning of the Chinese New Year couplet written by Venerable Master Hsing Yun this year, "Every Journey in this World is a Path to Happiness". The shop owners were given these couplets and also some small gifts. It was hoped that their businesses would go smoothly and their merits and wisdom increase this year.





## 文化 | Culture

### 有您真好 2020義工圍爐

倫敦佛光山1月18日舉辦義工圍爐，近百位義工菩薩歡喜回到法身慧命之家，和法師們一起圍爐迎春。

如海法師表示，義工菩薩除夕夜總是忙得不可開交，道場特地提前一周舉辦圍爐，讓大家都可以靜心坐下來一起吃飯。他代表道場感謝義工菩薩不辭辛勞、發心護持，並帶領大眾一起說吉祥話「撈生」，祈願庚子鼠年事事吉祥如意、行道天下，福滿人間。

監寺如海法師與眾法師精心準備豐盛美食，有馬來西亞春節特色佳餚撈生及香港的盤菜，佛光山海外巡監院院長滿謙法師也特地從佛光山台北道場寄來和大眾結緣的瓜子。除了美食饗宴，還有義工花絮視頻，各組義工在服務中的特寫。「欲作佛門龍象，先作眾生馬牛」，一幅幅畫面是義工們歡喜的面龐。在義工菩薩的努力下，2019年倫敦佛光山有32500人次造訪，百場共修法會，是大家共同的成就，讓這個法身慧命之家得以傳承和發展。

道場感謝義工，義工也感謝佛光山的栽培。黃華娟說，佛光山的平台，讓他透過當義工廣結善緣。從青年團到分會督導，陳偉良表示，近30年的義工生涯，甜酸苦辣皆有，但最重要的是不忘初心。Kim Koh則表示，當義工服務他人，但其實受益最多的卻是自己。

義工羅峰和鄧有強分別帶動唱〈Yesterday Once More〉和〈海闊天空〉，展現倫敦佛光人多年來攜手同行、風雨同舟的團隊精神。法師們也獻唱〈佛祖保佑你〉和〈師父頌〉，如海法師期勉大家感念大師恩德，緊記教誨，弘揚、傳承人間佛教，祈願在大家的發心立願下，2020是更豐盛美好的一年。



### 2020 Volunteer Appreciation Dinner

On 18 January, London Fo Guang Shan held a volunteer appreciation dinner for hardworking volunteers who have been helping out at the temple.

Venerable Ru Hai expressed that volunteers are always busy during the actual days of Chinese new year, therefore this is the opportunity for everyone to have an enjoyable dinner at the temple. She expressed her gratitude towards volunteers who constantly help around in the temple, and lead everyone to "lohsang", wishing for an auspicious and smooth new year.

Venerables prepared a variety of delicious food ranging from Malaysian to Hong Kong, and even Taiwanese sunflower seeds sent by Venerable Man Chien. A video was also played showing shots of different volunteers working in different parts of the temple, all with smiling and joyous expressions. With the help of volunteers, there were a total of 32,500 visitors and over 100 Dharma Services in 2019.

The temple thanked all the volunteers, yet volunteers also in turn thanked the temple for the fosterage. Volunteer representatives Salina, Marcus and Kim Koh said that through volunteering at temple, they were able to broadly develop affinities, and learned that helping others in fact benefitted themselves even more.

The evening was concluded with exciting singing of a variety of songs. Venerable Ru Hai encouraged everyone that we must remember the teachings of the Buddha, continue the legacy of Humanistic Buddhism, and aspire for a fruitful and happy 2020.



## 喜迎庚子鼠年 大眾與佛接心

倫敦佛光山張燈結彩，開放門戶，歡喜迎接庚子鼠年。1月24日除夕夜的辭歲普佛法會和25日大年初一的早課燒年香，逾500位信眾共襄盛舉。無論是常年旅居英國的僑胞，還是本土英國人或旅客，大家都趁除夕夜到寺院禮佛祈福，感受年味。倫敦佛光山秉持「四給」工作信條服務大眾，讓大家賓至如歸，過個歡喜美好年。

辭歲普佛近百位信眾在法師們的引領下，虔誠恭敬的禮拜藥師佛。監寺如海法師在開示，不僅環境要除舊佈新，心靈也需要大掃除。期許大眾透過共修反省己心，誠心稱頌諸佛名號，透過修正身口意，讓自己能有更好的一年。

法會結束後，大家觀賞佛光山住持心保和尚的新春賀歲影片；身在台灣的佛光山海外巡監院院長滿謙法師也錄製影片向大家拜年，表示星雲大師題寫「行道天下 福滿人間」就是提醒大眾莫忘初心，勇敢向前行，力行正道，佛法無量意以正為本，不應自認短小而退縮，要相信自己能得到，就能更有力量歡喜結緣，祝福法喜滿人間。

凌晨十二點整，大年初一的早課在高亢的〈寶鼎讚〉聲中展開，300餘位信眾隨著法師的引導，以莊嚴肅穆的修持迎接新的一年。隨後歡喜在佛前點燃新春年香，向佛陀祈願闔家平安、身心康泰。

如海法師表示，鼠年為十二生肖循環的開始，勉勵信眾要學習其靈巧的特性以及強韌的生命力，不要輕忽任何渺小事物的存在，因為小有無限可能。好好把握當下，祝福來年在佛陀的加被下，祈願世界和平、安居樂業、國泰民安。

早課圓滿後，大眾歡喜領受法師派送的星雲大師新春賀詞「行道天下 福滿人間」及法語紅包，將大師的智慧祝福帶回家。道場也準備寓意平安吉祥的蘋果與金桔與眾結緣。

## Chinese New Year Celebration: Connecting with the Buddha

On 24 January (Chinese New Year Eve) and 25 January (Chinese New Year), London Fo Guang Shan welcomed over 500 visitors to celebrate the special event of the year. Visitors ranging from overseas Chinese, local residents to tourists, they all came to pay respect to the Buddha and prayed for the upcoming year.

Superintendent Venerable Ru Hai shared with the group that during new years time, we not only need to clean the house, we must also cleanse and declutter our minds. She wishes that everyone can reflect on their past actions through the service and correct the wrongdoings of the body, speech and mind for a fortunate year.

After the service, everyone watched videos from Abbot Venerable Hsin Bao and Venerable Man Chien. Venerable Master's calligraphy of "Every Journey In This World Is A Path To Happiness" should be a reminder for us that we must not forget our initial aspirations and be brave to progress forward. We must not flinch because we are afraid, but instead we should believe in our abilities to accomplish.

At 12am, the first morning chanting of the year began with the Praise of the Jeweled Censer, over 300 devotees took part under the guidance of venerables. The attendees then offered their first incense of the year, wishing for health and safety in the upcoming year.

Venerable Ru Hai advises that the year of the mouse is the beginning of the Chinese zodiac year cycles, we should learn from the agility and tolerance of the animal, and we must not belittle anything that is small. We should cherish every moment in life, and hope for world peace and happiness under the blessings of the Buddha.

After morning chanting, everyone received the calligraphy and red envelopes of the new year. The temple also prepared apples and oranges for devotees to bring home, representing safety and auspiciousness.





## 文化 | Culture

### 大年初一禮千佛與中華文化遊園會 中外好評不斷

慶祝農曆新年，倫敦佛光山1月25、26日（大年初一、初二）舉辦「禮千佛法會」及「中華文化遊園會」，備受眾多中外訪客好評。因恰逢周末，大門一開，即迎來大量人流，人人喜氣洋洋，互道恭喜，燒香禮佛，面積不大的倫敦佛光山顯得格外擁擠、熱鬧。初一更因人潮延遲1小時閉門，讓更多人與佛門結緣。

倫敦佛光山入門通道處因地制宜，設置了觀世音菩薩許願池及許願牆，一樓圖書館播放著「佛光山的故事」，還有佛教相關物飾及素食義賣，二樓禮拜，祈福，抽取佛光法語。法會結束後，三樓禪堂則重新布置了抄經、拓印、茶禪、書法、剪紙、折紙等體驗攤位，吸引了無數對中華文化感興趣的中外人士。

倫敦佛光山對面的鄰居，全聖徒教堂（All Saints）負責人邁克爾·鮑伊神父（Fr Michael Bowie）與隨從特意帶了一籃水果來到佛光山供佛拜年，監寺如海法師代表佛光山表示感謝。

上午的「禮千佛法會」有300餘人參與，大家隨著法師的引領禮佛祈願、恭讀星雲大師〈為新型肺炎疫情向觀世音菩薩祈願文〉，為武漢疫情祈福。如海法師開示，經典裡說「禮佛一拜，罪滅河沙」，禮佛是清淨身口意，去除傲慢，以此開發內心的心性和智慧。文殊菩薩因為珍惜每一個學習的因緣，不輕忽小如寸草的啟發，才使他智慧高遠，成為「諸佛的老師」。期勉大家學習文殊菩薩的精

神，無論因緣好壞，珍惜每一次學習的機會。道場有舜法師也提醒大家注意防疫，祝福大家身體健康、闔家吉祥。

舞獅表演是眾活動的高潮，傳承中華傳統技藝的演出，給所有人留下了深刻的印象。還有財神給信眾發糖，並由法師為大家分發法語紅包及星雲大師新春賀詞「行道天下 福滿人間」。

2天的春節開放日，特別能感受到西方人對中華文化的喜愛。負責觀世音菩薩許願池及許願牆的青年團團長Susan Zheng感受深刻，帶領著青年團團員招待西方訪客，介紹中國新年，忙得不亦樂乎。門口許願牆上密密麻麻寫滿了各國文字的願望，希望藉此中國新年及觀世音菩薩的願力，在中國庚子年可以得到平安、好運。

三樓禪堂的抄經、書法和茶禪，中外來賓絡繹不絕，寫著中文字，品著中國茶。來自馬來西亞的華人劉女士已在英國定居20餘年，先生是英國人，卻特別熱愛中華文化，所以每年春節都會到倫敦佛光山朝拜，感受年味。







## Packed Day for 2020 Chinese New Year Celebration

London Fo Guang Shan Temple organised the Prostrations to Thousand Buddhas Dharma Service and cultural activities on both 25 & 26 January to celebrate the Lunar Chinese New Year. The two-day event attracted both western and oriental visitors and received an overwhelming response. Everyone was very happy and exchanged new year wishes.

The wishing pond and wishing wall were set up at the front entrance of the temple. On the first floor, a documentary of Fo Guang Shan was playing on a continuous loop in the library, and volunteers were selling vegetarian food and Buddhist related items. Visitors attended the activities such as scripture, tea ceremony, calligraphy, paper cutting, origami in the meditation hall after the Dharma service.

Father Michael Bowie from All Saints' Church visited the temple with his assistant, to wish everyone a happy Chinese New Year. Venerable Ru Hai, expressed gratitude on behalf of the temple for their visiting and gifts.

Visitors were impressed by the traditional Chinese performance lion dance. The God of Fortune distributed the candies to the everyone after the performance, and the venerable gave out the Dharma words and the couplet for the spring festival from Venerable Master Hsing Yun, which says 'Every Journey In This World Is A Path To Happiness'.





## 文化 | Culture

### 佛光人遊覽佛教展 親近佛陀堅定信仰

籌備多年的大英圖書館佛教文獻資料展於去年10月25日掀開序幕，獲得英國民眾的熱烈回響。為期4個月的展覽獲得多個佛教組織的鼎力支持，佛光山也提供了幾件重要物品參展。2月2日，國際佛光協會倫敦協會第二及第三分會近20人前往大英圖書館參觀，更進一步的探討和理解佛陀的一生，及佛教的變遷與流傳，堅定信仰。

此次參訪，由在大英圖書館任職的倫敦佛光青年團幹部謝函霖導覽，說明展覽以佛、法、僧三寶歸類陳列，並與時俱進，採用影片和音聲來詮釋大乘、藏傳及南傳佛教的特色、修持和唱誦。大英圖書館也訪問多位駐英佛教組織的領導，特製幾部影片讓訪客更了解英國的佛教徒如何修持和實踐佛法，倫敦佛光山的戶外浴佛法會及監寺如海法師的訪談也在其中，吸引訪客佇足。

第二分會會員遲芳帶著英籍先生和2個孩子一起來看展覽。身為教師的遲芳除了自己精進學，也努力地在校園裡推動多元文化信仰自由平等的理念。他讚歎展覽內容精緻豐富，此佛教文獻展讓她大開眼界，獲益良多。英文讀書會會員Tim Andrews閱讀星雲大師著作《釋迦牟尼傳》和《人間佛教佛陀本懷》，展覽中的卷軸插畫與佛像特別吸引他，而大師的一筆字〈與人為善〉更是讓他領悟到佛法的慈悲祥和。





## Visiting Buddhism Exhibition

The Buddhism exhibition at the British Library was open to the public from Oct 2019 to Feb 2020. It was very well received by local British people and had lots of good feedback. On 2 February, presidents of BLIA London Sub-Chapter 2 and 3, Soosyan Eng and Maisie Astbury brought around 20 members for a group visit at the library. In these initial times of the year, the group of members learned and discussed about the Buddha's life, the boundless teachings of the Buddha and how Buddhism spread to the different parts of the world.

The group tour was led by a member of BLIA YAD London, Hanlin Hsieh, who works at the British Library. She explained that the exhibition was organized according to Buddha, Dharma and Sangha. Hanlin introduced the statues, scrolls, paintings and Dharma instruments in depth. The exhibition also used multimedia means like video and audio to introduce the specialties and different chanting methods of Mahayana, Theravada and Tibetan Buddhism. The most attracting ones must have been London Fo Guang Shan's outdoor celebration of the Buddha's Birthday and Venerable Ru Hai's interview.

A Sub-Chapter 2 member, Chi Fang brought her husband and two children along to the exhibition. As a teacher, she is not only diligent in the cultivation of Buddhism, but also strives to bring equality of religions and culture in schools. She commended that the contents were extremely eye opening and she has learned a lot. Tim Andrews, a member of the English reading group was attracted by the scrolls and pictures after he read Venerable Master Hsing Yun's books: Biography of Sakyamuni Buddha, and Humanistic Buddhism - Holding True to the Intents of Buddha.

After two hours, the group gathered on the ground floor to share their thoughts. They were able to connect their learnings at the exhibitions with their own affinities with Buddhism, making the experience very relatable and down to earth. The exhibition had thorough explanations about the Triple Gem and had strengthened the connection and faith of all the members.





## 文化 | Culture

### 慶祝英國母親節 菩提園視訊獻祝福

母親節在英國是一個重要的節日。每年倫敦佛光山會在這個特別日子，為道場的媽媽們舉行慶祝活動，獻上感恩和祝福。因疫情的影響倫敦佛光山暫停對外開放，所以今年3月22日的母親節慶祝與以往不同。

雖然大家不能在道場一起慶祝，倫敦青年團和菩提園還是希望用另一方式向大家表達心意。感念道場裡師姐們像媽媽一樣關心和愛護他們，青年團和菩提園集體創作，錄製了一部溫馨感人的母親節視頻，隔空奉上他們最真誠的祝福。視頻裡一張張溫馨的相片、每一句窩心的言語恰似暖暖的春陽，也溫暖了大家的心。在這非常時期，所有的人暫時要保持距離，但大家的心是沒有距離的。

共有21位青年和菩提園的孩子在家裡，分別用中英粵語錄了短短的視頻，表達心意。倫敦青年團團長鄭煜珊感謝道場的師姐們將倫敦佛光山變得像家一樣溫馨有愛。菩提園助教劉晉銓，感恩大家讓身在異鄉求學三年的他，也能感受到家的溫暖。菩提園小菩薩們最純稚、最真誠的告白，讓人看了，無不動容，熱淚盈眶。多位小朋友除了祝大家母親節快樂，更祝福大家平安健康，希望很快回到倫敦佛光山這個大家庭相聚。

從小就在佛堂長大的陳慈欣表示，自己是個幸福的孩子，除了自己的媽媽，在佛光山也有這麼多位師姐媽媽關懷她。每年菩提園都會為媽媽們獻上歌曲，今年她決定不受疫情的阻撓，所以透過視頻獻唱了〈You Raise Me Up〉（你鼓舞了我）。清脆的歌聲承載著滿滿的正能量。

菩提園指導老師Roxy透過道場的社交平台發佈視頻，短短幾個小時，點擊率已超過500次，也收到了許多佛光人的回應及讚揚。會員袁瑩表示，今天收到這個視頻感到特別窩心，因為近期收到的多半是令人傷心的訊息。在這個疫情肆虐，大家都驚慌失措的時候，有青年團和菩提園的祝福，除了感動，更是給了自己正能量。

倫敦協會黃華娟督導感謝青年團和菩提園的用心，讓她回顧了以往每一次難忘的母親節慶祝活動，今年這個視頻意義非凡，相信有了大家的愛心及互相支持，必能度過難關。

共修後，監寺如海法師開示提到，今天是倫敦佛光山開寺以來，首次沒有大眾一起慶祝的母親節，但相信大家一早在線上已經收到青年團和菩提園滿滿的祝福。法師提醒大家，在這非常時期，照顧好自己也算是母親節最好的禮物。法師鼓勵大眾要利用在家閉關的因緣，精進修持，再把功德迴向給母親及親友們，也是可貴的祝福。

疫情隔離了倫敦佛光人，但強大信仰的力量卻緊緊的把大家牽繫在一起。在這特別的日子裡，祈願得到佛菩薩的慈悲加被，讓疫情早日舒緩。大家都期待著重聚與佛光山這法身慧命之家。





## A Special Video Gift on a Unique Mother's Day

Mother's Day is an important day in the UK. Every year, London Fo Guang Shan celebrates this day with all the mothers in the temple. This year's celebration is different due to the COVID-19 pandemic, the temple was closed to the public.

Even though it was not possible to celebrate Mother's Day in the temple together, members of BLIA YAD London and Bodhi Garden hoped to wish all the Mothers and Dharma sisters a "Happy Mother's Day". Therefore, they jointly created a touching Mother's Day video to convey their wishes. The video consists of photos and videos which touched people's hearts with love and warmth although there is social distancing but stayed connected.

A total of 21 YAD and Bodhi Garden students recorded the short video at home with their wishes in different languages. YAD President Susan expressed her gratitude to dharma sisters who made the temple a warm and lovely home. Bodhi Garden Teacher Assistant Jason thanked all for making him feel home for the past three years as a student. Also, all the Bodhi Garden students expressed their love. In addition, they also wished everyone to be safe, healthy and hoped to meet again in the temple soon.

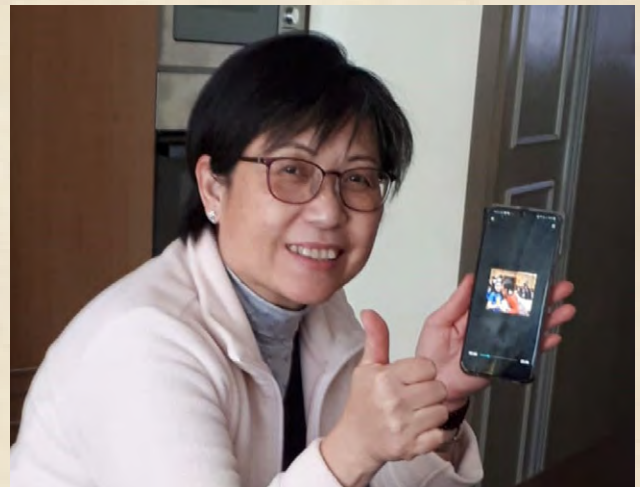
Jasmine, who has been going to the temple since she was a baby, said she is lucky to have so many mothers and teachers in the temple who care for her. Every year, the Bodhi Garden children sing the song "You Raise me up" for the mothers in the temple. This year she decided to sing the song through the video. Her voice was full of positive energy.

Teacher Roxy posted the video on the temple's social media. Within hours, the video went viral and received many responses and praises from the BLIA members. Member Yuan Ying said she felt warmth receiving this video. Recently she received a lot of sad news. In this stress and uncertain times, with the touching messages and blessings from YAD and Bodhi Garden, it gave her positive energy.

BLIA Advisor Salina thanked YAD and Bodhi Garden for their intention. It reminded her about the past Mother's Day celebrations. This video means a lot and she believes with the blessing and support, we will survive in these difficult times.

In the Dharma talk, Superintendent Venerable Ru Hai said, today is the first Mother's Day celebration without any devotees in the temple but believed that everyone had received the video made by YAD and Bodhi Garden. Venerable reminded that looking after yourself is one of the best gifts for Mother's Day. Venerable also encouraged to make full use of the free time, keep practicing the dharma and dedicate the merits to their mothers, relatives and friends.

The epidemic has isolated the BLIA members but the connection and faith have made them strong. On this day, we pray to the Bodhisattva's for their compassion and blessings for the pandemic to end soon. Everyone is looking forward to meeting again in the temple.





## 文化 | Culture

### 線上太極拳教學

疫情期間，缺乏戶外鍛煉的條件，為了讓大家都可以在家中打太極強身健體，並提高居家期間的運動量，國際佛光會倫敦協會第三分會就於4月25日起，舉辦了10場的「線上太極拳教學」，邀請了太極師傅黃實居士指導二十四式太極拳課程。共有24人報名參與。課程使用了Google Meet進行在線教學，讓學員更直觀的學習。

黃居士在課堂開始時作課程與教學內容的介紹。他指練習太極拳不單單只強身健體，還幫助愉悅我們的身心；專注學習的時候自然就會把煩惱暫時放下，尤其在這段居家抗疫的時期，保持良好的心境更顯得尤為重要，而學習太極拳能達到生理、心理和精神三方面有效的調理和改善。在課開始前，進行了簡單的熱身運動。

黃居士講解了楊式二十四式太極拳的基本風格和特點，並展示了二十四式太極拳裡的第一組動作。他強調，太極拳遵循緩慢柔和、剛柔並濟，從緩、慢的肢體動作，來練習身體的放鬆與協調，再自然的配合呼吸的應用。此次的分解動作教學分為正面、背面和側面展示，以多角度進行示範，提高線上的學習效率與動作的準確性。其中一式太極拳動作“抱球”，老師運用了籃球作一實際例子，給大家示範左右手運行的預計距離應像籃球的大小。

第一次接觸太極拳的盧鏡善對課程很有興趣，也在課程後提問不解之處。有學習太極拳經驗的Tim Andrews對黃居士以籃球作為教學例子感到新鮮有趣，例子運用也非常貼切，讓大家更容易去理解手部動作運行時應有的距離。

### Online Taichi Lessons

During the lockdown period, BLIA London Sub-Chapter 3 organised 10 online Taichi lessons since 25 April. The course was taught by a Taichi master, Mr Simon Wong and a total of 24 participants signed up for it.

The lessons were taught via Google Meet. In his introductory session, Mr Wong shared that Taichi is not only good for physical health, but also instrumental for mental health. There are 24 forms in total for Yang style Taichi. He demonstrated the first group of forms for his students. One interesting method that he adopted was the “basketball visualisation”. He taught the students how to do the forms correctly, as if they are holding a basketball in their Taichi practices.

During the lessons, Sub-Chapter 3 President, Maisie translated the instructions from Chinese to English so that non-Chinese speakers could understand. One of the students, Tim Andrews, was very interested in the basketball visualisation method, and expressed that this method was very helpful for everyone to gauge the hand position in changing a form to another.





## 響應蔬食環保 視訊教學獲好評

由於新冠病毒疫情持續蔓延，配合居家防疫政策，倫敦佛光山雖然暫停對外開放，然對於信眾的進修課程及活動仍持續進行，如安排了線上共修、晚課修持及相關的佛學課程；為響應全國素食週(National Vegetarian Week)，國際佛光會倫敦協會第一分會素食教學的視訊節目，獲得熱烈回響。

節目由佛光人劉春華掌勺烹調螞蟻上樹，其女兒劉章蓮擔任拍攝，並結合佛光人「集體創作」的精神、佛光山法師的協助與鼓勵下共同完成。劉春華、林瑞春伉儷全家都是佛光人，三個孩子從小在倫敦佛光山的兒童班菩提園學習成長，劉春華表示，值逢疫情期間，除了平日精進修持，迥向疫情止息，更以佛法與家人相處融洽，日日是好日。

短短幾天內，視頻在Youtube網站的點擊率節節攀升，佛光人給了很高的評價。劉春華表示，倫敦佛光山提供了這個學習烹調素食的平台，並鼓勵大眾素食，為了健康及培養環保護生的理念，應該將素食的精神理念延續下去，並響應國際佛光會的「蔬食A計劃」。保護生命、愛護環境，就從我們每天的食衣住行中展開。

## Celebrating National Vegetarian Week with Cooking Demonstration Video

Due to the Covid-19 pandemic, BLIA London Sub-Chapter 1 prepared a cooking demonstration video in conjunction with National Vegetarian Week and received great response.

The cooking was demonstrated by a BLIA member, Choon Hwa Lau and filmed by his daughter, Dolice. The video was a joint effort of BLIA members with the support from Venerables. Choon Hwa said in this current situation, apart from our daily cultivation, it is also important to foster good relationships with family members.

In just a few days, the video received lots of views on Youtube and was given high ratings by Fo Guang Members. Choon Hwa said the temple has created a platform for people to learn to cook vegetarian meals and encourage vegetarianism. The concept to promote a healthy lifestyle, to protect the animals and be kind to the environment should start from our daily routines and to respond to the BLIA "Vege Plan A" campaign.



炒1-2分鐘 Stir Fry for 1-2 minutes



## 文化 | Culture

### 線上下午茶會 人間音緣情牽 倫敦佛光人

英國因新冠病毒疫情居家隔离進入第九週，為了讓會員在這非常時期依然可以聯繫交流，國際佛光協會倫敦協會第二分會，於5月25日舉辦了一場線上下午茶會，40餘位會員共襄盛舉，一起度過了溫馨愉快的下午。分會督導陳偉良帶領大家雲端歡唱心定和尚的〈彌勒菩薩笑哈哈〉和〈我的家鄉在佛光山〉。

由於是英國的長週末，加上天氣晴朗，與會者都各自精心的在家裡準備了點心和茶，並歡歡喜喜的在群組裡分享相片。下午三點半準時開始，倫敦佛光人相見歡。第二分會會長黃素璇歡迎與會者，表示欣見倫敦佛光人都過得很好和充實。他希望這場「人間音緣」下午茶會能讓大家輕輕鬆鬆的以法相會，交流聯誼。

陳偉良為大家準備了2首歌，他說，疫情期間，最重要的是保持好心情，積極生活，希望心定和尚輕鬆愉快的〈彌勒菩薩笑哈哈〉能為大家增添歡喜。選唱〈我的家鄉在佛光山〉是因為大家都對佛光山這法身慧命之家非常的思念，也希望藉由歌詞，提醒大家佛光山的精神。他並引領大家輪唱，縱然隔空對唱，大家都非常盡興。

多位久違的會員珍惜因緣，線上相聚，三個分會也借此機會介紹新會員。人在馬來西亞的第一分會會員 May Wong 突破時空，歡喜的參與茶會。王雪娟感謝第二分會舉辦此下午茶會，表示在抗疫居家隔离期間，此活動可以把佛光人聯繫起來。新進會員魏恬潔第一次聽唱〈我的家鄉在佛光山〉，被強而有力的歌詞感動。劉穎則非常歡喜的成為倫敦佛光山的一分子。短短的線上相聚在歡笑聲中圓滿，大家都期待著重逢的到來。



## Virtual Sound of the Human World Afternoon Tea Gathering

Lockdown restrictions in the UK due to Covid-19 has entered its ninth week. In order for members to continue to keep in contact, BLIA London, sub-chapter 2 organised its first "Virtual Sound of the Human World Afternoon Tea Gathering" on Sunday, 25th May 2020. Over 40 members logged in to experience a happy and relaxing afternoon. Sub-Chapter Advisor, Marcus Chan led the group to sing a song composed by Venerable Hsin Ting called "Maitreya Bodhisattva laughs happily" and another song titled "My home is at Fo Guang Shan".

It was a bank holiday weekend and the weather was lovely. Everyone was happy to see each other online and they shared photos of their delicious homemade snacks on the group chat. President of sub-chapter 2, Soo Eng, welcomed everyone and was delighted to see that all were keeping well and safe. She hoped that the gathering would enable everyone to connect through music and share their Dharma joy.

Marcus expressed that during this pandemic lockdown, it is vital for each of us to live a positive and healthy life. He hoped that everyone can keep smiling like the Maitreya Bodhisattva. Singing the song "My home is at Fo Guang Shan" reminded everyone of our second home, our Dharma home, that we all miss.

Despite there being a seven hours' time difference, May Wong, a member of sub-chapter 1, happily joined from Malaysia. Eva Vuong expressed her gratitude towards sub-chapter 2 for hosting and connecting everyone during this lockdown.

We also took this opportunity to introduce new members to our Fo Guang family. Listening to the song "My home is at Fo Guang Shan" for the first time, Tianjie Gwee was touched by the meaningful lyrics. Another new member, Liu Ying expressed her joyfulness to be part of the Fo Guang family. The gathering ended with laughter and they all looked forward to meet again soon.





## 菩提園線上課程 體認偉大的父愛

世人常說，父親就像一棵大樹，為子女遮風擋雨；佛教教主釋迦牟尼佛更是親自為父擔棺，以表孝心。在即將來臨的父親節（歐美習俗，6月的第三個星期日），依然處於居家防疫時期，如何慶祝這意義非凡的日子呢？

倫敦菩提園利用6月14日線上課程，透過故事、英雄動畫人物和才藝探討和分享父親節的意義，並從佛教和中華文化美德談論孝道。小菩薩們踴躍參與，成就了又一堂充實精彩的線上課程，也讓大家對父親節有另一番體悟，期待著利用居家時期，好好的和爸爸相處，更進一步的認識家裡的這一棵大樹。

6月21日當天，指導老師彭寶珊首先向大家講解父親節的緣由，一位在單親家庭被父親帶大的小女生，父親往生後，為了緬懷和感恩父愛的偉大，努力的推動父親節，成功的把他父親的生日立為全球公認同慶的「父親節」。

彭老師也分享了一部影片，講述一位小男生，從小就覺得自己的父親不夠優秀、不夠富有，因此對父親產生隔閡。直到父親往生後，才發現父親一生中雖然不是大富大貴，卻默默地在幫助別人，服務社會，讓他心生愧疚和感動，決定以父親為榜樣，延續父親的慈善活動。

透過這兩則故事，彭老師接著以一連串的問題，與小菩薩談論自己對父親的瞭解。精彩又非常實際的問題如爸爸最喜歡的顏色、食物、運動等，看似簡單，但在作答時，大家才發現到原來自己並不是非常清楚。

彭老師給孩子們的作業是接下來的一周，要以間接性的交談或是親自活動去找尋答案。藉由作業，和父親共度一些寶貴時間，體諒父親為家庭付出的功高勞苦，更重要的是啟發孩子們對父親的敬愛和感激心。

彭老師並以佛陀為父擔棺、到忉利天為母說法等佛教典故，向小菩薩們講解和探討佛教對孝道的重視。小菩薩也分享了父親在自己心目中的角色和印象。其中最有趣的是，彭老師要大家以一動畫英雄人物來詮釋自己的父親。從孩子們的回答中可見，父親在大家心中都是一位強壯和無所不能的大英雄。

才藝課程時，彭老師指導小菩薩折紙製作3D立體的愛心，送給爸爸作為父親節禮物，感念爸爸對家的付出和超人般的愛，小菩薩們都很認真的學習，要送給父親一份驚喜。

## Bodhi Garden Celebrate Father's Day via Online Classes

Father's Day is celebrated worldwide on the third Sunday in June. This year due to the COVID-19 pandemic, how did we celebrate Father's Day?

On 14 June, London Bodhi Garden held its online class on Father's Day. The class included a variety of activities such as stories, arts and discussion on Father's Day. This also included aspects of Buddhism and Chinese culture such as filial piety.

At the beginning, Teacher Roxy explained the history of Father's Day. It was when a young girl wanted to honor her father who raised six kids as a single parent. After her father died, she decided to promote Father's day. She was successful and now Father's Day is celebrated worldwide.

Teacher Roxy also shared a video of a boy who was ashamed of his father for not being good enough and rich. It was until when his father passed away, he only realised that although his father was living a normal life, he has been quietly helping others and serving the society. He felt guilty and touched, therefore he decided to follow his father's footsteps by doing charity work.

After listening and watching the stories, Teacher Roxy gave a series of questions to students about their father. Questions such as father's favourite colour, food and sports. These questions seem simple but some students realised they are not very sure of the answers.

It was student's homework during the week to find out the answers by indirect conversation or personal activities. Through this homework, students get to spend more time, have a better understanding of their father and most importantly inspire students to appreciate, respect and love towards him.

Teacher Roxy also explained the importance of filial piety in Buddhism by illustrating that the Buddha carried his father's coffin and traveled afar to teach Dharma to his mother. Students express their impression of their father. They were also asked to choose a cartoon character that best describes their father. From the answers given, everyone sees their fathers are strong and omnipotent heroes.

Teacher Roxy finally taught students how to make origami 3D hearts as father's day present to appreciate his endless hardwork and love. Students were very focused in making 3D hearts.



## 教育 | Education



### 西敏寺宗教交流才藝創作比賽 菩提園冠絕群倫

英國倫敦西敏寺秉承著多元宗教和睦相處、同體共生從教育做起的理念，多年來舉辦的年度才藝創作比賽，都獲得大都市內的各元流小學和宗教文化單位的熱烈回響。這項意義非凡的活動，讓生活在繁華都市的孩童們，得以透過繪畫和寫作來傳達他們對信仰的認知；進而提高社會和諧，人人有責的醒覺。今年的主題為「愛護我們的地球」，參賽者可以選擇以繪畫或詩歌創作來詮釋主題。7位菩提園學員在百餘份參賽作品中脫穎而出，優異成績冠絕群倫。頒獎典禮於7月17日在西敏寺市政府廳舉行，新上任市長Ruth Bush主持頒獎典禮。

12歲陳慈旻以〈醜陋的我們〉獲得詩歌創作組的卓越寫作獎。她以文字譴責人類因無明、貪、瞋、痴而對地球所造成的浩劫。主辦單位邀請陳慈旻現場朗誦她的作品，強而有力的訊息，清楚的表達了她對人們因無明，為了謀求自身福利而不惜互相傷害，乃至於大自然的生物也無辜遭殃感到心疼。面對地球所遭受的摧殘，生命承受著無限的痛苦，陳慈旻小小純稚的心靈裡充滿著許多的疑問；情感豐富的詩詞，讓與會者，無不動容。榮譽嘉賓全英詩歌文物協會會長Judith Palmer表揚陳慈旻精彩感人的創作，贊歎年紀輕輕就能有如此的感悟；呼籲大家在環保課題上要多聽聽孩子們的心聲。

在繪畫比賽中，菩提園小菩薩小兵立大功，橫掃9項獎項中的6項。6歲以下組，由曹鎔旋、關玄宇和孔令駿分別獲得冠、亞、季軍。而7歲的段晨皓獲得7至9歲組冠軍，8歲關可穎和7歲樂嘉慧則同享季軍。4歲的曹鎔旋還是年紀最小的參賽者呢！市長在頒獎時幽默的對大家說，看來其他學校和單位明年得加把勁，才能和佛光山一較高低！

對學員們傑出的表現，倫敦菩提園指導老師彭寶珊非常歡喜和欣慰。

她表示，今年共提交10多份參賽作品。值得一提的是，此次的參賽和得獎作品都是在大哥哥李祈傑的指導下創作的。李祈傑是菩提園的資深學員，也是藝術才子。「對於這次的比賽，他盡心盡力地指導學弟妹作畫，從他身上，我看見了信仰的傳承。」

監寺如海法師豎起大拇指表揚小菩薩們，也期勉大家再接再厲，用畫畫和文字來弘揚、傳承「人間佛教」。他表示，透過孩子們的作品，我們可以看見、聽見信仰和佛法在他們幼小的心靈中扎根發芽。無論是對地球環保的訴求、對生命的愛護還是在日常生活中實踐三好、四給、五和，孩子們的作品都詮釋了慈悲心和同理心，這是非常值得欣慰和鼓舞的！

倫敦佛光山作為西敏寺區內唯一的漢傳佛教團體，自加入西敏寺宗教交流以來，一直都是積極活躍的成員。在今年的頒獎典禮上，更是受邀表演。菩提園演出人間音緣〈Harmonise - 和諧〉，以音樂傳達星雲大師的「五和」。





## Bodhi Garden Awarded at Westminster Faith Exchange Art & Poetry Competition

The Westminster Faith Exchange encourages people of different faiths to get to know each other. Every year they hold art and poetry competitions for young children. This year, children were asked to submit their artwork or a poem fitting the theme "Looking after our planet". Seven Bodhi Garden students were awarded among many participants. The prize giving ceremony was held on 17 July 2019 at Westminster City Hall. It was hosted by the newly elected Lord Mayor of Westminster, Councillor Ruth Bush.

Jessica, aged 12 won the special prize under the poetry category. The title of her poem was "We are ugly". In the poem, it described and criticised the damage made by human beings to the planet affecting lives and environment. This was due to their selfishness through jealousy, greed and hatred. Jessica was invited by the organizers to recite her poem. Audiences were emotionally moved by her poem.

In the art competition, Bodhi Garden students won six out of nine awards. Winners were Kayden, Lucas, Mason, Isaac, Erin and Liliyanna. Kayden, aged 4 was one of the youngest participants. Councillor Ruth Bush humorously said other participants need to work harder next year to compete with Fo Guang Shan.

Teacher Roxy was very pleased with the student's outstanding performance. She said there were more than ten entries submitted this year. The entries and winning artworks this year were drawn under the guidance of talented student, Jacky Lee. Jacky made an all-out effort to guide students to draw.

Superintendent Venerable Ru Hai praised students and encouraged everyone to keep up the good job to promote Humanistic Buddhism through drawings and writings. Venerable said through the student's works, we can see the growing of faith and Dharma in students. Whether it is to protect the environment or lives or by practicing the Three Acts of Goodness, Four Givings and Five Harmonies in daily life, the drawings of the student annotated compassion and empathy which is very comforting and encouraging.

London Fo Guang Shan has been an active member since joining the Westminster Faith Exchange. London Fo Guang Shan were also invited to perform at the prize giving ceremony. Bodhi Garden performed the song "Harmonise" at the end of the ceremony.





## 教育 | Education

### 寓教於樂 菩提園蔬果園學習佛法

倫敦菩提園于7月13日組織到Garsons蔬果園親子戶外教學，共有61位菩提園的學員和家長在倫敦佛光山監寺如海法師及彭寶珊老師的帶隊下，寓教於樂，在Garsons 蔬果園自採蔬菜水果、做遊戲、讀書、一起親近大自然和凝聚情誼。

當天氣候宜人，各家庭一早就從四面八方驅車集合在Garson Farm 的入口，彭寶珊老師作簡要說明，並提醒大家採摘蔬果時要有恭敬心，同時還要求大家仔細觀察菜蔬果，不採摘還不能收穫的蔬果。

車子往蔬果園里開，小朋友們提著小籃子，迫不及待地奔向田裡，興奮地採摘西蘭花、豆子、草莓、黑莓和櫻桃等。爸爸媽媽們耐心地告訴孩子們如何分辨嫩的和老的蔬菜，生澀的和成熟的水果；小朋友們還比賽誰摘的多摘的大顆。聽說如海法師要摘蔬果給佛堂大家庭，小朋友都樂意伸出支援的小手，幫忙挖取土豆。

豐盛的午餐由愛心爸爸媽媽們準備。大家在草地上席地野餐，享受夏日的陽光，小朋友們也在遊戲中增加了新朋友。

學習佛法不只是從書本上學，在佛堂裡學，其實大自然都在說法。下午彭寶珊老師帶領小朋友們一起學習星雲大師的文章《無常的真理》。文章裡提到：昨日之我已不是今日之我，今日之我當然也不會是明日之我。老師告訴小朋友，無常就是花開花謝，水果由酸變甜，小朋友每天在長高長大，萬事萬物時刻都在變化中。有小學員天真地說他覺得無常很好，因為被父母罵也都會過去的。彭老師指出無常給人帶來希望。只要我們正面地看待無常，積極改過，努力地學習或做事，就可以將壞的境況變好。

同時家長們也分成中英兩個讀書會，共同學習大師的文章〈認識自己〉，一起探討如何認識自己。夕陽西下，大家帶著滿框滿袋的蔬果和滿心的歡喜踏上了歸途。







## London Bodhi Garden's Trip to Garsons Farm

On 13 July, London Bodhi Garden organised an outdoor education trip to Garsons Farm. Venerable Ru Hai, the superintendent of London Fo Guang Shan temple and teacher Roxy, together with 61 students and parents participated in this event.

Teacher Roxy reminded everyone to be respectful and mindful and only pick the fruits and vegetables when they are ripe. Parents patiently taught children how to distinguish which fruits and vegetables are suitable to be picked. Students competed in picking the most and biggest fruits. They also helped to dig up potatoes for the temple.

Students were asked to think of a fruit that described them. Subsequently, teacher Roxy led the student's study group on Venerable Master Hsing Yun's article entitled "The Truth of Impermanence".

She illustrated by examples that all phenomena change all the time - this is impermanence. A student said, impermanence is good because with time the sadness of being told off by parents will go away. Everyone felt impermanence gives hope. As long as we face impermanence positively and learn from mistakes, it can change things from bad to good. There was also a parent's study group on "Recognizing Oneself".





## 教育 | Education

### 倫敦科陶德藝術學院 《圖典》捐贈

山妙隆法師及青年學者讀書會研究員8人，7月17日前往距離道場車程15分鐘距離的名校——倫敦科陶德藝術學院（The Courtauld Institute of Art），展開《世界佛教美術圖說大辭典》捐贈儀式，由及聯合部門主任Philip Pearson（Joint Acting Head of the Book Library）代表接受。

倫敦科陶德藝術學院成立於1932年，為了紀念工業家及藝術收藏家薩繆爾·科陶德（Samuel Courtauld）而創建的學院，以收藏法國印象派畫作而頗具盛名，是英國大學歷史藝術專業排名第三的高等學府《衛報》（The Guardian），2019，也是唯一被科研（Research Assessment Exercise, RAE）評為英國五顆星的藝術史教育機構。

在資深館員Vicky Kontou的安排下，法師向6位專業項目連結到佛教藝術的資深館員介紹《圖典》內容。

校長Professor Deborah Swallow（Märit Rausing Director），也來賞書閱讀。曾在維多利亞和阿爾伯特博物館工作過的校長，是亞洲部門的收藏總監，非常熱愛佛教藝術，也指示館長這套書要在主圖書館最好的展示區上架，讓大家可以借閱好書。

館員Vicky Kontou及主任Philip Pearson接受專訪時，除了學校歷史及目前研究發展現況說明，更表示書不會只利益佛教藝術的研究者，藝術的價值是不分時空的，也不分東方或西方，Philip Pearson說，我們收藏了大量西方藝術及書籍，但是東方元素顯得極少，目前研究所已擬定在2020新增佛教藝術科目，《圖典》將是參考書目的首項。

### Donation of Encyclopaedia of Buddhist Arts to Courtauld Institute of Art

On 17th July, Venerable Miao Lung from London Fo Guang Shan temple and seven members of the London Buddhism Research Support Group went to the Courtauld Institute of Art to donate the Encyclopedia of Buddhist Arts. The books were received by Philip Pearson, the Joint Acting Head of the Book Library.

Samuel Courtauld, an art collector, founded the Courtauld Institute of Art in London in 1932. The Institute is renowned for its collections of French Impressionist paintings. It is ranked 10th for History of Art in The Guardian University 2019 Guide and it is also the only art history education institution rated five stars by the Research Assessment Exercise (RAE).

Under the arrangement of senior librarian Vicky Kontou, Venerable Miao Lung introduced the contents of the book to six senior librarians who are keepers of the Buddhist art.

Professor Deborah Swallow, Märit Rausing Director previously worked at the Victoria and Albert Museum. She is an enthusiast of Buddhist art. She asked the head of the library to put the book on the best display area so that everyone can read and borrow the book.

"We have a large collection of Western art books, but very few Eastern art. Currently we have planned to introduce a new subject in Buddhist art in 2020. This will be our first choice as a reference book" Philip Pearson introduced the history of the history of the institute and the current research projects. "The book will not just benefit the researchers of the Buddhist art, the value of the art is irrespective of time and space and regardless of the East or the West," said Philip.







## 監獄佈教經驗傳承 耐心傾聽佛法

倫敦佛光山於8月24日在圖書館舉辦「監獄佈教」培訓，主講人為國際佛光會檀講師倫敦協會督導倪世健。自2005年起，倪督導先後在英國Bedford Yarl's Wood, 倫敦Harmondsworth, Colnbrook, Tinsley及Brook House等監獄及拘留所擔任佛教教牧(Buddhist chaplain)與心理輔導老師。督導分享14年經驗，吸引近十位對監獄佈教有興趣的佛光會員參與。

監獄佈教在英國有悠久歷史，為收容人提供宗教的服務，如基督教、英國國教、天主教、伊斯蘭教、印度教、錫克教、佛教等宗教，佛教宗教師數量極少。

倪世健督導佈教因緣始於2005年一次跟隨法師參觀監獄拘留中心。後來受監獄邀請，開始每月固定到監獄及中心為收容人授課。督導說「不責怪」、「悉心聆聽」、「耐心教導」，輔以生活實例與佛教故事為核心態度。收容人來自多個國家，對佛教的認知不同，加上工作人員流動率高，所以弘法語言、課程內容安排要費心，特別是不同語文佛教刊物的收集。

倪世健鼓勵有興趣的學員，要清楚知道為何而做且堅定，專注工作，不給予不專業的建議；對心理學有所認識，在不同狀況能採行不同「方便」法。最重要的是對佛教教義的理解要足夠，否則教人不成，反被誤導。

國際佛光會倫敦協會第一分會會長王守娟表示，一開始抱持好奇心來參加課程，聽完後受感動，也了解到要從事這份工作，還有很多知識的不足，期望能更精進學習，將來能有機會奉獻心力。

## Sharing of Prison Chaplaincy Experience

London Fo Guang Shan held a "Prison chaplaincy" training at the library on 24 August. The advisor of BLIA London Helen Ni shared her 14 years of experience as a Buddhist Chaplain. The event had attracted nearly 10 BLIA members interested in prison chaplaincy.

Prison chaplaincy has a long history in the United Kingdom, providing religious services to the inmates of different faiths, such as Christianity, Anglicanism, Catholicism, Islam, Hinduism, Sikhism, Buddhism, and so on. However, there are very few Buddhist chaplains.

Advisor Ni's chaplaincy work began in 2005 after she visited prisons and detention centres with the venerables. She was later invited by the prisons to provide religious counseling to the inmates each month.

In her chaplaincy services, Advisor Ni upheld the principles of "non-judgemental attitude", "attentive listening" and "patient guidance", supplemented by life examples and Buddhist stories.

The prison inmates came from different countries and have different understanding of Buddhism. Chaplains have to cope with high turnover rate, therefore lots of effort is needed in preparing for the course, especially in providing Buddhist publications in different languages.

The prison environment is special. Although the participants are voluntarily participating, sometimes they will be challenged or even receive rude comments.

The social experience of the prison chaplain is very important when facing various situations, it needs to be patient and the self-esteem of the inmates should not be hurt. It is a test as well as a study.

Jenny Wang, the president of the BLIA Sub-Chapter 1 said, "I began to take curiosity to participate in the course, but touched after listening to it, and I understand that there is still a lot more to learn to be able to do the work. I am willing to study more and have the opportunity to contribute in the future."



## 教育 | Education

### 大師心繫菩提園 越洋禮物感動小菩薩

倫敦佛光山菩提園秋季開學了。監寺如海法師剛從佛光山結束徒眾講習會回來，也給小朋友們帶回了驚喜。為師公星雲大師祝壽，孩子們精心製作生日卡，如海法師漂洋過海，把他們的心意和祝福親手送給大師。大師委託如海法師帶禮物回來給小朋友。於9月8日的課堂上，如海法師代表大師發送禮品，孩子們收到大師的禮物，皆滿心歡喜和感動。

大師送小朋友們精緻可愛的小老鼠鑰匙扣和大師為鼠年提寫的新春墨寶「行道天下，福滿人間」，這是明年鼠年的佛光山賀歲禮品系列之一。能有機會先睹為快，更是大師賜給的禮物，孩子們都愛不釋手。如海法師告訴他們，師公星雲大師雖然年事已高，卻總是心心繫繫著佛光小菩薩們。孩子們是佛教未來的希望，因此，大師一直以來都非常用心栽培，期盼菩提種子能茁壯成長，枝繁茂盛。如海法師勉勵孩子們在菩提路上，精進努力，以不辜負師公的期望。

送給師公星雲大師的生日卡是由菩提園藝術才子李傑祈親手繪畫，背景為坐落於泰晤士河上的著名倫敦塔橋，星雲大師和小菩薩們在塔橋前開心合影。大師一臉慈祥，手持

蓮花指，小菩薩們歡喜地圍繞著大師。橋邊一道耀眼的曙光、橋底潺潺的流水，寓意著小菩薩們對師公的承諾－傳承與弘揚「人間佛教」，肩負起「佛光普照三千界，法水長流五大洲」的使命。

卡片裡，小菩薩精簡地向大師彙報了菩提園的近況，更表示希望可以再到台灣去探望師公。他們也集體創作，為大師寫了一篇〈祈願文〉，由陳慈欣小朋友用中文抄寫在卡片裡。內容為歌頌大師的慈心悲願，一生為佛教無私奉獻，就像是夜晚的星星，熠熠生輝，散布智慧之光；像天空的雲彩，行遊五大洲，弘揚佛法。他們也藉〈祈願文〉來表達對大師的敬仰和感恩之心；祈願佛菩薩慈悲加被大師，法體安康，久住世間，廣宣智慧正法。

倫敦菩提園在過去5年裡曾2次於暑假組團回山尋根參學，並出席供僧法會為大師賀壽，多位學員更是有因緣和大師會面。菩提園秉承著大師三好、四給、五和的理念辦學，期許菩提種子也能在千里之外的英國扎根發芽，將人間佛教傳承及發揚光大。







## Bodhi Garden Students Receive Gifts from Venerable Master Hsing Yun

London Fo Guang Shan Superintendent, Venerable Ru Hai brought the handmade birthday card made by London Bodhi Garden students back to Venerable Master Hsing Yun in Taiwan to wish Master a Happy Birthday. In return, Master had asked Venerable Ru Hai to bring back special gifts for the students. On behalf of Master, Venerable Ru Hai distributed the gifts on the first lesson back after the summer break. All the students were happy and touched upon receiving the presents.

Master gave students a Mickey Mouse keychain with the blessing for next year, the year of the rat [行道天下，福滿人間] meaning "Every Journey in this World is a Path to Happiness". This is one of next year's Chinese New Year gifts. Students were privileged to receive the gifts in advance. Venerable Ru Hai said even though Master is old, but he still remembers Bodhi Garden students. Children are hopeful for the future in Buddhism. Therefore, Master always emphasized on flourishing Bodhi seeds. Venerable Ru Hai also encourages students to follow Master's route diligently.

The Birthday card was drawn by artistic talented student Jacky. The background of the card shows the famous Tower Bridge by the River Thames. Master Hsing Yun and Little Bodhisattva were happy, joyfully gather around Master to take group photos. The Tower Bridge at sunset represents the Little Bodhisattva's commitments to promote Humanistic Buddhism and practice the Buddha's light shines on the universe, the Dharma water forever flows on the five continents mission.

In the card, little Bodhisattva reported Bodhi Garden's current situation, expressed their hope they could go to Taiwan to meet Master again and a prayer that they have creatively written for Master Hsing Yun which was hand written in Chinese by student Jasmine. In the prayers, it stated Master's loving heart and compassionate vow, dedicated his life to spread the Dharma, like a starry sky at night time, shining and glittering, disseminate wisdom with brightness, like the clouds in the sky, walking through the five continents, promulgate the Dharma. In the prayer, they also expressed their respect and gratitude to Master Hsing Yun, prayer to bless Master with good health, long life, and promote the right wisdom.

In the past five years, Bodhi Garden students had held educational root seeking trip to Taiwan twice, attended Master Hsing Yun's 90 birthday celebration and were fortunate to meet Master Hsing Yun in person. Bodhi Garden aims to practice Master's concept of the three acts of goodness, four givings and five harmonies with the hope that Bodhi seeds can be spread with spirit of Humanistic Buddhism in far distance.



## 教育 | Education

### 菩提園學作蠟燭 供佛獻心燈

適逢道場一年一度的藥師法會，倫敦佛光山菩提園於11月3日的課堂安排了特別的課程，讓小朋友製作蠟燭供佛。大家歡喜虔誠投入創作，以蠟燭供佛的同時，也獻上自己的心燈。

指導老師彭寶珊首先讓學員討論點燈的意義。對小朋友們而言，燈代表溫暖、光明、智慧、希望及正能量。他們說，燈對每一個人都很重要，因為燈照耀著世間，讓我們能看得更清楚，也讓我們感受到溫暖。也有小朋友說，看到燈，就感覺很平靜、歡喜。

彭寶珊接著為小朋友介紹和講解《維摩詰經》的無盡燈法門，說明一燈再燃百燈，百燈傳千燈，千燈再普傳到無盡燈，燈燈相續就能照破黑暗。

了解了點燈的意義後，小朋友在導師的指導下，開始動手設計自己的蠟燭。得到維摩詰居士故事的啟發，小朋友們皆認真思考，如何讓別人一看到他們製作的燈也心生歡喜，感受到希望和光明。孩子們天馬行空的創作，加上對佛法的理解；課堂結束時，數十個色彩繽紛，美輪美奐的小蠟燭也完成了。每一位小朋友完成了兩個小蠟燭，一個供佛，另一個則帶回家去送給父母親。

承蒙藥師如來慈光照耀，菩提園的小朋友度過了歡喜又溫暖的周日。彭寶珊，藥師佛成佛時發了十二大願，第一大願就是身放光明，遍照一切世界。而孩子們就如一顆蠟燭，期許在佛法的熏陶下，照亮自己也溫暖他人。





## Candle Making for Medicine Buddha Dharma Service

On 3 November, London Bodhi Garden had a special class on learning to make candles in conjunction with the annual Medicine Buddha Dharma Service.

Teacher Roxy first asked students to discuss the meaning of making a light offering. For children, light represents warmth, wisdom, hope and positivity. They said that light is vital in illuminating the world and making us feel warm. Some students also said that light brings peace and joy.

Roxy then introduced the endless light in the Vimalakirti Sutra, she explains that one candle can light a hundred others, then a thousand others, then ultimately infinite ones. This endless passing of light can illuminate the dark.

When the students understood the meaning behind lights, they started designing their own candles. Combining with Vimalakirti Sutra's story, the students made candles that bring joy to others so everyone can feel hopeful and enlightened. At the end of the class, students made two beautiful candles each, one for making a light offering to the Buddha and one for their parents.

London Bodhi Garden has spent another joyful and meaningful weekend in the temple. Just like teacher Roxy says, the first of the twelve great vows of the Medicine Buddha is for his body to shine brilliant light to illuminate all worlds. Thus, the students can be like a candle that brightens themselves and warms others under the guidance of Buddhism.





## 教育 | Education

### 老年醫學會論壇 佛光人談臨終關懷

隨著全球化的趨勢，近年來，英國人的宗教信仰也開始多元化了。為了能進一步瞭解各宗教對臨終前的習俗和實踐以便院方和醫療團隊能就各信仰所需，在病患臨終前，給予他們及家人更妥善的服務和關懷；英國老年醫學會(British Geriatrics Society)於11月6-8日在萊斯特Curve Theatre舉辦秋季會議，特別安排了一場臨終關懷論壇，邀請各宗教代表就議題共同研討交流，倫敦佛光山由青年妙慧講師彭寶珊代表佛教團體出席。

彭寶珊從佛教的角度探討「生、老、病、死」。彭寶珊也分享了佛光山開山星雲大師對「老、病、死、生」理念，每一期生命的結束也象徵著新一期的生命的開始，因此從佛教的角度來看，死亡並不可怕，反之充滿著無限的希望，是正面、積極的。彭寶珊舉喻，我們的色身就如同一部機械，主要的功能就是要讓我們善用生命，精進修行以得寂靜圓滿；機械陳舊了，就要替換。

因此，臨終關懷很重要，不論是病患或是身旁的親友和醫護人員，都要保持正念，協助病患放下牽掛。彭寶珊也為與會的醫護人員提供了幾項佛教臨終關懷的提示，念佛機、助念團、臨終前保持意志清醒，所以不主張提供嗎啡等。精簡的演說，獲得了很好的迴響及提問。

### Buddhist End of Life Care - A Sharing at BGS Autumn Meeting

The British Geriatrics Society is an association that provides a platform to share the latest scientific research and the best clinical practice in caring for older people. From 6 to 8 November, the British Geriatrics Society Autumn Meeting 2019 was held at Curve Theatre in Leicester. In order to understand and cater to patients who may have different end of life priorities according to their faiths, a session exploring cultural diversity on the topic about end of life was held. Different religious leaders were invited to share this topic with doctors, nurses and allied health professionals who attended the conference. Roxanna Pang, the Sumagadhi Lecturer from London Fo Guang Shan, was a representative for Buddhism in that session.

Roxanna shared Venerable Master Hsing Yun's thoughts on "old age, sickness, death and birth", whereby the end of life is actually the beginning of a new one. Hence, from the Buddhist perspective, death is not scary but is full of hope, and should be regarded positively. Ms Pang also gave an analogy whereby one's physical body is like a machine, when it is worn out, it is time to change to a new one. The attendees were exposed to several Buddhist practices at end of life care, such as playing recordings of Buddhist chanting, having assistive chanting groups, the need to maintain mindfulness at the final moment of death (and hence preferably not to use morphine), and so on. Although the sharing was brief, there were positive feedbacks and great questions afterwards.







## 廢棄物管理專題討論 倫敦佛光人從佛法談環保

國際佛光協會倫敦協會第二分會於11月24日在圖書館舉辦了《廢棄物管理與環保》專題討論，近二十人參與並發言討論。佛光山監寺如海法師也特地抽空到場聆聽。此次專題討論由第二分會副會長陳煥杰主講及主持，他現為英國帝國理工(Imperial College)環境政策中心的在讀博士生，在該領域有10年工作經驗，也是倫敦地質協會及環境管理與測評學會會員。

環保問題與我們日常生活密不可分，但大家對具體實施及運轉方式缺乏了解。陳煥杰在一個多小時的演講裡，運用豐富的專業知識詳細介紹了日常垃圾的去處、目前出現的問題、關注這些問題的必要性及個人角度的環保行為這几大主題。

他也提到環境問題與宗教問題息息相關，因為人類的貪嗔痴破壞了自然的和諧與平衡，因此環保的基礎需要建立在心靈淨化的基礎之上。如愛護動物，減少森林砍伐，提倡大家食素。然而現實情況令人堪憂，無常也已顯現，如塑料垃圾與海洋污染，最終影響了人類的健康生活，自食其果。同時環境問題也導致了社會問題，因生態破壞嚴重，自然生存條件惡劣引發大量移民遷徙。

與會者除了認真聆聽，也積極的提問和針對課題提出意見。會議結束前，大家達成共識，作為社會一份子，每個人都應該從自己做起，減少浪費，增加重複使用，同時利用創造性思維推動持續和人性化的改變。

## Waste Management Workshop: Exploring Environmental and Recycling Issues

On 24 November 2019, BLIA London Sub-Chapter 2 organised a seminar on waste management and recycling, more than 20 members attended to participate in the interactive discussion. The seminar was facilitated/moderated by Jeffery Chen, vice president of sub-chapter 2, who is a PHD Candidate at Centre of the Environmental Policy, Imperial College. He has over 10 years experience in this field and is an associate member of London Geological Association.

Environmental protection and recycling issues have close links to our daily life, however, most of us lack an understanding of the effective ways of waste management. During the seminar, Jeffery Chen applied his professional knowledge to share insight on how waste is being handled and processed in the recycling centre, the most current environmental issues and what individuals can do to contribute. The seminar also discussed how religious practice such as compassion, kind and loving could help with environmental protection and sustainability.



## 教育 | Education

### 菩提園戶外教學 參訪大英圖書館佛教特展

倫敦佛光山菩提園於2019年12月1日在監寺如海法師和指導老師彭寶珊帶領下，一行近四十人前往大英圖書館參訪佛教展。此行的宗旨是要讓孩子們能夠更深入地了解佛教的歷史及發展。這包括了佛教發源地，西進東傳所帶來的改變，以及歷史悠久的佛教文物。展覽與時俱進，採用新穎科技，充滿了對21世紀佛教傳播的敘述。

彭寶珊老師要孩子們在遊覽展覽時，用心觀看，找出三樣和佛光山有關的物品。這項功課，讓孩子們觀賞佛展的體驗添加了不少樂趣，孩子們滿心期待。來到了大英圖書館，不論是充滿歷史的卷軸以及手持不同手印的佛像，乃至於佛教典籍都深深地吸引小菩薩們。在菩提園課上時所提到的內容，比如像佛陀化身為鹿王的故事，如今以卷軸的方式呈現在孩子們面前，孩子們興奮卻又專注地看著美麗的圖畫，感覺和佛陀是多麼的親近。

最吸引孩子們眼球的莫過於放置在展覽廳中央的悉達多太子像。當他們確認了這是他們倫敦佛光山所捐贈的，都感到非常驚喜。在這展覽館的另一處也出現了星雲大師一筆字「與人為善」，這樣一幅一筆字在展覽館影響力頗深，時時提醒人們「善」是如此之重要。小菩薩們也觀賞了大英圖書館特製的浴佛節記錄片，更讓他們欣喜的是，看到了自己的身影出現在了屏幕中。許多孩子們都感到非常自豪，這是個多麼歡喜的畫面。

短短2小時的遊覽，孩子們受益匪淺，不僅學習到了佛教悠久的歷史，更是進一步的瞭解到佛教是如何隨著時代的變遷而傳播到世界各地。難能可貴的是，身為佛弟子的他們，也在因緣合和成了21世紀佛教傳播歷史的一份助緣，成為佛教演變的一片小拼圖。期許這次的戶外教學能讓孩子們得到啟發，滋長他們心中的菩提種子，解行並重承擔起佛教靠我的使命。







## Bodhi Garden Visits Buddhism Exhibition at the British Library

On 25 October, The British Library launched the Buddhism Exhibition with the support of many Buddhist organisations including London Fo Guang Shan.

On 1 December, Superintendent Venerable Ru Hai and Teacher Roxy led a group of 40 students and teachers to visit the exhibition. The aim was to let students have a deeper understanding of Buddhism including the history and development of Buddhism.

Before leaving the temple, Teacher Roxy asked students to look out for three items which belonged to Fo Guang Shan. This homework not only added lots of fun but also made the students very excited about the exhibition.

At the exhibition, the historic scrolls, precious artefacts and even the books attracted the attention of the students. Students looked closely at the images and artefacts making them feel closer to Buddha.

Among the items that attracted students was the baby Prince Siddhartha statue, and the One Stroke Calligraphy "Be Kind to Others" which was written by Venerable Master Hsing Yun. The students were excited to see items belonging to Fo Guang Shan. They also watched the London Fo Guang Shan Buddha's Birthday celebration video which was specially filmed by The British Library. The students thoroughly enjoyed and benefited a lot from the two-hour visit.





## 教育 | Education

### 倫敦協會會員大會 見證信仰與傳承

國際佛光會倫敦協會12月1日在倫敦佛光山舉辦年度會員大會，3個分會、百餘位會員出席，更有多戶佛光人家全家總動員，見證了信仰與傳承。

有別於往年，今年的會員大會由各分會自行安排進行，讓會員能與分會幹部更深入交流，並對各自分會的會務發展提問、發表意見。

各分會詳細報告財務、2019年活動回饋到2020年的會務規畫，大會也宣讀2019年世界理事會議的8項重要決議案，並由輔導法師進一步講解。各分會也別出心裁的製作了今年度的活動精彩花絮影片，讓會員重溫這一年集體創作的成果。

輔導法師如海法師表示，時代不斷進步，弘法也要有創意，鼓勵大家善用新媒體傳播佛法。發心承擔會務也是自我開發和進步，佛光會是個團隊，要互相包容、互相提拔。

有舜法師說，星雲大師創立佛光協會，給全球佛光人一個大舞台。法師以星雲大師「我在眾中，眾中有我」的教導，鼓勵會員發心立願，多參與協會活動，共同推動與成就會務。

第一分會80高齡的督導黃堅，參與倫敦佛光山建寺，也見證了倫敦協會的誕生和成長；多年來初心不退，是全體倫敦佛光人的典範。他表示，「一日佛光人，終身佛光人」，希望每位會員都能珍惜因緣，發心承擔，通過會務廣結善緣。

會員大會在高亢的會歌聲中圓滿落幕，期許在萬緣成就下，佛光普照三千界，法水長流五大洲。



### BLIA London Annual General Meeting: Faith and Legacy

On 1 December, BLIA London held the annual general meeting with over 100 members in attendance across the 3 Sub-Chapters.

Unlike previous years, this AGM had each Sub-Chapter organize their own meeting for a better communication within the committee in each Sub-Chapter.

The meetings had reviews of the previous year, financial reports, 2020 activity plans and the proposals at the 2019 BLIA executive conference.

Advising venerable, Venerable Ru Hai expressed that with various new technologies emerging, our way of Dharma propagation should also elevate to better accommodate the developing society.

Venerable You Shun said that BLIA is a platform for members to learn, and apply knowledge to propagate the Dharma. She used the quote of "I Am Among the Multitude; Among the Multitude There I Am" to encourage members to participate in activities and events in BLIA.

Advisor Kien Huynh is 80 years old, he has been at temple since its establishment in 1992, and has witnessed the birth and growth of BLIA London. After so many years, he still abides in his initial aspirations and remains as the role model for many of us.

The AGM concludes in the exciting singing of the BLIA Anthem. May the conditions arise for Buddha's light to shine universally on the three thousand realms and the Dharma stream to flow across all five continents.



## 童軍團參訪倫敦佛光山 學習三好四給

為促進當地文化教育交流，越來越多的英國本土團體參與到佛光山文化體驗活動中，倫敦童軍團和學校參訪佛光山寺也早已成為交流活動中的重要部分。

12月12日，佛光山又一次迎來了倫敦當地的1st City of London 童軍團參觀學習，其中一位小童軍非常驕傲地表示這已經是他第三次來參加佛光山的活動了。這次到訪的共有7位小童軍，加上團長及兩位童軍服務員，還有一位小童軍的母親也有幸一同參與，和自己小孩一起學習佛教文化。

青年團妙慧講師彭寶珊及義工迎接童軍團的到來。彭寶珊向大家介紹了佛光山簡史及遍佈全球的佛光道場，並帶領童軍們一起學習星雲大師所提倡的「三好」、「四給」、「五和」理念，童軍聽後非常感興趣，融合自身的生活，積極分享自己所理解和學習到的「四給」。

童軍們來至大殿參觀佛像及聆聽學習佛教文化。彭寶珊在向童軍講解佛陀的一生、法器及相關的佛教知識，童軍們都聽得津津有味，更好奇地詢問了諸多的問題。在禪堂，義工們為童軍團安排了中華文化體驗活動——抄經和拓印大師墨寶。小童軍們用毛筆非常用心地抄寫大師的佛光菜根譚，細心地拓印大師的墨寶。大家都十分喜愛自己所完成的作品。

在活動參觀活動結束前，童軍團為表示自己對佛堂的感謝，融合今天學到的“三好”和“四給”，在團長的帶領下，以比賽的形式幫助佛堂齋室清洗桌椅。為感謝童軍們的辛勤勞動，佛堂貼心為獲勝者及每位參訪人員準備了獎品和結緣品，由倫敦佛光山監寺如海法師親自頒發給大家，並祝願大家在未來生活與學習中繼續努力。

活動結束時，童軍團團長感謝常住的安排，並贊歎在眾多童軍參訪活動中，佛光山的文化體驗總是令人印象最深刻，感受最好的活動，每次來都受益匪淺。同行的家長也表示，今天參與這次佛教文化體驗收穫很大，在佛光山體會到了安詳寧靜，當天所有的壓力和負面情緒都被一掃而空。

## 1st City of London Scouts visited London Fo Guang Shan to Learn about Three Acts of Goodness and Four Givings

To facilitate stronger and better links in cultural and education exchange, there have been increasing numbers of local organisations visiting London Fo Guang Shan. On 12 December 2019, the temple welcomed the delegation from 1st City of London Scouts. One of the scouts proudly pointed out that this was his third visit to the temple.

BLIA YAD Sumagadhi Lecturer, Roxy Pang gave a brief introduction of Fo Guang Shan history and branch temples globally to the delegation. She also explained about the core values of Fo Guang Shan promoted by the founder, Venerable Master Hsing Yun. These core values are: Three Acts of Goodness, Four Givings and Five Harmonies. The scouts shared their understanding of Four Givings and connected the values with their personal experiences.

At the main shrine, the group learned about buddha statues and Buddhism, Roxy told them the story of Life of the Buddha, introduced the Buddhist instruments as well as explained the general knowledge of Buddhism. They were very excited about the topics and raised many questions. The group also took part in some cultural activities in the meditation hall. Everyone was very grateful of the visit, as a gesture of appreciation, they helped to clean the temple. It was a very delightful and fruitful day for the Scouts.





## 教育 | Education

### 倫敦佛光青年團 2019年度大會暨團 務委員改選

佛光青年倫敦分團12月21日於倫敦佛光山舉行2019年度大會暨團務委員改選，選出新任團長Susan Zheng，及2位副團長Alex Yu、林銘。輔導法師如海法師、國際佛光會倫敦協會督導倪世建、黃華娟及近30位佛光青年與會。

會議首先回顧這一年的團務內容及活動內容，代理團長林銘更用心製作一部短片，讓大眾重溫一年來快樂的時光。議案討論時，團員針對2019國際佛光青年幹部會議的專題議案作討論，大家積極提出意見，並通過2020年各項大活動。

團務委員及正副團長改選，大眾審慎投票，並由佛光會協助開票。第一階段選出13位團務委員，第二階段選出2020-2021年青年團團長Susan Zheng，及2位副團長 Alex Yu與林銘。Susan感謝大家的信任，希望接下來的2年大家繼續努力、集體創作，讓更多人認識星雲大師提倡的人間佛教。

如海法師感謝新任幹部發心承擔，並表示，頭銜不是最重要的，出席會議的每個人都具足善根因緣，應一起成長，開發心田，在自利利他的佛光山道場找到法喜並傳遞給大眾，使社會更加美好。

### 2019 BLIA YAD London AGM

On 21 December, BLIA YAD London held the annual general meeting along with the re-election of the new committee for the upcoming term. There were over 30 attendees including the advising venerable Venerable Ru Hai, advisors of BLIA, and members of BLIA YAD London.

The meeting began with a review video of the past year to bring back some memories of the fun times everyone had together. Then, proposal discussions were held surrounding the topics proposed during the 2019 International Buddha's Light Young Adult Executive Conference. Everyone collectively gave suggestions and new ideas for upcoming events in 2020.

There were two parts to the election process, the first part had elected 13 committee members, and the second had elected the new president Susan Zheng and two vice-presidents Alex Yu and Ming Lin. Susan thanked everyone for their trust, and wished all the best for the upcoming term, so that more and more people is able to learn about Humanistic Buddhism.

Venerable Ru Hai acknowledged the new committees for their aspiration to take on the responsibility. She expressed that the title is not the most important, in that all members of the group have the conditions to cultivate their body and mind together and should really do so. Everyone should aim to spread Dharma joy and happiness to the society regardless of the title.

恭喜陳偉閔和鄭家康授證白象幹部。  
Congratulations to Willy and Alex for being  
awarded the White Elephant Staff







## 國際佛光協會倫敦協會 2019年度理事會

續12月初的各分會會員大會之後，國際佛光協會倫敦協會於12月28日舉辦了2019年度理事會，共28位主要協會理事、分會會務委員和督導們參與，協會輔導法師如海法師、分會輔導法師有舜法師、安今法師蒞臨指導。大家於歲末送舊迎新之際，一起來重溫 and 見證2019年的成果；同時也就世界理事會的重要決議案來規劃2020的活動藍圖。期許在大家的發心努力下，把倫敦協會的會務推上更高一層樓；讓信仰得以傳承，也讓人間佛教能遍地開花！

倫敦協會會長李柏達在歡迎詞裡感謝大家抽空出席，表示2019年是繁忙的一年，表揚大家集體創作，成就多項活動。他說：歲末也是自我省思和擬定方向的時刻。因此，當我們在回顧過去的當而，要為自己的成績給予肯定和讚賞；更重要的是要以前事為借鑑，希望未來能做得更好。會長勉勵大家對會務要勇於承擔，在互相做中學，互相成長。

適逢黃堅督導80大壽，在如海法師的帶領下，倫敦佛光人也趁午齋時，精心的為黃堅督導準備了驚喜生日會。黃督導在歡喜的生日歌聲中被引進五觀堂，被現場氣氛感動得熱淚盈眶。他感謝常住、法師們和所有佛光人的用心，感恩佛光山這法身會命之家，讓他的人生充滿著許多的溫暖和意義。黃督導也不忘祝福大家新的一年過得更美好。如海法師也代表大家送上生日禮物給黃堅督導。

黃堅督導是資深的倫敦佛光人，當年隨著星雲大師在倫敦建立佛光山。多年來，初心不退，見證了倫敦佛光山以及倫敦協會的成長。現為倫敦協會督導委員會督導長，黃督導對道場和協會會務義不容辭，是大家的典範，深得倫敦佛光人的敬愛。

督導委員會也於下午舉辦了年終會議，會議裡歡迎和介紹新任分會督導禰雪梅也進行督導長交接，2020年將由黃華娟督導接棒。督導們也針對多項議案進行深切的討論，尤其是在如何扮演好輔導和協調的角色。如海法師勉勵督導委員會成立讀書會，透過閱讀自我提昇；以自己的會務經驗和佛學知識來輔導和協助協會的成長。

如海法師於2018年底接任倫敦佛光山監寺，回顧這一年來和倫敦佛光人並肩作戰，法師表揚倫敦佛光人的團隊精神以及為法為教的發心和願力。她期勉大家各自扮演好自己的角色，再接再厲，尤其是為明年的改選做準備，發掘人才，讓佛光普照，法水長流。2019年進入倒數，倫敦佛光人相聚於佛光山這法身會命之家，共同渡過了充實又溫馨的一天，大家都對新的一年充滿著無限的期盼！



## BLIA Annual General Meeting

After the members general meeting in early December, BLIA London board of Directors held their annual general meeting on 28 December 2019. A total of 28 committee members attended the meeting. During the meeting, everyone reviewed the events in 2019 and discussed the future plans for 2020.

BLIA President Alex Lee, welcomed everyone to the meeting and thanked all the members for their continuous hard work and support. He encouraged everyone to continue to work hard in the coming year. The temple and BLIA London took the opportunity to celebrate the 80th birthday of BLIA London Advisor Kien Huynh.

On the same day BLIA London Advisory Board also held its annual meeting and re-election. Advisor Salina Wong was elected as the new Lead Advisor for 2020.



## 教育 | Education

### 菩提園2020年第一課 佛學會考同慶法寶節

菩提園新學期的第一堂課，適逢道場為慶祝法寶節舉辦「佛學會考」，1月5日當天老師給小朋友一個意外的驚喜，一開學就給小朋友們安排了佛學考試，檢測大家多年來的學習成果，更期許在2020年繼續像佛陀一樣精進用功，培養正知正見，呈現人間佛教的行者。所有來上課的30位小朋友在完全沒有複習的情況下，全部都參加了會考。

小朋友們按年齡分大中小三組進行考試，考題也備有是非題、選擇題、填充題和論述題，考試內容包含佛教常識、人間佛教理念、佛教故事、認識佛光山等。考試前，菩提園老師彭寶珊向小朋友介紹考試規則，提及「五戒」以叮囑不可以有在考試中舞弊，並要勇敢面對自己不夠了解的知識。考試過程中，有的眉頭緊鎖，有的思如泉湧，但個個都認真努力作答。孩子們在考試中了解自己學到了多少佛法，更是以另外一種方式慶祝佛陀成道日。

完成考試之後，彭寶珊向大家介紹星雲大師2020年春聯的含義。在倫敦佛光山監寺如海法師的帶領下，小朋友及義工們手持星雲大師墨寶向全球佛光人拜年，並傳達大師的新祝福「行道天下 福滿人間」(Every Journey in this World is a Path to Happiness)。大家也心懷感恩，祈願社會大眾新的一年不管在哪一個職業，在人生哪一個階段，都能找到自己的快樂之道。



### Bodhi Garden's First Lesson Of The Year

The new term has begun for the Bodhi Garden's children. On the first lesson which took place on 5 January. In conjunction with the Dharma Day celebration and also Buddhist examination conducted in the temple, 30 Bodhi Garden students were also given a test to assess their Buddhist knowledge.

The students sat for tests corresponding to their age in 3 groups. Contents of the tests included basic Buddhist knowledge, concepts in Humanistic Buddhism, Buddhist stories and facts about Fo Guang Shan. After the test, their teacher Roxy Pang explained to them the meaning of Chinese New Year couplet written by Venerable Master Hsing Yun for 2020, which is "Every Journey In This World Is A Path To Happiness".

Finally, with temple superintendent Venerable Ru Hai, the students recorded a short video to wish everyone at Fo Guang Shan a Happy Chinese New Year.







## 法寶節佛學會考 檢視自我修行

「一元復始，萬象更新」。元旦剛過，對於佛弟子，緊接著又迎來了一個重要的節日－佛陀成道日，即「法寶節」。1月2日，倫敦佛光山舉辦「佛陀成道日祈福法會」及臘八粥齋眾的活動。5日上午，又在三樓禪堂舉辦佛學會考。

農曆十二月初八，俗稱「臘八節」，是佛陀成道紀念日，佛教稱之為「法寶節」。藉此因緣，秉持佛光山以教育培養人才的理念，倫敦佛光山舉辦佛學會考，考試範圍來自星雲大師著作《人間佛教佛陀本懷》，考試宗旨為「了解佛陀本懷義理、成為正信佛教徒、培養正知正見、共成人間佛教行者」。並冀此提升佛學素養、正確認識人間佛教，以佛法義理實踐生活修行，進而達到身心安頓、淨化社會的目的。

「正見比成績重要。」監寺如海法師在動員報名時，反覆強調，不要害怕考試。考試前，他再次來到考場，鼓勵大家：「佛學會考和一般考試不一樣，不比分數，不論高低，只是自我修行的檢視。」有舜法師擔任監考，為考生講解考試規則及紀律。

此次佛學會考，共有22人參加。分為中英文兩組，每組又分A、B卷。A卷考試類型為選擇題及判斷題，B卷則是難度較高的問答題與填充題。考試完畢，大家喜憂參半。去年佛學會考取得好成績的倫敦佛光協會第一分會會長王守娟，今年挑戰難度較大的B卷。她說，在國外不常寫中文，這次考試真是一場考驗。有舜法師表示，批改完試卷後，會發還給大家檢視對錯，以提高對佛法正知正見的認識。並擇期對考試成績優異者頒發獎品，以茲鼓勵。

中午，大眾在齋堂歡歡喜喜地享用義工準備的「臘八粥」，也稱「佛粥」，希望在享用臘八粥的同時，能同沾佛陀成道的法喜，蒙佛陀加持而福慧增長。

## Buddhist Examination in Conjunction with Dharma Day Celebration

On 2 and 5 January respectively, London Fo Guang Shan held the Dharma Day celebration and also a Buddhist examination. The purpose of the examination was to encourage the devotees to improve their Buddhist knowledge and also to put these knowledge into practice in their daily lives.

A total of 22 individuals participated in the examination. They either answered the questions in Chinese or English. For each language, the papers were either at level A or level B. Level A consisted mainly of multiple choice questions or true/false questions, whereas level B consisted of open-ended questions.

At noon, the Laba congee was served to everyone to celebrate the Dharma Day.





## 教育 | Education

### 義工講習 在典座中修行

倫敦佛光山2020年第一場義工講習，1月11日在齋堂舉行，由監寺如海法師為26位佛堂大寮的典座、行堂及供菜組人員，講解典座和修行的關係，用佛門觀念釋疑解難，讓義工更明白如何在發心服務中積福修行。

如海法師首先介紹大寮、典座、香積菩薩等名稱的由來，並引用道元禪師的《典座教訓》指出，「炊事是很尊貴的工作」，許多得道的祖師都是從典座出來的；廚房就是一個修行的道場，香積菩薩們為大眾備辦食物，讓道場所有的修行人安心辦道，也為自己積累無量的功德。

針對大寮的具體工作，如海法師講解了各部門的工作職責、衛生要求、食材處理法、如何處理剩菜、供菜供果的處理等實際問題。他說明炊事工作應持有六種心：道心、供養心、功夫心、喜心、老心和大心，具足這六種心，典座菩薩們所辦種種飲食便具三德六味，即清淨、柔軟和如法，六味協調，令大眾品嚐到美味佳餚，生歡喜心。

如海法師強調，美食也是度眾的方式，大寮的工作需要大家互相配合、容忍，放下個人成見，不可因個人喜好而排擠他人，大家共同成就，共結好緣。法師鼓勵大家發揮集體創作的精神，集思廣益，以便更好地服務大眾。

擔任大廚的劉春華和供菜組的陳梅琳在講習會後都表示，收穫很大，釐清了許多之前的觀念，學習了新的知識，也更明瞭修行方向。

### 2020 First Volunteers Seminar - Temple Kitchen Operations

On 11th January, London Fo Guang Shan held the first seminar for temple chefs and kitchen volunteers. The seminar was conducted by Venerable Ru Hai, superintendent of London Fo Guang Shan and 26 volunteers in attended. The venerable explained, in Buddhist Monastery, volunteering in a temple kitchen, cooking, serving food to others and preparing food offerings are also part of self-cultivation. She first introduced the history and origin of monastery kitchen, temple chefs and kitchen volunteers, emphasising that kitchen is the best place for cultivation.







## 恭喜恭喜 菩提園以音聲演繹 三好四給

星雲大師為2020年庚子鼠年提寫了「行道天下，福滿人間」的墨寶春聯，把祝福傳遞到世界各角落。倫敦菩提園小菩薩，遠在千里之外，在這喜氣洋洋的季節裡，感念著師公的恩典。在指導老師彭寶珊的引領下，集體創作，寫了一首賀歲歌並特別送給師公；雖然無法親身向師公拜年，卻通過歌詞歌聲送上暖暖的祝福和心意。

以《恭喜恭喜》的曲調來演唱，這首溫暖賀歲歌承載著孩子們的新年祝福，同時也承諾了在生活中實踐三好四給。小菩薩們以分組方式來填詞，每一小組負責四句一段。在未經刻意策畫和討論下，盡然很有默契的把歌詞填得恰到好處，讓人非常驚喜！監寺如海法師在課堂結束前前來和小菩薩拜年、派壓歲錢，孩子們歡歡喜喜的演繹自己的新作品，祝福法師新年吉祥。從一張張純稚臉龐唱出的朗朗的歌聲，讓如海法師即感動又讚嘆，豎起大拇指表揚孩子們，表示師公聽了一定會很歡喜。

生長在海外，本來就很難深切的體會到過春節的氣氛和意義。然而此時的倫敦佛光山張燈結綵，一派濃濃的過節氣氛，菩提園的小菩薩們也用他們自己方式，歡慶佳節，體驗和學習中華文化和習俗。新的一年，小菩薩們發願發誓要像星雲大師的春聯所說一樣，「行道天下，福滿人間」努力的充實自己，也把快樂和幸福帶給大家！。從小就在佛堂接受佛法熏陶的陳慈欣表示：佛光山就是我的家，我在這裏學習了好多，有佛法、有文化，讓我的生命增添色彩。新的一年，我要像星雲大師的春聯所說一樣，「行道天下，福滿人間」努力的充實自己，也把快樂和幸福帶給大家！

## Bodhi Garden Composed Chinese New Year Song

"Every Journey In This World Is A Path To Happiness" is this year's calligraphy written by Venerable Master Hsing Yun to wish everyone Happy Chinese New Year, for the year of the rat. Under the guidance of Teacher Roxy, students collectively wrote a Chinese New Year Song for Venerable Master Hsing Yun. Even though they were unable to wish him in person, they would like to express their New Year's wishes in a song.

Using the melody of the Chinese New Year song "Gong Xi Gong Xi", the lyrics were full of blessings and Dharma that included the Three Act of Goodness and Four Givings. The class was divided into groups. Each group was responsible for writing a verse of four lines. It was surprising that the sequence of the songs flowed in perfectly with the song. Before the class ended, Superintendent Venerable Ru Hai came in the class to distribute red envelopes and wished students Happy Chinese New Year. Students in return joyfully sang the composed song to Venerable to wish her Happy Chinese New Year. Venerable Ru Hai was touched and praised students for creating such a wonderful song. She said Venerable Master will also enjoy it when he hears it.

For students who are born and grew up overseas, it is difficult to understand the atmosphere and significance of Chinese New Year. Students took the opportunity to learn and experience the Chinese culture and customs. In the New Year, students vowed to follow the message of Venerable Master's calligraphy "Every Journey in this world is a path to happiness". One of the students, Jasmine who has been practising Buddhism from a young age said Fo Guang Shan is her home. She has learnt a lot about Dharma and culture which has added color to her life. She also said that she and her fellow classmates will follow the words from the calligraphy to improve themselves and bring happiness to everyone.



## 教育 | Education

### 新入會員講習會

倫敦佛光協會會務蓬勃發展，近期更是增添不少新會員。為了讓大家對佛光會有更多的瞭解和認識，倫敦佛協會於11月19日在圖書館舉辦了新入會員講習會，禮請協會輔導法師如海法師和有舜法師為大家講課。正值傳統中國新年將至，寺院內張燈結綵，頗有喜慶的節日氣氛。此次講習會獲得會員的熱烈回響，共五十多位新晉和資深會員參與。三個分會會長和幹部們也共襄盛舉。

首先由如海法師歡迎新會員加入佛光大家庭，強調加入佛光會的首要條件是皈依三寶，認同佛光理念，希望部分新會員把握機緣早日皈依。如海法師介紹了佛光山的概況及起源，講解佛光山的四大宗旨“以文化弘揚佛法；以教育培養人才；以慈善福利社會；以共修淨化人心”，而佛光山與佛光會的關係，就像鳥的一雙翅膀，相互平衡，缺一不可，希望聚集更多大眾來瞭解人間佛教的理念，所有正確的，美好的，淨化的，人們內心真正需要的信仰，來說明大家解脫煩惱。

如海法師提到佛法與生活不可分離，作為佛光會員需要學習如何秉承自身職責，做到給人歡喜，給人希望，給人信心，給人方便。學佛所學，行佛所行，通過佛光山平臺廣結善緣，造福他人。無論個人成長背景、社會角色怎樣，都應通過學習不斷圓滿，淨化自己，同時利益他人，為自己留下信仰，為家庭留下貢獻，為社會留下慈悲，為道場留下功德，為眾生留下善緣，這些加入佛光會都可以實現，因此希望大家發心承擔，盡個人微薄之力。會員也應多參加國際性的活動，打開胸襟，拓寬眼界，透過善知識相互提醒，走出無明。

有舜法師接著介紹怎樣做個佛光人，帶領大家詳細誦讀了十八講。提到法師和信徒各有職責，彼此應該相互平等尊重。在佛光山，大家需要學習“無我的觀念”，也需要集合團體大眾的力量，並在給予別人方便如何落實在日常生活中作了解釋，同時提醒大家來寺院記得穿著會服佩戴會員證。

近三小時的講習，從佛光山的緣起、開山星雲大師的慈心悲願、國際佛光協會的創立至佛光人如何秉持大師的教誨在全球每一角落發光發熱乃至於如何透過會務自我提升，自利利他，法師們精彩和詳細的演說皆讓與會者獲益良多。會議最後大家合影留念。作為佛光人，期許每一個人都將佛光山的準則、職責銘記心間，並以自身光芒影響他人，廣撒人間佛教的種子，吸引更多的大眾加入佛光會。

### Introductory Seminar for New BLIA Members

A number of new members have joined BLIA London recently. In order to increase their understanding about BLIA, an introductory seminar was held on 19 November. The sessions were taught by Venerable Ru Hai and Venerable You Shun. A total of 50 members attended.

Venerable Ru Hai extended her warm welcome to all the new members. She encouraged them to take refuge in the Triple Gem. She also told the story about the beginning of Fo Guang Shan and how it developed, the Four Objectives of Fo Guang Shan, and the codependence between Fo Guang Shan and BLIA. Venerable You Shun shared about how one should be a Buddha's Light member. She also reminded everyone to respect each other and learn to work together with a selfless attitude.

The session lasted for three hours in total. Before the session was dismissed, all attendees took a group photo as a token of memory.





## 導覽人員培訓 線上上課傳遞佛法

倫敦佛光山座落於西敏寺牛津園圍區，是一棟星級歷史古蹟，常年來接引的訪客不勝枚舉，除了禮佛祈福的信眾，近年來更有為古蹟文化慕名而來的藝術愛好者，還有學校、社團、宗教團體等參訪。為了讓訪客能進一步認識佛光山和星雲大師所倡導的人間佛教，倫敦佛光山3月8日舉辦第一場導覽人員培訓，由監寺如海法師和青年妙慧講師彭寶珊主講，共23位學員參與。由於歐洲正處於新冠病毒疫情逆襲的非常時期，這場培訓也善巧的利用現代科技工具，提供線上上課。

如海法師首先講解導覽須知及身為導覽人員所應有的心態，引用「佛有五明」說明導覽人員要了解引導對象和參訪目的，再透過語言、不同的設備等各種方式來互動；以提問、活動等方式引起來訪者的興趣、好奇，進而產生共鳴，最重要的是把佛法傳遞出去。

導覽人員要時時懷有同理心，導覽前要了解對象，策畫內容；導覽時，要觀察對方的反應，適時做出調整。行儀、禮貌和台風要讓人如沐春風，謹守佛光山的「四給」工作信條。如海法師表示，發心承擔導覽工作，就是自我提升的最好培訓，所謂「學然後知不足，教然後知困」，在導覽時遇到不足之處，可以激發自己更積極努力學習，透過累積經驗，必能做得更好。

彭寶珊以圖文分享多年來所累積的導覽經驗，並給大家多項提示參考，生動有趣的講解，讓大家見證了如海法師所說的與導覽對象「相應」。基於多數訪客都是西方人，彭寶珊以英語授課，第一堂課專注於寺院導覽。他把寺院主要區域分為四站，再以圖像說明每站的特色並將佛法帶入。例如在入口處，從建築外型介紹古蹟歷史，示範獻香供佛、講解大乘佛教；藉入口處五大洲的道場圖，簡介佛光山在全球各地的弘法足跡；透過掛在走廊上的星雲大師畫像，帶出大師的慈悲悲願和「四給」信條，引導訪客省思其中意義及生活的實踐等。

「把佛法帶進活動裡，以創意的法式來傳遞佛法。」彭寶珊表示，寺院裡的一景一物都是有用的教材，而且處處是佛法，不怕導覽內容不足。鼓勵大家發心承擔導覽工作，成為人間佛教的行者。接著分析訪客的歸類，如中小學、大學及學術界、宗教交流、社團以及企業界等。也講解道場提供團體拜訪的活動項目，包括寺院導覽、禪修打坐、抄經、茶禪、拓印、佛陀的一生及古蹟導覽等。

倫敦佛光青年團團長鄭煜珊表示，從培訓中學習到很多有關倫敦佛光山的細節、精采事項，及文化信仰傳承的意義，發願承擔起推廣者的使命，讓踏進倫敦佛光山的訪客都能更深入了解佛光山和人間佛教。



## Training For Guided Tour Volunteers

As a historical building, London Fo Guang Shan is not only visited by its devotees, but also architecture enthusiasts, school pupils, and other religious groups. In order to help the visitors have a better understanding about Fo Guang Shan and also Humanistic Buddhism, a session was held on 8 March to train volunteers in leading guided tours for the temple. The session was conducted by temple superintendent, Venerable Ru Hai, and Sumagadhi Lecturer, Roxanna Pang. A total of 23 volunteers joined the session. Due to the COVID-19 situation, this session was also streamed online so that those who were not able to travel could attend the session as well.

Venerable Ru Hai shared that empathy is an important element in a guided tour. One should do preparation and conduct the guided tour in ways suitable for the audience group. She also reminded the volunteers to apply the "Four Givings" in their guided tours, and one should not be afraid of making mistakes, as mistakes allow one to learn and improve.

Roxanna Pang shared her experience in conducting guided tours for the temple. She separated the temple into 4 areas, and for each area she suggested features and Buddhist concepts that can be introduced to the visitors. For example, at the entrance, the volunteers can explain the history of the building and demonstrate how to offer an incense. She also shared about various activities that can be conducted for the visitors, such as guided meditation, Sutra calligraphy, Tea Chan, and so on.



## 教育 | Education



### 菩提園線上課程 繪畫感謝醫護人員

隨著全球新冠病毒疫情的蔓延，英國學校及很多公共場所全面停頓。倫敦佛光山菩提園在這段期間，啟動視訊課程，用不同的方式來上課，繼續實行星雲大師三好四給的理念。

倫敦佛光山菩提園導師彭寶珊於3月29日為孩子們安排一堂繪畫功課。她錄製影片，告訴菩提園孩子們，在抗疫的這些日子裡，醫生護士們不顧個人安危不辭辛勞地照顧著病患們，同時還要照顧自己的家人，所以她希望每個孩子都能夠送一張畫給無私偉大的醫生護士們，為他們加油打氣。

當日共有31位菩提園的小菩薩參與繪畫課程。孩子們在家努力作畫，中午12點準時繳交繪畫作品。每幅畫都有不同的風格，有的生動地畫出醫生們在醫院的付出，也有孩子將佛陀與醫生護士們畫在一起，並在旁寫上「願佛陀給予你們力量和健康的身體」。從畫中深深地感受到孩子們對所有醫護人員的感謝。

菩提園線上課程，讓小菩薩們有了表達感謝醫護人員的機會，也讓現前充滿恐慌的世界，能有其他選擇——全心全意地去愛及感謝。

### Bodhi Garden Drew Pictures for Medical Professionals

As the global pandemic COVID-19 continues to spread, many schools and public places in the UK are shut. During this lockdown, Bodhi Garden organised its first online class to continue with the practice of "Three Acts of Goodnesses and Four Givings".

On 29 March, Teacher Roxy arranged an art assignment for the students to do. She recorded a video to explain to the students that during this difficult time, there are a lot of medical professionals risking their lives to help patients with coronavirus. She hoped students could draw pictures to show their support, appreciation, and to cheer up the selfless and dedicated medical professionals.

A total of 31 students participated in the online class. The students worked hard at home and submitted their homework right on time at 12 noon. Each drawing has its own style. Some drew scenes of doctors working hard in hospitals, and some drew the Buddha, doctors and nurses gathered together with the caption: "May the Buddha give you strength and a healthy body!"

This online class gave the students a chance to express their appreciation to the medical professionals and also to transform their fear and anxiety into love and appreciation.



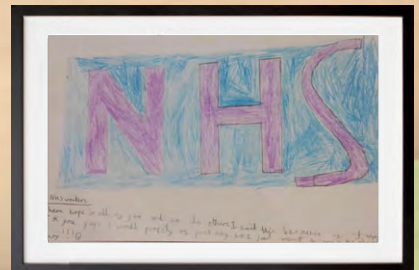
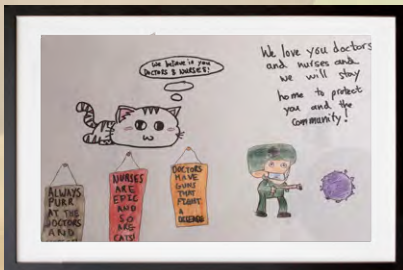




# 教育 | Education









## 教育 | Education

### 有佛法就有辦法 菩提園線上家長會

因應新冠病毒疫情，倫敦佛光山菩提園4月12日啟動網路教學。當日亦是第一次舉行線上家長會，有11位家長分享疫情期間各自的生活狀態及心路歷程，並討論如何以佛法來對治負面情緒，緩解心理壓力。

因為此次疫情，近期很多華裔小朋友在學校遭到諸多非善意的詢問和誤解，甚至被稱為新冠病毒傳播者。為此菩提園給予許多幫助和建議，鼓勵小朋友積極面對，生起信心，遇到問題可以致電給佛光山師父或者老師們尋求幫助，同時也鼓勵大家讀誦經文來回向給社會大眾。

家長也因為疫情遭受了各種壓力，除了擔憂疫情本身，還有不得不暫時停止賴以生存的生意，或面臨可能失業等不確定因素等；即使在家工作，也要適應不同的工作模式，隨時待命、長時間工作等，導致身心疲憊。

但也因為疫情，大家遇到了各種善緣。有家長因為不方便出門購物，得到來自朋友、鄰里的幫助，不但幫忙購物，還有口罩相贈。因為疫情，與父母、親友的聯繫更為頻繁，加深了彼此的溝通關心。

此次家長會帶領人陳偉良請大家用一句星雲大師的法語抒發各自的心情。陳偉良以「一半一半」與大家共勉，再糟糕的事情都有好的一面，面對困難要有活在當下的生活態度，因為疫情和困難終將過去。

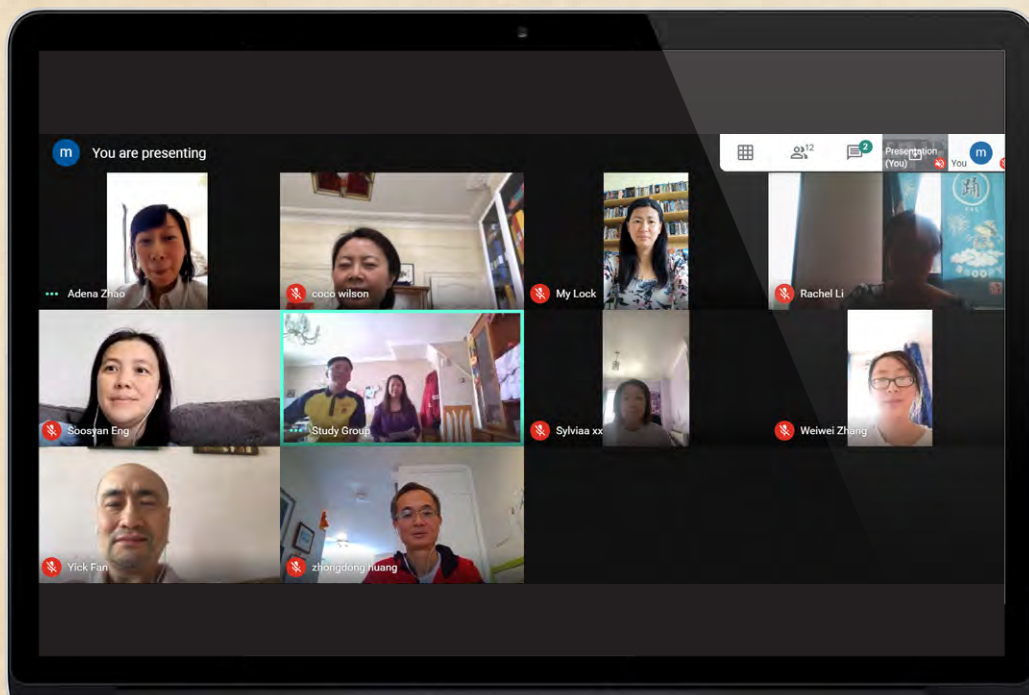
有家長表示，疫情期間居家隔離，終日共處一室，即便是家人之間也難免有摩擦，實踐「五和」成為眼前的功課，更體會其中深意。有人提出「有佛法就有辦法」，肯定學佛能增加信心，學會忍耐，生起慈悲，進而以歡喜心和清淨心廣結善緣。有人對「觀自在」深有所感，心若自在了，在任何逆境中都能不為所動，自然就不會為各種負面情緒所困擾。有人以「日日是好日，時時是好時」，提醒自己每天心懷感恩去生活，也有人認為「接受無常」，學會反省，把疫情的禁足令轉成在家修行的機會，明白財富名利在災難面前的不堪一擊。

透過分享，足見學佛之人懂得以佛法轉念，積極面對困境；也祝福大家通過疫情能夠明識因果，常常自觀，多行善舉，互助關懷，祈願社會大眾都能盡快走出光明。

### Bodhi Parents Study Group

During the pandemic, Bodhi Garden organised online classes and activities for the students. Parents of the students also took the opportunity to meet online for a weekly study group to read articles by Venerable Master Hsing Yun, and to discuss Buddhism together. On 12 April, the parents held their first study group session. Everyone discussed how they were coping with the pandemic and the difficulties and challenges they faced.

Through reading an article by Venerable Master about how to deal with stress, the parents learnt how to apply Buddhism to their daily lives and in particular in the current situation. Each participant expressed their ideas and also gave each other advice. The first session ended with everyone sharing Dharma words that have helped them in life in order to encourage the other parents.





## 線上探討「三輪體空」 學習布施結善緣

菩提園4月12日進行第二次線上課程，不受疫情影響，20位小菩薩和導師們歡喜的在線上以法相會。在第一次的線上課程中，小菩薩們用繪畫作品為醫院一線人員打氣，家長們也在旁參與。本週課程主題則是圍繞著「三輪體空」佛學概念。適逢復活節，指導老師彭寶珊以復活節彩蛋來和小菩薩談論布施，期許激發小菩薩們的同理心與慈悲心。

彭寶珊表示布施有三種：財布施、法布施、無畏布施。「三輪體空」表達贈與時所需要的三個條件：施者，施物以及受者，在送禮的過程中，放下一切對這三樣條件的執著。

為了讓小菩薩更具體的理解三種布施，彭老師畫了三個彩蛋；讓孩子們放入禮物，並認真思考將禮物送給哪些人。小孩都想到要送給在前線為大家服務的主要服務業人員，包括醫生護士、超市員工、記者、巴士司機等。資深學員陳慈欣分享時提到她要把其中一個彩蛋放入止痛藥送給研究新冠病毒疫苗的科學家，感謝他們的勇敢。因為封城和活動限制，大家都無法在復活節時去拜訪親友，因此，也有孩子們想把平安、快樂和希望送給家人們。朱浚熙要把毛絨玩具送給姐姐，好讓姐姐有個伴而不再感到害怕。

多位小菩薩也相互交換禮物，相互勉勵，希望彼此都能健康和快樂。課堂結束前讓小菩薩們總結他們放進的禮物，有糖果、巧克力、希望、佛法、友誼、鼓勵、感恩、信心等，可見小菩薩們對布施有一定的理解。

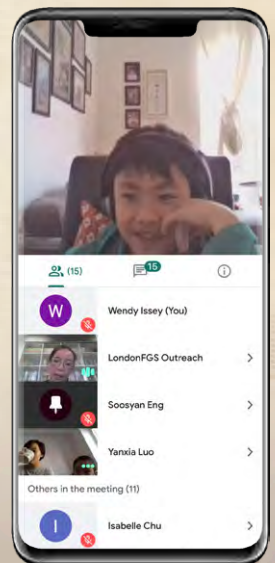
## Bodhi Garden Learns about Giving without Notions

On 12 April, London Bodhi Garden held its second online class. 20 students and teachers gathered online to learn the Dharma with joy. The topic was on "Giving". To coincide with Easter, Teacher Roxy used Easter eggs to elaborate the topic with the hope to excite student's empathy and compassion.

Teacher Roxy said there were three main types of gifts and they are the gift of wealth, the gift of Dharma, and the gift of fearlessness. In Givings, the three key elements are the Giver, the Gift and the Recipient. These three aspects should be empty and free of notions.

In order for students to have better understanding, Teacher Roxy drew three eggs and asked students to think of whom to give the gifts to. Students also thought of frontliners such as doctors, nurses, supermarket staff, journalists, and bus drivers. Senior student Jasmine, said she will give painkillers to scientists who were experimenting with the Coronavirus vaccine and thanked them for their bravery. Some students gave peace, happiness and hope to their family members whom they were not allowed to visit during Easter due to lockdown. Kallum said he would give his toys to his sister so that she wouldn't be afraid and lonely.

Students also exchanged virtual gifts with each other such as encouragement, blessings to be healthy and happy. Before the class ended, students collectively put in gifts for Bodhi Garden such as sweets, chocolates, hope, Dharma, friendship, gratitude and faith. This showed the students had a good understanding of "Giving".





## 教育 | Education

### 線上學佛法菩提園探討緣起

在新冠病毒疫情逆襲的非常時期，倫敦佛光山菩提園線上課程邁入第三週，繼續隔空傳遞佛法，灌溉菩提種子。課程內容更是每一週進階，指導老師彭寶珊善巧且創意的結合科技、才藝、時事和佛法，讓每一堂課都生動有趣，而學童的積極參與和分享也強化線上課程的互動；師生們集體創作，在有限的資源下，創造無限的學習經驗。4月19日的課堂上，探討「緣起法」，並特製感謝函。

對年齡介於2歲至16歲的學童而言，何謂「緣起法」？在老師的啟發下，孩子們用自己的生活體驗，將深奧的佛法詮釋得清楚準確，如桌子的形成需要木板、樹木成長的充足條件、日出日落與花開花謝是生命不斷的循環，並談論大家生活在一個相互依存的大環境裡，彼此之間要互相合作，同體共生。

接著彭老師引導孩子理解，當前大家雖被隔離在家，但不是孤立的，因為還有各行各業的人士在為眾人服務，維持社會的正常運轉。老師結合繪畫和寫作，指導小朋友以折紙製作了可愛的小信封，再把感謝的言語寫在信封裡，並繪畫上可愛的圖像。完成後，請家長幫忙把感謝函掛在門口或回收桶上，好讓孩子們的心意得以傳遞。

孩子感恩的對象分別是清理垃圾的清道夫、送信的郵差叔叔、送貨的遞服人員等，還有日夜照顧他們的爸爸媽媽，甚至感謝佛陀讓他們有健康的身體。

倫敦佛光山因防範疫情，對外關閉已有一個月，為了讓習慣了每週日都回道場上的學童安心，彭老師在下課前還特地於線上帶領他們「巡山」。彭老師表示，菩提園線上課程會繼續從佛法的角度，為大家講解疫情和其影響，在這非常時期傳遞真善美。

### Bodhi Garden Discuss Dependant Origination During Online Class

As the global pandemic covid-19 continues to spread, London Bodhi Garden conducts the session online for the third time. Teacher Roxy uses multimedia platforms to make online classes very engaging and interesting, creating a learning environment for students at home. On 19 April, the class discussed "dependent origination" and made "thank you" cards.

Teacher Roxy explained the truth of dependent origination in simple and understandable languages so that even younger children are able to understand. Students were also able to recapitulate with items in their own life, like how a table is made from wood that requires countless causes and conditions to grow. Likewise, we all live in a mutual environment that requires the cooperation of each other.

Then, teacher Roxy asked students to make thank you cards for key workers who continue to serve the society despite lockdown. These cards of appreciation are then hung outside on the doors so that the students can deliver their messages to the public.

Because of the pandemic, the temple has already been closed for a month. Bodhi Garden will continue to teach students about Buddhism and deliver positivity despite this.







## 菩提園慶佛誕浴佛新體驗

倫敦佛光山菩提園於4月26日進行第四次線上課程，共31位菩提園學生參與本次的課程。佛誕節即將到來，往年菩提園的孩子們都會到倫敦的萊斯特廣場表演及浴佛，今年他們有了一個不同的浴佛節體驗。

首先，播放影片《佛陀的一生》，雖然大部分的菩提園小菩薩們都已非常熟悉佛陀的故事，但播放影片的目的是為了不斷地提醒孩子們保持自己的正念，將佛陀作為榜樣。

老師也請學童們將自己的英文名字寫在紙上，再想出一個形容自己的形容詞，這些形容詞必須以他們的名字字母為首。接著大家一起用所有的英文字母想出形容佛陀的詞，並看看自己與佛陀有什麼相同的詞。這項簡單的小遊戲給與學童機會，關照自己的內心，並從佛陀身上學習美德。

此次的課程，倫敦佛光山菩提園導師彭寶珊向大家解說浴佛偈，並鼓勵小菩薩們往後在浴佛時，可以觀想浴佛偈中所講的一切。

為了讓孩子們能夠更深入地了解浴佛偈，老師讓小菩薩們發揮自己的創意，寫一首給佛陀的英文詩，或繪畫自己浴佛的樣子。彭寶珊介紹給孩子們充滿創意的線上浴佛，就算無法出門，大家依然可以為佛陀淨身，慶祝浴佛節。

## Bodhi Garden Online Class Celebrating Buddha's Birthday

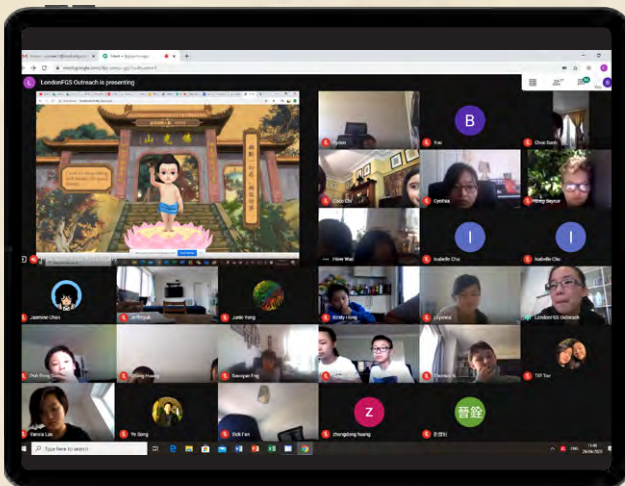
On 26 April, Bodhi Garden held its fourth online class and a total of 31 students attended. The topic was on Buddha's birthday. In the past, London Bodhi Garden students would celebrate Buddha's birthday at Leicester Square via performing and bathing the Buddha. This year they had a different experience.

At the beginning of the class, students watched a short video about "Life of the Buddha" to refresh their memory of the story, and also to remind them to always be mindful and regard Buddha as a great role model.

Teacher Roxy asked the students to write their names on a piece of paper and come up with a word that describes themselves with the letter of their names. Then, these words were used with words that describe the Buddha. This simple activity gave students an opportunity to link their similar characteristics with the Buddha and learned about other characteristics of the Buddha.

In the class, Teacher Roxy introduced the "Bathing the Buddha Gatha" and encouraged students to contemplate every word said or sang in the verse when bathing the Buddha.

Teacher Roxy asked the students to write a poem for the Buddha or draw a picture of them bathing the Buddha to reflect the student's level of understanding. She also introduced the Virtual Buddha Bathing online which was available online for everyone to bath the Buddha even though we could not go out to bathe the Buddha and celebrate Buddha's birthday.





## 教育 | Education

### 前線醫護分享抗疫經驗 菩提園學習感恩惜福

新冠病毒（COVID-19）疫情全球蔓延，倫敦佛光山菩提園善用科技，從3月下旬啟動線上課程，並從中引導小菩薩正面的面對疫情，在困難中學習惜福感恩。5月3日邀請倫敦Royal Free醫院急診室醫生Dr Chee Lan Chan、護士彭佩珊，及在臨時搭建的倫敦南丁格爾醫院的護士Elaine Dalziel，分享各自在前線抗疫的經驗和心得。

Dr Chan首先介紹新型冠狀病毒，講解細菌感染與病毒感染的差異，示範醫療人員所穿的口罩、護目鏡、手套至防護衣等保護裝備。彭佩珊說明急診室在疫情期間的運作，作為醫院接待病患的首站，從為病人問診、做測試、提供氧氣、安撫病患情緒等，都是急診室醫護人員每天的工作。都讓小菩薩們大開眼界。

Elaine分享在南丁格爾臨時醫院照顧新冠病毒病患的經驗和心情，短短幾周照顧了數十位的病患；每一次看見病患的情況改善都感到欣慰，但也不乏有重症患者往生，讓他深感遺憾。

在前線服務，會不會感到擔心害怕呢？每一天都面對那麼多的確診和死亡案例，醫療人員如何調整自己的心情？Dr Chan表示，他熱愛自己的工作，只要確保設備和措施具足，他並不害怕接觸和治療病患，這是身為醫護人員的使命。面對不斷增加的確診和死亡案例，隨難免難過、疲憊，但專業的訓練與同事的關懷，讓他們能夠很快調整自己，跨越情緒，繼續服務大家。

Dr Chan也分享自己確診和病毒抗戰的經驗，並向小菩薩展示未受感染及受新冠病毒感染的肺部的X光片。彭佩珊也提醒，居家隔離政策明顯減低疫情感染率，大家要確實遵守，並勤洗手，配合防疫。

課程結束前，彭寶珊老師展示了小菩薩先前感謝醫護人員的繪畫，孩子也鼓掌表達對醫療人員的敬意和謝意。36位菩提園學員在居家隔離的第六個周日，一起在線上度過有意義的早晨，祈願佛菩薩慈悲加被，疫情早日舒緩，讓大家都能回歸原來的生活。







## Frontline Medical Professionals Share their Experiences with Bodhi Garden

On 3 May, Dr Chee Lan Chan and Suzanne Pang, a doctor and a nurse from Royal Free Hospital, and Elaine Dalziel, a nurse from Nightingale Hospital London were invited to Bodhi Garden online class to share their experiences as frontliners who fought COVID-19.

In the beginning, Dr Chan introduced the coronavirus and explained the differences between bacterial and viral infection. She also demonstrated the Personal Protective Equipment (PPE) worn by medical professionals such as goggles, gloves and protective clothing. Suzanne explained how the daily operation of the Accident and Emergency department had changed due to Coronavirus, from consulting, performing tests, supplying oxygen and comforting patient's emotions. It was an eye opener for all students.

Elaine shared her experience at the Nightingale Hospital. She said "she took care of lots of patients in just a few weeks. Every time she saw improvement in a patient's condition, she felt relieved. However, she felt sad when some didn't make it."

The students asked many questions such as: Working as a frontliners, are you worried or scared? How are you coping seeing so many people diagnosed and death everyday? Dr Chan said she loves her job. As long as proper PPE and adequate measures are practiced, she is not afraid of contracting and treating patients with Covid-19. As we are facing the increased number of confirmed cases and deaths, it is hard not to be feeling tired and emotional. Although it is a difficult task but as trained medical professionals and with the care of colleagues, it is easy to adjust and stay strong, in order to serve the patients.

Dr Chan also shared her experience of being diagnosed Covid-19. She showed students the X-rays of infected

and non-infected lungs. Suzanne also said that although the lockdown has significantly reduced the infection rate, everyone needs to continue to abide by the rules by washing their hands regularly in order to prevent the infection.

At the end of the class, Teacher Roxy shared pictures drawn by students to thank the medical professionals. Students clapped and expressed their gratitude. On the sixth week of lockdown, 36 students had a very meaningful session on learning more about Covid-19.





## 教育 | Education

### 慶佛光日 倫敦佛光人話說佛光山

倫敦佛光山於5月16日佛光日舉辦中、英文各一場「話說佛光山之佛光山與我」線上論壇。中文論壇由國際佛光會倫敦協會會長李柏達主持，英文論壇則由青年妙慧講師彭寶珊主持；9位與談人歡喜暢談各自與佛光山的因緣，並從佛光山的宗風、制度、人間佛教理念、信仰與傳承以及星雲大師等面向，探討佛光山54年的里程碑。監寺如海法師也在線上為2場論壇總結陳詞，百餘位佛光人線上共襄盛舉，在這特別的日子，一起隔空感念法身慧命之家佛光山。

中文論壇與談人為倫敦督導委員會督導長黃華娟、第一分會愛心組羅艷霞、第二分會秘書宋曄以及第三分會蘇培芳。英文論壇則有菩提園代表朱欣晴、青年團刁鈺菱和佛光會代表李燕妮、林聖樺和曾金福。李柏達引言道，每一位佛光人都有自己獨特和佛光山的因緣。從事建築的他，對總本山三寶山的每一建築物讚歎不已。2位主持人穿針引線，每一位與談人侃侃而談自己和佛光山的故事，精彩的內容讓人感動。

中文論壇於上午舉行。來自江蘇無錫的宋曄，老家就在祖庭大覺寺附近，他分享了與大覺寺的因緣。他也以中國大陸的寺院做比較，提出了佛光山獨有的特質，因為星雲大師「給」的精神，佛光山總是讓人感到歡喜與祥和，為信眾塑建法身慧命之家，讓訪客賓至如歸。

黃華娟從佛光山的四大宗旨談論「人間佛教」。他舉例佛光山舉辦的活動如神明交流會、雲水書車、汶川地震賑災、水陸法會，綜論佛光人如何透過活動來修持。就行菩薩道的最佳管道佛光會來說，表示自己當初就是因為被人間佛教所攝受，成為佛光人，多年來，也發心奉獻。佛光山倡導「人間佛教」，拜佛、學佛更要行佛的理念，翻轉了無數佛光人的生命。

蘇培芳分享了她從接觸佛光山到學佛的心路歷程，並因為對「人間佛教」的認同而發願承擔起行者的使命，弘揚和

傳承人間佛教。羅艷霞則分享了全家人隨菩提園回山尋根之旅時，會見星雲大師，為大師獻唱《感恩的人生》的感動和震撼，也因此而發願皈依三寶及加入佛光會。

英語論壇於傍晚7時舉行，與談人年齡、資歷和背景多元化，與佛光山的因緣也各有千秋，加上彭寶珊精彩的介紹和提問，論壇生動感人。

12歲的菩提園代表朱欣晴以教育為主題，在鏡頭前，淡定且信心十足，有條不紊的表現讓人驚歎。他讚譽佛光山在教育領域所做出的貢獻，僧信平等的教育讓他感佩。他也分享到曼城佛光山、柏林佛光山、法華禪寺的異地教學活動以及臺灣尋根參學之旅的所見、所聞、所學。

身為醫生的林聖樺，目前於前線抗疫，他表示，從星雲大師的身上，看見了菩薩們「悲、智、願、行」的精神，讓作為弟子的他，也效仿大師的行誼，尤其在這非常時期，更是受用無窮。

多位與談人談及信仰與傳承。青年團刁鈺菱來自馬來西亞，父母親皆是資深佛光人。加入青年團，理解到佛教靠青年，青年靠佛教。李燕妮讚歎星雲大師的領導力和遠見，佛光山的制度和宗風都是與時俱進的。在家人接引下而親近佛光山的曾金福從每一次的共修和社教課程中感受到法喜禪悅。學佛以後，讓他可以更坦然、更積極的面對生活中的種種挑戰。

如海法師總結，佛光山經過54年，在星雲大師的領導下，如今三寶山具足，擁有健全的僧團制度，於全球五大洲弘揚佛法。從與談人的故事，欣見信仰的傳承以及人間佛教開始在倫敦本土化。他期許正法久住，菩提種子在一一佛光人身上開枝散葉，把人間佛教在英國發揚光大。







## Celebrating Buddha's Light Day

In conjunction with the International Buddha's Light Day, London Fo Guang Shan organised two online forums with the theme "Fo Guang Shan in Retrospection: Fo Guang Shan and me". One forum was conducted in Chinese and was moderated by Alex Lee, the president of BLIA London. Another forum was conducted in English and was moderated by Roxanna Pang, a Sumagadhi Lecturer. 9 Buddha's Light members were invited to be the panelists.

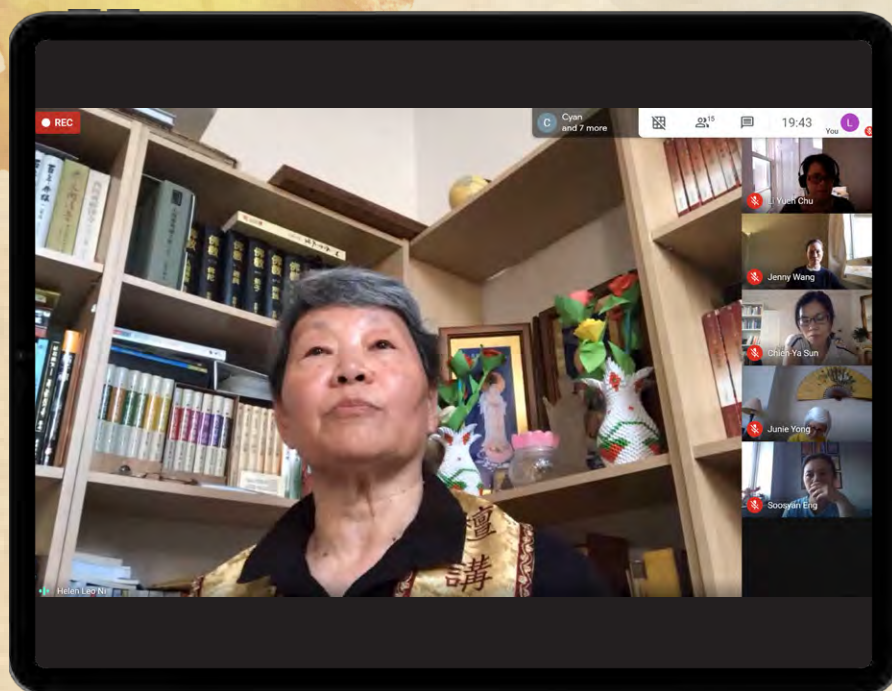
Nearly 100 Buddha's Light members joined online to listen to the forum. The panelists shared their stories and special relationships with Fo Guang Shan. Topics discussed included the focus of Fo Guang Shan, the concept of Humanistic Buddhism, inheritance of faith, and Venerable Master Hsing Yun.

In her concluding remarks, Venerable Ru Hai expressed her gladness to learn the many interesting stories of people from different ages with Fo Guang Shan, and hoped that Humanistic Buddhism could be localised in London.





## 教育 | Education



### 培訓監獄佈教師 挹注正向力量

倫敦佛光山舉辦「監獄佈教培訓課程」，在英國疫情期間，5月31日首次以線上教學方式展開，共有10餘位對監獄布教有興趣的佛光人參與。主講人國際佛光會檀講師倫敦協會督導倪世健，在英國數所監獄及拘留所，有15年布教經驗，期望經驗傳承，讓有心投入的義工學習。

倪世健分享，成為佈教師緣由2005年曾和法師參觀監獄，15年中不同的因緣際會，讓他成為數個監獄及拘留所的常駐佈教師。有一次，倪督導受邀到一個距離倫敦車程2個多小時的拘留所，本來覺得路途太遙遠，但深感到那些人或許正處於需要人幫忙的困境中，便決然的接下了這個工作。

佈教師的工作內容，除了固定時間的課程之外，也可能涉及個案處理以及心理諮商。面對拘留所中非英語系的學員，佈教師也可能需要充當翻譯。有些學員會有自殘或打架的行為，甚至覺得人生沒有希望、沒有目標。「想成為佈監獄教師，必須有喜歡助人的熱忱和積極弘法的心。」倪世健說道。

以在家眾身分成為監獄佈教師，需要具備一定的條件。為了能傳遞佛法的正知正見，必須是佛光會員、皈依三寶、清淨持戒、信仰堅定，且具備宣講員資格。最重要的是，要調整自己的心態，能以開放的心面對不同背景的學員，真誠地聆聽，並知道知道布教的目的是藉由佛法，幫助學員找到內心平靜，度過困境。

課程結束前，倪世健安排20分鐘的實例示範，並強調，唯有愛才能打開對方的心牆。

### London Fo Guang Shan Trains Dharma Teachers for Propagation in Prisons

On 31 May, London Fo Guang Shan organized the first online training session for Dharma propagation in prison. The session was led by Helen Ni, a lay Dharma teacher who has 15 years of experience in preaching Dharma in prisons and detention centers. More than 10 members of BLIA attended the session.

Since her initial visit to a prison in 2005, Helen has become a regular preacher of Dharma in several prisons and detention centers. One time, she was invited to a prison that is more than 2 hours by car from London. She initially thought it was too far, but she ended up taking the job because she knows that those people are in urgent need of guidance.

Besides timetabled classes, they also help with individual cases and sometimes translation for those who don't speak English well. Some prisoners may self-harm, fight with others, or even think there is no hope or goal in life. A preacher must be passionate towards helping others in order to deliver the messages.

To propagate Dharma in prisons, one must be a BLIA member, a Dharma speaker, have taken refuge in the Triple Gem, uphold precepts, and be strong in faith. One must be able to adjust their mindset and open their mind in facing different people; whilst helping them to find inner peace with the means of Dharma.

Before the end of the class, Helen also demonstrated an example for the group, emphasizing that only with love and care can one break the boundaries with others.



## 翻譯小組喜慶二週年 學員不忘初心

為了讓佛法在歐洲本土化和扎根，2017年，人間佛教研究院副院長妙光法師親臨倫敦，主持中譯英翻譯培訓課程，種下了倫敦佛光山翻譯小組的善因好緣。2年來，學員精進不懈，翻譯小組茁壯成長，彼此互相學習、勉勵，互為善知識，也見證了彼此的成長和成效。縱然處在新冠病毒疫情嚴峻時期，大家依然初心不退、毅力堅定，每2週線上以法相會。15位學員於6月16日的第50堂課，線上歡喜慶祝，並期待法喜更豐盛充滿的一年。

精進菩薩余哲慧來自馬來西亞，早前在英國曼城深造，畢業後回國發展。他跨越時空的障礙，就算是遠在馬來西亞，依然堅持參與每一堂課。他表示，感覺妙光法師的培訓剛開始，一晃就2年了。翻譯課的第一年在曼城，第二年就回到了馬來西亞，雖然都用視訊的方式，但是卻多了時差的配合。翻譯課是一個定時精進自己的機會，更是件有意義的事情；能夠用自己語言上的方便，讓更多的人能有機會學習佛法。「我相信只有不斷的學習並實踐才能夠有所進步，所以即便要半夜起床上課，也不亦樂乎。和一群難得的善知識一起學習，希望自己能不忘初心，一直繼續走下去。」

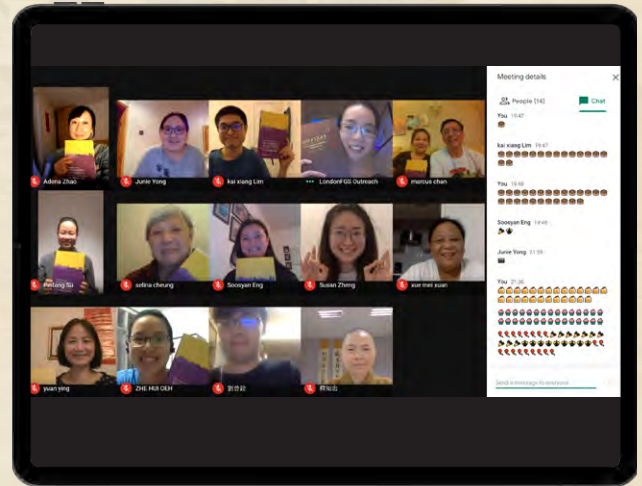
多位學員包括蘇培芳和袁瑩從第一堂課堅持到第50堂課，感恩和欣喜有這寶貴的學習機會。蘇培芳說，翻譯是一個需要長期練習和積累的過程，這2年來的課程非常實用，尤其循序漸進地學習佛學名相、義理，將個體學習與合作學習相結合，為學員們提供了一個充分交流和互相學習的平台，期許未來能有更多人參與這樣的課程學習，為推廣實踐人間佛教盡獻一份心力。

袁瑩則感恩Roxy，2年來的悉心帶領，在課程裏不僅學習口譯的技巧，也培養了善聽諦聽的能力。更大的收益是課堂中，和大家共同不斷地熏習佛教名相，「幫助我更好地去明白佛教義理，增加了學佛的信心，每一次的課程都是很歡喜地和大家與法相會。每2周的翻譯課課程已經是我生活中不可或缺的一部分。」

新進學員趙含晶雖然「半途入門」，卻非常珍惜每一個學習的因緣，他參加佛光山翻譯組已整整1年，「小組積極向上的學習氣氛感染我，讓我重新養成了學習的習慣。前幾年忙於家庭瑣事，花在學習上的時間並不多，覺得自己各方面的能力都在退步，參加翻譯組以後，學員們的優秀成為一種動力，推動自己往前走。很感恩有這樣的學習機會，收益匪淺，不僅是英文能力在逐步提高，也讓人生更加積極。」

監寺如海法師表揚眾學員的發心願力，讚歎大家這2年來的堅持和精進。他期勉大家再接再厲，自我提昇的同時，也肩負起人間佛教本土化的使命，讓佛法能在歐洲扎根和發揚光大。

2年來任勞任怨帶領著大家一起學習，陪伴著大家成長的Roxy，回首這2年，翻譯的秘訣就是不斷的練習。期間，很開心和成員一起學習佛法，提高翻譯水平。至今成員已開始承擔各項翻譯工作，為佛教本土化的理想而努力耕耘。



## London Translation Group Celebrates Two Year Anniversary

In hope for Buddhism to localise and take root overseas, Venerable Miao Guang, Deputy Director of FGS Institute of Humanistic Buddhism hosted a translation training in London in 2017. In the past two years, members continued to practice translation and the biweekly gathering sessions. Even in the midst of the pandemic, members gathered online without obstruction. On 16 June, 15 members celebrated the 50th class virtually, and wished for an even more fruitful upcoming year.

A diligent member, Zhe Hui, who has gone back to Malaysia, still continued to join the sessions despite the drastic time differences. She is glad that this translation session had remained the same although she had many changes in her life for the past two years. Even when she had to wake up in the middle of the night to join the session, she still enjoyed the learning process and saw it as a way of cultivation.

There were several members who were in the group from the beginning. They expressed their gratitude for the opportunity to learn, and they have enjoyed the gradual process of improving a lot. Everyone was also very appreciative of Roxy's effort of leading and guiding the group with her own experiences.

Venerable Ru Hai complimented the group for their persistence and diligence. She encouraged everyone to continue the good work, and together to assist the propagation of Dharma in Europe. As Roxy also concludes, the secret to translation is constant learning and practice. She is very happy to see members that are already taking on translation jobs around the temple.



## 教育 | Education

### 線上養身保健講座 認識《黃帝內經》

國際佛光會倫敦協會第一分會，6月21日下午舉行一場線上養身保健講座。第4次邀請新加坡中醫學博士林素珊主講從《黃帝內經》學習健康養生，由會長王守娟主持。線上聽眾高達200多人，其中除了倫敦佛光山的信徒外，還有歐洲道場及東南亞道場的信徒。倫敦佛光山監寺如海法師、督導倪世健及協會會長李柏達也參與了此次活動。

林素珊醫師也是佛光人，以豐富的行醫經驗結合了人間佛教的理念，讓大家瞭解《黃帝內經》中的養身之道及提高自我免疫力的重要性，並鼓勵大家在日常生活中養成健康的生活習慣。林醫師引用了「正氣內存，邪不可干，邪之所湊，其氣必虛」的重要理念，分析中醫的正氣與現代醫學的「免疫力」，指導現代人應如何去治病，更重要的是如何不生病。提及這次新冠病毒疫情至今仍未有特效藥，有些病人靠自身的免疫力及自癒力得以康復；但有些人由於自身的基礎病史而未能度過難關。

林醫師總結了內經的核心思想，並提出養生不僅可以預防疾病也可延年益壽，因此應重視飲食起居的調節及精神上的修養。在飲食上，遵循內經中「五穀為養、五果為助、五畜為益、五菜為充、氣味合而服之，以補精益氣」的調養原則，均衡攝取營養、飲食有節。在身體上，不要過度勞損，應規律生活並注重體格的鍛鍊來提高腎氣。在精神上，應懂得情緒管理，培養良好的心態與正知正見。並將八正道實踐在生活中，用觀自在的心度一切苦厄。

講座結束前，林醫師為線上提問一一解答，叮嚀大家在均衡的飲食外也要動靜結合，可以把禪坐和氣功加入到鍛鍊中，培養良好的睡眠習慣而提高免疫力。

如海法師代表大眾感謝林醫師拉近了時空的距離，結合佛法為大家展示內容豐富的醫學講座，並宣佈在近期會針對線上的提問做進一步的詳解。



### Online Health Talk - Learning about the Medical Classic of the Yellow Emperor

On 21st June, BLIA London Sub-Chapter 1 invited Dr. Lim Sorsan from Singapore to give an online health talk titled "The Healthy Way to Living - A Medical Classic of the Yellow Emperor". Over 200 people tuned in from all over the world to listen to the live broadcast which was hosted by President of BLIA Sub-Chapter 1 Jenny Wang.

Combining her experience in Chinese medicine along with Humanistic Buddhism, Dr. Lim Sorsan shared with everyone the core concepts in the Medical Classic of the Yellow Emperor. She reminded everyone that the key to healthy living is to have good lifestyle habits. After the insightful talk, there was an interactive Q&A session, with many of the audience raising questions to Dr Lim. The response to the talk was overwhelming and many of the listeners thanked Dr Lim for her beneficial advice.





## 倫敦協會線上精進 薰習星雲大師開示

新冠病毒疫情猖狂的逆襲全球，民眾平日規律的生活受到了極度的影響。居家隔離防疫期間如何確保菩提心不退呢？國際佛光會倫敦協會於6月27日舉辦一場佛光幹部講習會，近30位協會理事和分會幹部委員參與。以「2016年佛光會世界會員代表大會星雲大師開示」為題材，輔導法師如海法師親自主持引導。

「新冠病毒疫情給社會帶來很大的衝擊，也將影響我們未來弘法的方式和策略」，如海法師說，作為佛光幹部，大家都要具有彈性和敏銳力，才能應變和與時俱進。大師在開示中給予佛光人正確的觀念，為大家打「強心針」，對「人間佛教」的信仰更有信心。

一個半小時的講習會，針對了星雲大師開示的核心，探討如何更有效率的推廣會務、接引和培育人才，讓信仰得以傳承和本土化。幹部上課前就已自行觀看了視頻，會中以「大師如何面對苦難」、「佛光山的未來50年在哪裡」、「大師的心量、毅力和智慧」以及「信仰與傳承」提出意見和心得分享，踴躍的互動讓講習會非常精彩。

協會會長李柏達讚歎大師為佛教不屈不撓的精神，每一位佛光人都要效仿，把「人間佛教」發揚光大、遍地開花。資深佛光人倪世健督導為倫敦協會創會會長，回顧近30年來跟隨著大師的步伐，見證了佛光山隨著時間的蛻變與成長。他表示，大師處處給人歡喜、給人方便，廣結善緣。也因此，大師在遇到苦難時，總會有許多的助緣來成就他。

第一分會會長王守娟對大師的開示，「發心到什麼程度、信仰到什麼程度和慈悲到什麼程度」印象特別深刻，也非常感動。分會督導則分享了要不怕吃苦，因為苦可以幫助我們逆增上緣。他非常認同大師所說「對自己有信心，才有力量去創造未來。」與會者一致認同星雲大師的啟發，讓他們更有信心的去推動和發展會務，接引更多人。

如海法師感謝大家在居家防疫期間精進線上學習，期勉大家要珍惜作為佛光會幹部的因緣，在自我提昇的同時，也可以廣結善緣。佛光會是一個大舞台，只要大家肯發心、願意承擔，必定有大展身手的機會。下一堂的講習會將與7月18日舉行，以覺培法師主講的「佛光會務」為題材，希望從大師的開示得到營養和正能量後，覺培法師的講座可以給予倫敦佛光幹部更實際有效的實踐方針。

## BLIA London Online Committee Training Seminar

As the global pandemic Covid-19 continues to affect everyone's daily lives, it was vital to continue to cultivate at home. On 27 June, BLIA London organized an online committee training with about 30 attendees including BLIA committee members and Sub-Chapter presidents. The discussions surrounded Venerable Master Hsing Yun's talk in 2016 at the International BLIA conference and future ways of Dharma propagation. Like Venerable Ru Hai says, covid-19 has brought drastic changes to not only the society, but also the ways that we will propagate Dharma in the future.

Several members shared their thoughts on topics including "how Venerable Master overcomes difficulties", "where will Fo Guang Shan be in 50 years" and "Venerable Master's perseverance and wisdom". They agreed that having faith in themselves is the beginning to creating a bright future. Everyone is also inspired by Venerable Master who broadly develop affinities and give others joy and convenience.

Venerable Ru Hai appreciated everyone's effort in continuing to cultivate despite the difficult circumstances. As long as we are willing, there will be a time for for us to shine on this path to Dharma propagation.





## 共修 | Cultivation

### 孟蘭盆法會 啟建《梁皇寶懺》

為發揚孝親報恩的美德，倫敦佛光山於8月15日至8月18日，啟建孟蘭盆報恩孝親法會，禮拜《梁皇寶懺》，倫敦佛光山監寺如海法師、有舜法師、妙訓法師、知忠法師和安今法師，帶領大眾遵循佛教儀軌，虔誠誦誦《梁皇寶懺》，現場近200位信眾禮懺修持。

法會由倫敦佛光山監寺如海法師和妙訓法師輪流主法，先行誦誦大悲咒清淨壇場，然後領眾誦持梁皇寶懺三卷。

上供法會結束後，如海法師在開示中指出，梁皇寶懺集佛教經典佛號，功德殊勝，誦持能消除業障，並以第一卷懺文的《護口經》，指出口業清淨對修行之重要性，「病從口入，禍從口出」，期許大眾要好好修持口業，而在拜懺的時候要感同身受、隨文觀想，能以虔誠恭敬心去禮敬懺悔、發願、迴向，自然能與佛菩薩感應道交。

下午法會結束後，有舜法師為大家說明懺文前三卷的重點，並以第二卷懺文的「發菩提心、發願及發迴向心」之意涵，期許大眾只要肯發心發願，就會有力量。最後法師提醒大眾要深信因緣果報，要提起正知、正見、正念，思考自己行為乃至起心動念的善惡好壞，藉以自我反省。

8月18日，周日。2019年孟蘭盆法會圓滿日，誦誦《佛說孟蘭盆經》和《三時繫念》。進400位信眾參與此一年一度殊盛的法會；超度六親眷屬以及十方法界一切眾生，同時也藉由佛事禮佛拜禪，消業障增福慧。

知忠法師開示講解《佛說孟蘭盆經》的由來和含義，並和大家探討供僧的功德。她重溫「業力」、「因緣果報」；說明發菩提心可以以善念來逆轉境界，「重報輕受」。知忠法師勉勵大家通過「持戒」、「多問」和「佈施」來化解因緣，轉惡為善。知忠法師也提點於會者要一顆恭敬和虔誠心來禮拜《三時繫念》，體悟《佛說阿彌陀經》里的三學概念。

法會圓滿後，妙訓法師為大家開示，叮嚀信眾要珍惜學佛因緣，精進不懈以為自己累計福德因緣，才能到達阿彌陀佛的西方極樂世界。她以多個故事為例，表達對三寶要有堅定的信心，才能成就菩提，了生脫死。

監寺如海法師感謝萬緣和合成就了這場殊勝的佛事。她表揚所有義工們的無私付出和努力，也很歡喜地看見信眾們的發心和精進。



### Ullambama Dharma Service

From 15 to 18 August, London Fo Guang Shan temple organised the Ullambama Dharma Service and chanting of the Emperor Liang's Repentance. This service was conducted by temple superintendent Venerable Ru Hai, Venerable You Shun, Venerable Miao Shiunn, Venerable Zhi Zhong and Venerable An Jin. About 200 devotees joined the service on the first day.

The chantings were led by Venerable Ru Hai and Venerable Miao Shiunn. In her Dharma talk after the offering liturgy, Venerable Ru Hai reminded the participants to be aware of verbal karma and to develop purity in speech. At the end of the service on the first day, Venerable You Shun shared about the second chapter of Emperor Liang's Repentance, and encouraged the participants to generate the Bodhi mind, make vows, and transfer their merits to others.

On the last day of the service, the participants chanted the Ullambama Sutra and the Amitabha Triple Contemplation service. Across these few days, a total of 400 participants have joined the service. In their respective Dharma sharing sessions, Venerable Zhi Zhong taught about the origins of the Ullambama Sutra and its meanings, whereas Venerable Miao Shiunn, encourage everyone to cherish their opportunities in practice Buddhism, and stated that the journey towards liberation is possible by citing several examples.







## 倫敦佛光人朝山 靜心過中秋

倫敦佛光山在9月15日下午舉辦「朝山淨心」活動，監寺如海法師及安今師領近百佛光人持誦《心經》，兩兩併行、三步一拜，隨著地鐘節奏稱誦「本師釋迦牟尼佛」佛號，虔誠地沿瑪格麗特街從外而內、由下往上朝三寶大殿禮拜諸佛菩薩，圓滿一期一會的淨心修持，歡度祥和殊勝的中秋佳節。

佛光人井然有序、莊嚴誠敬地朝山禮拜，在繁華熱鬧的牛津市區蔚成奇觀，吸引眾多路人駐足圍觀、引領注目。高齡86歲的範覺祥及未滿3歲的Harmony在隊伍中備受矚目，老、中、青、少佛光四代歡喜朝山，齊願深植菩提、傳承慧燈。行動不便的老菩薩舉步維艱地拜完全程，堅毅不拔、貫徹到底的信念感動全場；動作不盡標準的小菩薩亦步亦趨地跟著家長朝山禮拜諸佛，虔誠模樣令人欣喜讚歎。

如海法師開示，大家朝的是「自性靈山」，三步一拜、發願回向，祈願有情眾生皆能發歡喜心和菩提心。中華民族對「圓」情有獨鍾，凡事追求圓滿融和，月到中秋分外明，願佛光人如中秋圓月般發光發熱，照耀自己也照亮他人，自利利他、福澤眾生。

擔憂小朋友心性不定無法拜完全程，3歲半的宋嘉樹與父親排在隊伍末端的問訊行列，恭敬地跟著大眾五體投地朝山頂禮。受小菩薩影響，周圍本來不方便跪拜的大小菩薩，也有多人加入到跪拜的行列。

佛光人惜玥表示，在朝山當下，心裡雜念、煩惱一一浮現，而於靜心跪拜時逐一消退；歡喜參加「朝山淨心」盛會，讓自己清楚明白人生所求為何，安定思緒、迎向光明。



## Mid-Autumn Pilgrimage

London Fo Guang Shan Temple held a pilgrimage in conjunction with the Mid-Autumn Festival on the afternoon of 15 September. Venerable Ru Hai and Venerable An Jin led nearly hundreds of participants reciting the Heart Sutra outside of the temple. They paralleled two rows to prostrate every three steps, following the bell and chanting Sakyamuni Buddha's name.

The pilgrimage attracted many bystanders, especially the 86 years old Dhama brother Juexiang Fan and three years old Harmony. Although some older participants were inconvenient to move, but still managed to complete the whole journey. The little children followed their parents to complete the journey faithfully.

As Venerable Ru Hai emphasised, everyone was walking to the pathway to spiritual growth, praying that all sentient beings could be joyful with Bodhi Mind. The Chinese character "yuan" (i.e. round) has a special place in every Chinese' heart - they want everything to be as perfect as a round circle. She also wished that all participants would positively affect and benefit to others.

Yashu Song, the three years old member of Bodhi Garden, with his father were at the end of the team, respectfully followed all participants to prostrating, which affected more people to join this event.

A member of BLIA said that the distractions and troubles that emerged during the pilgrimage soon disappeared after quietly prostrating. This activity encouraged her to practice the Buddha's teaching, calm down her thoughts and clear her mind.



## 共修 | Cultivation



### 藥師法會 精進修持 禮佛祈福

倫敦佛光山於11月2日到11月3日，啟建藥師法會。法會第二天，由倫敦佛光山監寺如海法師、有舜法師及安今法師，帶領大眾誦讀《藥師琉璃光如來本願功德經》，吸引信眾近一百五十位參與修持。

早上分別有兩支香。上供結束後，如海法師開示，藥師佛十二大願，旨在救度大眾痛苦災厄，而我們在誦持《藥師經》時，除了祈求消除自身及家人的病苦障礙，更應進一步觀想藥師佛的大願心，進而自己發願，讓別人在「聞我名已」，能夠心生歡喜。下午誦持《藥師經》二部，並到消災壇回向。法會結束後，有舜法師開示，說明藥師佛是大醫王，《藥師經》提供的藥方，不只治療身體的疾病，更治療心理的苦。佛教中有八萬四千法門，學習經典提供我們不同的修行方法，但最重要的是實踐，掌握一個和自己相應的法門，持續實踐，才能真正受用佛菩薩開給我們的藥方。

### Medicine Buddha Dharma Service

London Fo Guang Shan held the 2019 Medicine Buddha Dharma Service from 2 to 3 November, attracting nearly 150 participants. Venerables of London Fo Guang Shan led the devotees to chant the Medicine Buddha sutra and during the Dharma talks the venerables explained the significance of the sutra and the Medicine Buddha's twelve great vows.







## 三昧修持與佛接心 福慧雙修

國際佛光會倫敦協會第一分會12月21日舉辦2019年第二次佛光三昧修持活動，在安今法師的帶領下，近35位佛光人及信徒帶著虔誠的心唱念禮佛。

禮佛後，安今法師慈悲開示，佛光人可以根據自己的感覺，在日常生活修行中，選擇念誦相應的經典。佛光三昧修持法是佛光會員的日常修行方法，鼓勵大家運用此法，以聞、思、修三慧及戒、定、慧三學來淨化身、口、意三業。希望大家通過唱念禮拜諸佛菩薩，祈禱世界和平，從中實踐「自利利他、自覺覺他、自度度人」。

安今法師進一步闡釋佛光三昧修持法，其平等、本誓、除業障、警覺的四種特性。他以光亮的鏡子譬喻為我們清淨的佛性，把社會和網絡各種不好的事情比喻成灰塵，透過學佛、共修，把鏡子上的灰塵一層一層慢慢地擦掉，從而斷除煩惱，天天法喜充滿。法師還依次說明了佛光三昧的四種修持法：拜願法、念誦法、禪觀法、實踐法，使得大家對此修持法更深刻的了解。

活動後，督導倪世健表示，非常歡喜來參加這次修持活動，當自己用心專注唱念禮拜時，感覺非常棒。馮蓮珠老菩薩也談及自己的感受，透由來佛堂唱念佛光三昧修持法和禮拜菩薩，可以令他暫時忘掉煩惱，用樂觀的心態去面對生活。



## Fo Guang Samadhi Practice

BLIA London Sub-Chapter 1 organised the second Fo Guang Samadhi Practice of the year on 21 December. This was led by Venerable An Jin. A total of 35 participants joined the service in chanting the Buddha's name and prostrating to the Buddha.

In her Dharma talk after the service, Venerable An Jin suggested that in choosing a sutra to be practiced in daily lives, each individual may have a different choice according to their conditions and circumstances. Through the Fo Guang Samadhi Practice, one should pray for world peace, and purify one's body, speech and mind by practicing the three kinds of wisdom and threefold training. She likened the Buddha Nature to a mirror. Dusts such as negativities from the society or internet would accumulate on the surface of the mirror. By practicing Buddhism, one can wipe away the layers of dust slowly from the mirror. Eventually, afflictions can be eradicated, and one can be filled with Dharma joy.



## 共修 | Cultivation

### 元旦獻祝福義工拜懺祈福

為回饋義工過去一年辛勤的付出，倫敦佛光山1月1日為義工們舉行拜懺法會，吸引逾百位義工踴躍參與修持祈福。倫敦佛光山監寺如海法師、有舜法師及安今法師帶領眾人禮拜《八十八佛洪名寶懺》，法會溫馨而殊勝。

這是倫敦佛光山多年來的元旦傳統，讓平日忙於為道場和大眾服務的義工菩薩們能有機會靜下心來，好好地禮佛拜懺；同時也祈求佛菩薩慈悲加被，讓大家新的一年都能吉祥如意安康。

如海法師感恩義工無私的付出，讚歎義工們布施時間和精力，具有常精進菩薩和不退轉菩薩的精神。他也以周倒樂陀伽尊者的故事，說明佛法重在實踐，不可小看「行」的重要，法會期間義工雖常在齋堂、大殿或其他崗位服務大眾，無法好好拜佛，然而在服務中不僅能學佛行佛，也能累積福德因緣。

如海法師表示，能布施他人的人，都是最富有的人；在服務他人時抱持歡喜心，給人方便、給人因緣，不僅能帶給他人快樂，也讓自己的生命更充實圓滿。

新年第一天，如海法師請義工輪流朗讀佛光山住持心保和尚〈2020年致護法朋友們的一封信〉，祝福大家新的一年繼續發心，學佛行佛，共植福田，並致贈結緣品，表達對義工的感謝。





## New Year Blessing and Repentance Service for Volunteers

In appreciation of the volunteers' hard work throughout the year, London Fo Guang Shan held a repentance service specially for volunteers, which attracted nearly 100 volunteers. The Eighty-Eight Buddhas Repentance Service was led by Superintendent Venerable Ru Hai together with Venerable You Shun and Venerable An Jin.

The repentance service on New Year's Day has become a tradition of London Fo Guang Shan. It is also a way to enable volunteers, who have been giving their time and service throughout the year in helping the temple, to be able to enjoy the service in a calm and peaceful manner whilst praying for everyone to be auspicious and healthy.

Venerable Ru Hai thanked all the volunteers for their selflessness and praised them for giving their time and great energies, just like bodhisattvas that are diligent and never regress. Venerable Ru Hai also shared a story about Śuddhipanthaka to explain that in Buddhism it is important to put the Buddha's teaching into practice and we should not overlook the importance of what may seem like a 'small action'. Volunteers are usually busy helping in the kitchen, main shrine and other areas; hence they are unable to join in the chanting service. Through serving others, not only could they learn and practice the Dharma, they also accumulate merits, virtue and good affinities.

Venerable Ru Hai expressed that those who give are the richest people. When we are serving others with a joyful mind, giving others convenience, giving others causes and conditions, not only can we bring happiness to others, it also makes our own lives more meaningful.

As it was the first day of the New Year, volunteers took turns to read Abbot of Fo Guang Shan, Venerable Hsin Bao's "New Year 2020 letter to all devotees". Venerable Ru Hai encouraged everyone to continue to learn and practice the dharma diligently, planting a field of merit with a wholesome mind. Each volunteer received a gift from the temple as a token of appreciation for their hard work.





## 共修 | Cultivation



## Online Qing Ming Festival Dharma Service

From 4 to 5 April, London Fo Guang Shan organised the Qing Ming Festival Dharma Service. Due to the lockdown measure applied by the government in the shadows of COVID-19, the Dharma service was streamed online. About 400 devotees joined the online Dharma service on the first day.

In their homes, the devotees chanted the 88 Buddhas Repentance Prayer, the Amitabha Sutra and the Diamond Prajna Repentance Prayer, and made offerings to the buddhas. Due to the lockdown, many did not go to visit their ancestors' graves during the Qing Ming Festival. However, with the technology they were able to commemorate their loved ones by joining the Dharma service.

## 2020年清明法會 信眾線上同步參與

倫敦佛光山于2020年4月4日至5日舉辦清明法會。由于新冠肺炎疫情持續蔓延，幾乎全球都在強行行動管制；倫敦道場雖沒有對外開放，卻採用了現場直播的方式進行，首日近四百人線上共襄盛舉。兩天的法會大眾在法師的帶領下，各自在家中虔誠禮拜八十八佛洪明寶懺、佛說阿彌陀，金剛般若寶懺，供佛祈福。眾人在追思緬懷先人的同時，禮懺祈禱，祈願承蒙佛菩薩的加持，懺悔煩惱業障，淨化人心，大眾平安吉祥，當前的疫情能早日受到控制，人們可以回歸到原來正常的生活。

法師開示期許大眾處在現在這非常時期，信仰的力量能讓我們保持正知正念。期勉大家在這非常時期更是要精進修行，安住身心，從法會的功德中開啟智慧，從這場疫情中成長。

今年的清明節，因為疫情，大家都不能出門，更無法去掃墓，加上連日連月疫情肆虐的新聞報道，人心惶惶。常住的慈悲和用心，運用發達的科技，線上連接，讓信眾在家裏同步參加法會，大家覺得很安慰。黃華娟督導一家兩人都精進度誠的在線上共修，表示因為疫情，無法去為父母掃墓；能在線上參與法會，追思故人，讓她即感恩又感到安慰。從小在道場長大的陳慈欣感慨的表示這是她16年來首次不在佛堂參加清明法會，這場疫情讓她深切地領悟到何謂無常。資深菩薩義工王雪燕在家線上參與法會，感觸甚深，除了感恩道場的慈悲，也因無法幫忙而感到慚愧。她發願從今起要更精進學佛、身體力行實踐三好四給。來自台灣，于去年底加入佛光會的林聖樺，是一位醫生，目前在前線醫治新冠肺炎病患；他讚嘆法會的殊勝，表示因為信仰，讓他有力量和信心去救援更多的病患。

監寺如海法師表示：眾生歡喜，我們也歡喜，感念平日的義工們點滴的付出，現在更深有所感，但只要大家法喜充滿，一切都是值得的。







## Marcus Chan

During this period of social distancing, there are lots of restrictions in place but the temple still managed to buy fruits, vegetables and flowers to ensure this weekend Qing Ming Ancestor Memorial Service can go on as normal. There's a lot of work involved behind a big dharma function and usually takes weeks of preparation by lots of volunteers. However, all these tasks were carried out by only a handful of dedicated Venerables and volunteers. Not only have they carried out the usual tasks but extra ones such as preparing digital chanting books and ensuring the live streaming is possible from the comfort of our homes.

Though I'm physically at home, the live streaming made me feel as if I were in my Dharma home once again, a place which has been a big part of my life for over 27 years. I felt as if I was standing in the main shrine, even to the extent that I wanted to turn around and walk towards the PA system to make adjustments only to realise that although my mind was at the temple, my physical body was still trapped at home.

There are no words that can properly express my sincerest gratitude to you all. I am so fortunate to be part of this Buddha Light big family.



## 王守娟

今天網路速度很好，法會流程非常順利。

壇場佈置簡單，莊嚴，清淨。

對經常參加佛堂法會的我們，熟悉儀軌，觀想自己在道場的空間裡，法師和大眾融合一體圓滿法會。

倫敦佛光山信徒真的「好幸福」。

感恩合十



## Jasmine Chan

My family & I joined the live streaming of the Qing Ming Ancestor Memorial Service today from our home.

This is the first time in my 16 years of childhood that I am not at the temple to say hello and pay my respect to my grandparents.

I am sad that this pandemic has caused so much disruption to our usual everyday lives and today's dharma service made me realised that we have to appreciate every little thing in life as my dad always reminds us that nothing is permanent.

Who would have imagined that the world has been brought to almost standstill by this horrible virus?

I am deeply grateful to the temple, Shifus and the two dedicated volunteers, teacher Roxy and Yuan Ying Yee Yee for making it possible for me to greet my grandparents from home.



## 黃華娟

兩天的清明法會我們一家都非常的用心去拜，因為我們非常珍惜，佛堂只有幾個人的力量去完滿一場佛事真的不簡單！在此感謝師父的用心和努力，同時更感謝Roxy和袁瑩的協助線上直播，讓我們可以如置身佛堂進行對祖先的追思！20年來從沒有這樣的狀況，不能去墓地拜祭父母，也不能去佛堂！若果沒有線上直播，我真的不知自己的情緒會如何。在此再三感謝



## 孔麗婷

今天在家上網參加清明法會覺得很感動。感謝師父們安排直播讓我們在家裡能一起同步參與。雖然今年沒辦法親自到佛堂參加，但在螢幕上看到很熟悉的殿堂及佛像感到非常開心讓我和家人都能安心、乖乖的禮拜。

平常我都沒有參加那麼多的法會，但這段時間我都準時參加了每一場的直播和法會，晚課及課程，我感覺自己學佛有進步，心和人也在佛堂。以後會更積極廣結善緣。



## 共修 | Cultivation

### 雲端浴佛 全球佛光人同霑法益

往年倫敦佛光山在萊斯特廣場(Leicester Square)舉辦的浴佛法會，是倫敦西敏市(City of Westminster)的一大盛事，戶外浴佛、唐人洒淨遊行、戶外藝文活動、寺院素食園遊會等活動，熱鬧非凡。今年因為疫情的緣故，倫敦市政府頒佈了居家令，原定的一系列慶祝活動無奈的被取消了。慶幸的是佛光山向來與時俱進，在非常時期推出了雲端浴佛，採用科技，讓全球佛光人得以跨越時空，不受疫情影響歡喜慶祝這殊勝的節日。

線上直播總山的浴佛法會，讓全球佛光人得以同步參與，讓人非常驚喜。從視頻上見證法會的殊勝，能與五大洲佛光人一起同沾法喜更是難遭難遇。倫敦佛光人掌握因緣，在家設置浴佛池、俺家線上祈福禮拜。祈願承蒙諸佛菩薩慈悲加被，讓疫情早日舒緩、讓人心安定平安、讓生活恢復正常。







賴燕妮

今年的浴佛節甚是特別因為疫情的影響全世界的佛光人隻能待在家上雲端與佛堂同步參加浴佛法會以及在線浴佛。浴佛節當天早上我們一家人歡喜地一起用鮮花佈置了一個小小浴佛池。回想起，心中滿懷非常地感激菩提園去年在生活體驗營辦了一堂有關佛陀的誕生的課也皆因此孩子請了小太子的佛像回家。這好像是冥冥中注定今年我們要待在家做這件事情並體驗了人生第一次在家佈置浴佛池且在家浴佛，第一次感受上雲端與佛堂同步參加浴佛。這一幕幕的畫面真的希望是第一次也是最后一次。期待著某一天我們可以光明正大的自由出入家門開開心心的去佛堂禮佛，參加法會和共修，做義工，與法師見面問好，孩子繼續的上菩提園的課。



Mathew Chew

This year was different. Many people are sad and people feel empty. But on the bright side, we have the chance to make our own Buddha Bath from last years Bodhi Garden Sleepover. I felt happy that I could bathe the Buddha this year. My happiness cheered my family up.



王雪燕

今年因為新冠肺炎疫情，無法去道場參加法會，戶外浴佛活動也取消了。所以我們決定在家設一個小小的浴佛池來慶祝一年一度的佛誕節，同時也可以減輕家人對浴佛法會的思念，提起正念，珍惜當下。

感恩常住的安排，使我們能夠在家也可以與總本山和倫敦道場同步進行浴佛法會的活動。看到總本山的大雄寶殿，內心有許多感觸，很多美好的回憶也從現腦海。不知道我們何時才可以從回我們的慧命之家！

在我浴佛的當下，我祈願透過浴佛，來洗滌自己內心的污垢，同時也希望可以早日徹底洗清疫情，讓社會早日恢復正常，大家都身體健康，生活愉快，平安吉祥！



Sylvia Chew

The pandemic is taking so much from us. Loved ones lives, each one's happiness and sources of living. Many can't travel so welcome, especially the ones that makes us feel so welcome, like a second home. Exactly what temple makes us feel like. Of course, there are always positive sides to things, like every story has a dilemma followed by a solution. Within my own home and with my own resources, my family and I gathered each necessary item to build our own Buddha bath. I may not feel the same warm feeling to the one I feel when I am at the temple. However, it is the process that makes me feel blissful. Placing each pretty flower we rejoice in what we have, cherishing the beautiful moment. It makes me feel loved, basically mirroring the feeling I have at the temple. This time may be a rough and harsh ride, but as Master Hsing Yun says, "Every journey in this world is a path to happiness." In other words, we need to overcome the darkness in order to find the light in our life, to guide us to true happiness.



Jessica Chan

As everyone already knows, this year was like no other. For the first time since i was born, I had no Buddha's birthday celebration to go to: no parading in cultural clothing, no eating cultural food and it made me nostalgic, but at least I could do something from home. I was able to bathe the Buddha. It may not have been very big or grand but at least it made me feel connected. It's sad that this year, i couldn't do what i usually did before but I was able to decorate the Buddha and the bathing area itself and that alone made it all the more special and during this dark time, gave me some happiness.



## 共修 | Cultivation



宋曄

因為疫情逆襲，本來以為浴佛法會只能在家讀讀經了，沒想到佛光山給大家一個驚喜。在浴佛節前一周的倫敦菩提園在線網課上，彭寶珊老師提醒小朋友，去年浴佛節前夕，每個小朋友在課堂上都製作了一尊太子佛像請回家，可以藉此在家佈置浴佛池。這是個好主意，本來真沒想到。浴佛節當天，一邊佈置浴佛池，一邊跟四歲的兒子嘉樹講解浴佛節的意義。說實話，自己並沒有信心嘉樹是否聽懂了。然後讓嘉樹登錄佛光山總本山的網址，先行在線浴佛。在線法會開始了，令人驚喜的是，除了倫敦佛光山佈置的莊嚴浴佛道場，還播放了佛光山台灣總本山的浴佛法會。倫敦佛光山的畫面縮小為畫中畫的形式，與錄播的總本山道場同步進行，使得原本因為人少而顯得單薄的倫敦佛光山浴佛法會場面，莊嚴隆重，使人身臨其境，充滿無上法喜。相信為了直播的效果，倫敦佛光山的師父、師姐們付出了不懈的努力，解決了不少技術難題，才把浴佛法會的畫面這麼生動地呈現出來，令人感動！更令人驚喜的是，當畫面上出現浴佛的場景時，嘉樹竟然上前跪下，認真地模仿，虔誠地浴佛，直播的教育功能，勝過我的千言萬語。於是我幫嘉樹拍了一張虔誠浴佛的照片。

倫敦佛光山的法會及每天的晚課直播，十分有益。嘉樹聽多了，偶爾自己會唱頌「南無本師釋迦牟尼佛」，耳濡目染的力量，不可思議。感謝星雲大師創立的佛光山，感謝倫敦道場的師父、師姐，感謝倫敦菩提園的老師，讓嘉樹在這麼小的年紀，有了親近佛法的機會。在疫情期間的在線菩提園網課，雖然嘉樹年紀小，容易分心，但我堅持讓他參與，養成參與的習慣，相信隨著他年齡的增長，必會從佛光山的佛法教育中受益良多。



Kallum Chu

I was very sad that I couldn't go to the London Fo Guang Shan Temple for Buddha's Birthday Celebrations. But I was very happy to participate in the Buddha's Birthday service at home with my family. We set up our own Prince Siddhartha and bathed the Buddha. I was so happy and grateful.



Isabelle Chu

Due to the Covid-19 pandemic, I wasn't able to attend the annual outdoor Buddha's Birthday Celebration as well as attend the service in person at the London Fo Guang Shan Temple. I was upset that we were not able to hold the outdoor parade around Chinatown or participate and watch the wonderful performances. I was even more upset thinking that we wouldn't be able to bathe the baby Buddha this year. However, I was so happy that London Fo Guang Shan was holding a virtual Buddha's birthday service and was I was overwhelmed when I saw that it was streamed live with Taiwan Fo Guang Shan. As soon as it started, I felt so calm and it felt as if I was there in person. Teacher Roxy also suggested we use and bathe our Baby Buddha statue which we had at home from the flower decorating activity held at the London Bodhi Garden 2019 Sleepover. I felt so lucky to therefore be able to bath the baby Buddha in almost the same way that I've done so in previous years. However I hope that next year the Pandemic would have long ended and we are able to celebrate and attend the Buddha's Birthday Celebration together in person again.



Isaac Tuen

This year's Buddha Birthday Celebration was a special one. We were in lockdown at home due to the COVID 19 pandemic. Bathing the Buddha at home was different, while I missed the big celebration at the temple with my Bodhi Garden friends, I thought it was quite fun and special to bathe the Buddha online as well as setting up my own little Buddha pond at home. I vowed to continue to be a three good deeds boy and had dedicated the merits of bathing Buddha to the world. Hopefully, with the blessings of the Buddha, the COVID 19 pandemic will end soon and everyone can return to the normal life. I look forward to celebrating next year Buddha's Birthday at London Fo Guang Shan temple.



## 2020 Virtual Buddha's Birthday Celebration

In the past, the Buddha's Birthday celebration held in Leicester square was one of the major Buddhist events in City of Westminster. Many people came to join the parade, bathing of the Buddha and lots of other cultural activities. This year, because of the pandemic, this series of events was cancelled. However, with the help of modern technology, Fo Guang Shan launched an online Buddha-bathing event, so that devotees from around the world were still able to celebrate this special event virtually. Devotees from around the globe joined the Buddha's Birthday Dharma Service in Taiwan via livestream. They were able to joyfully observe the solemn and magnificent event from home along with devotees from the rest of the world. Many members of London Fo Guang Shan joined the online service and also set up Buddha-bathing stations at home, to pray for the blessings from Buddhas and Bodhisattvas to alleviate sufferings and bring peace.





## 共修 | Cultivation

### 倫敦佛光山與全球連線 歡喜抄經結緣

5月16日是全球佛光人的歡喜紀念節日——佛光山開山周年紀念日。今年是佛光山開山第54周年，往年的5月16日佛光日，佛光人齊聚寺院道場舉辦各種慶祝活動，其中最重要的就是抄經修持。

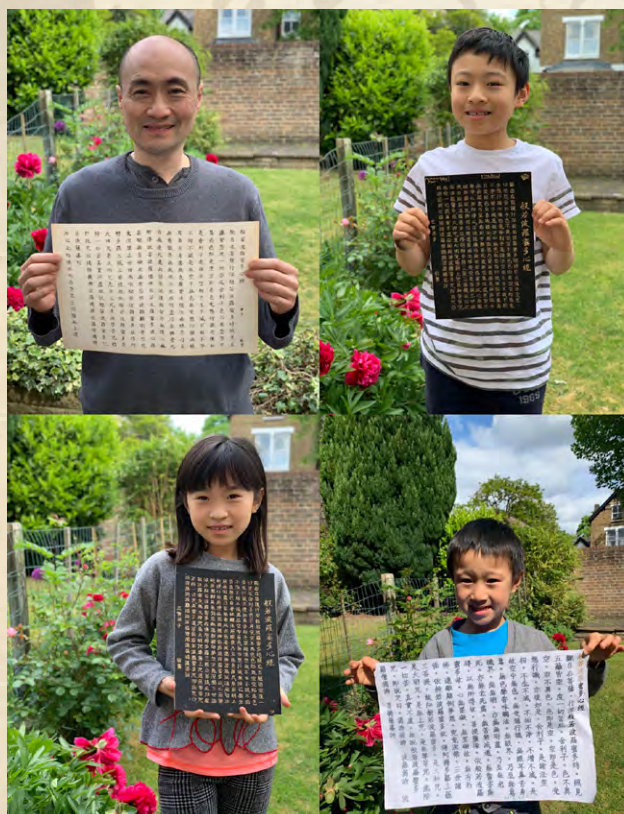
今年由於全球爆發新冠病毒疫情，全球佛光人透過網路連線同步抄經。倫敦佛光山也響應全球同步抄經，早早做了準備，在前一周就郵寄《心經》抄經本及防疫包給信眾，讓大家驚喜不已，感謝道場貼心關懷。

監寺如海法師勉勵大家，在疫情期間不要鬆懈，珍惜在家修持的機會。接著播放全球同步抄經視頻，聽完星雲大師關於抄經的開示，大眾一起誦經、抄寫《心經》。許多家庭全家共修，歡喜透過抄經紀念佛光日，與佛接心，與大眾結緣。

信眾魏恬潔在分會群組裡展示了自己抄寫的2張《心經》作品，留言感謝道場寄來抄經紙，非常歡喜有因緣參與這次同步抄經活動，通過抄寫薰習般若智慧，更與在馬來西亞的家人、全世界佛光人一起分享這殊勝的時刻，內心即感動又感恩。

倫敦菩提園小朋友也根據年齡的不同，40多位小朋友分別選擇了不同難度的填充或臨摹抄經紙。菩提園的小朋友大多不識中文，但仍認真描寫經文，大方展現的作品令人讚歎。

看著大家在群組裡展示與抄經作品的合影，一張張字跡清晰的《心經》，一張張開心的笑臉，都讓人感動，一掃疫情陰霾，讓人心情都開朗起來。







## Buddha's Light Day - Global Sutra Transcription

16 May is a special day for all Fo Guang members as this is the day Fo Guang Shan was founded. Fo Guang Shan is celebrating its 54th anniversary this year. In the past, devotees and Fo Guang Member will gather in the temple for celebration with various activities. One of the most important sessions was to transcribe the sutra.

This year, due to the COVID-19 pandemic, a global simultaneous sutra transcription event was organised for all Fo Guang Members to join virtually. London Fo Guang Shan also participated in the event and prepared the devotees by sending them the Heart Sutra transcription book with a pack of face masks one week before the event. The devotees were surprised and appreciated the kind thought from the temple.

Venerable Ru Hai, Superintendent of London Fo Guang Shan encouraged the devotees to keep up with the spirit despite the pandemic and appreciate the opportunity to practice Dharma at home. Following that, a video for the virtual event was played with Venerable Master Hsing Yun giving a speech about sutra transcription. Everyone then started to recite the sutra and transcribe the Heart Sutra. Many families joined the event as a whole, participating the event with joy to celebrate Fo Guang day, to connect with the Buddha and to develop affinity with people.

One of the devotee, Angie, shared her work after transcribing 2 sets of Heart Sutra in the Sub-Chapter chat group, appreciating the temple for sending over the transcription book. She was very happy to joined this event, to develop Prajna Wisdom through sutra transcription. She felt touched and thankful to be able to share this extraordinary moment with her family in Malaysia and Fo Guang Members across the globe.

More than 40 children from London Bodhi Garden also participated. Although, most of them do not recognise Chinese characters, they were focused and followed the printed words to transcribe, and shared their work after completion.





## 共修 | Cultivation



劉穎

大師說感動是生活中必要的修行。

如何讓人覺得感動呢？懂得心存感恩，懂得知足的人。我想此時的我最能深刻體會到的。但是外面的人呢？想到此處，不禁悲從中來。

在抄經中，身心得到了專注，精神得到了放鬆。在注意力集中，心無妄想雜念，感受到抄經能讓人萬緣放下，達到戒定慧的功用。我想我也能做到把抄經功德迴向盡虛空遍法界一切苦難眾生，祈願佛菩薩加持，疫情已故者往生淨土，現世者增福延壽，大家都認識佛法，唯有佛法才能讓人離苦得樂，才能遠離一切執著，讓我們心真正究竟圓滿的解脫自在。

想著全球佛光人都在抄經時得以精進專注和堅持，我的內心真是充滿法喜和安詳。找回自己清淨到真心。



黃素璇

兩週前，全球佛光人歡喜的雲端上浴佛，參與線上直播高雄總本山的浴佛法會；在新冠肺炎疫情籠罩下，別開生面，善巧採用科技，把佛法傳遍世界每一角落，淨化人心。兩週後，為慶祝佛光山開山54週年紀念日，全球佛光人再次跨越時空，線上同步抄經，以法相會。去年今日，我是眾多放下萬緣回到佛光山這法身慧命之家抄經慶佛光日的佛光人之一。今年今日，我是眾多懷著感恩惜福之心，在家參與全球同步抄經的佛光人之一。依然是一筆一畫，一字一行地隨文入觀，沉寂于无上的經文；而今年的特殊因緣，讓我的每一筆，每一畫變得更意義非凡。除了沉寂與抄經祥和寧靜的法喜禪悅外，我虔誠的發願，把抄經的功德迴向給這場疫情，祈願得到諸佛菩薩慈悲加被，讓疫情早日結束。更感念星雲大師的慈心悲願，在全球五大洲建寺安僧，讓遠在歐洲的我們，也能有機會學佛。佛光山54年來，在星雲大師的領導下，一步一腳印；如今是如此的枝繁葉茂，如此的與時俱進！我以身為佛光人為榮。祝願佛光山佛光普照三千界，法水長流五大洲。



羅豔霞

首先心存感恩，感恩法師、常住和義工們為會員們寄來了愛心包裹，並貼心地為我和家人準備了抄經紙方便我們在佛光日這個殊勝的日子與全球佛光人一起同步抄經。

《心經》一共二百六十字同修和我，以及孩子們一起安心靜坐，懷著感恩的心、專心一致，抄一筆寫一字，字字印記在心田。通過抄經可以與佛法結緣，它也能淨化身心、增長福慧。疫情期間並沒有阻礙大家學佛與共修，佛光山之前首次推出網上浴佛，延伸到今天的雲端修持，印証了「有佛法就有辦法」。

小兒子在抄經時曾向媽媽投訴說：字很難寫、手很酸。但在父母鼓勵下，休息了片刻，最後他克服了困難，圓滿這次過程。非常珍惜這次的因緣心生歡喜。功德迴向，祈願疫情早日遠離。



喬爾娜

佛光山舉辦的全球同步抄經，對佛教文化傳播有著深遠的意義。如此殊勝的機緣讓我感到非常欣悅。雖然我們來自不同的國家和地區，但是我們的心相繫在一個共同的善願。

心專注的訓練，可以從抄經開始，時間久了心就會自然而然安靜下來。抄經不僅能提升正念，消除業緣，又能增長智慧福德。而虔誠的恭敬心抄寫可以淨化我們的靈魂。抄經書寫的過程中。是與心相應，與真心相近，手與心相應，心與佛相應。

而菩提園的如蘊小朋友在媽媽的陪伴下抄經，雖然是先從簡單的字寫起，但很賣力地在1個小時15分將整部心經抄完，抄經真的可以培養專注力。





Chris Fan

As we sat down as a family on Saturday afternoon to participate in the Global Simultaneous Sutra Transcription I started to feel slightly concerned. I recounted how the 3 children could barely sit still for a 30 minute session of home schooling over the last couple of months and worried how this would play out. However as we unfolded the sutra paper that was so kindly sent to us by FGS London (along with the gifts of face-masks that were gratefully received) and started to trace the words, a sense of calm and tranquillity descended upon us. We sat in near silence and diligently traced out the characters of the Heart Sutra. The soothing chanting and music from the link to FGS provided some welcome respite to the anxieties that we had been experiencing for the past few months, and reminded us that we were a tiny part of a world wide event to commemorate the anniversary of Fo Guang Shan. As I carefully traced the characters, whilst reciting the Heart Sutra and dedicating merits to those impacted by the Coronavirus, I was overcome with gratitude for the wonderful things that I had in my life.



Michael Fan

When I was doing the sutra writing I felt very relaxed and focused; I was trying to picture the Guan Yin Bodhisattva.



Jessica Fan

When I was writing the sutra calligraphy I felt peaceful and calm minded. I wished I could do it at the temple but I know because of the Coronavirus we cannot.



Richard Fan

Even though the sutra writing was quite long my hand did not get tired because I felt calm and enjoyed it.



宋曄

這次佛光日，因為疫情關係，佛光山舉辦了線上同步抄經活動。向倫敦佛光山索取了抄經紙，沒想到，收到的卻是一個大禮包，除了抄經紙，還有防疫急需的口罩和營養方便銀耳羹。很感動，常住想得太周到了，急人所急，想人所想，這就是「人間佛教」吧。

隨著線上同步播放的畫面，慢慢地進入狀態，星雲大師娓娓道來，讓人心中充滿感動。星雲大師的開示總是給人歡喜，給人力量，抄經時也更有感悟。與以往不同的是，身邊多了一個小搗蛋，四歲的兒子也吵著要一起抄經，本來倫敦菩提園已經給每個小朋友準備了相應的抄經材料，但小朋友非要跟爸爸一起抄一樣的經紙。一下子感到了做家長的壓力，父母真是孩子的榜樣，一舉一動對孩子來講都是表率，不可疏忽。抄經結束後，小朋友倒有幾個字抄得有些樣子，於是再幫他補齊抄完全部的文本。

星雲大師的「為抄經聞法者祈願文」，字字珠璣，由星雲大師充滿慈悲的音聲，親口念出祈願文，聞之感動莫名。「佛法難聞今已聞」，作為佛弟子，就應象星雲大師祈願文中所說那樣，「我們對佛陀的教示，必然依教奉行。我們對佛陀的真理，從此努力實踐……」，「讓我們一起來美化人心，讓我們一起來淨化社會……」。



## 共修 | Cultivation

### 歐洲佛光山建寺祈福法會 倫敦共襄盛舉

歐洲佛光山每年六月都會舉辦建寺獻燈祈福法會，這是全體歐洲佛光人護法護教的一項盛事。今年也不例外，因新冠肺炎疫情關係而改為線上佛事，但這並毫無影響歐洲佛光人，五百餘人雲端上共襄盛舉，其中倫敦就有近170位信眾參與。疫情期間，眾法師和義工菩薩的用心而成就這場佛事讓大眾心懷感動和感恩。歐洲總主持滿謙法師雖然遠在千里之外，卻心繫這大家，特地錄製了開示視頻和歐洲佛光人以法相會，大家善用科技，居家防疫中共渡法喜充滿的週日。

法會中展示了柏林佛光山重建的進展，看著舊寺院從被夷為平地，再一支一柱、一磚一瓦的重建起來，對每一位鼎力護持道場的佛光人來說，內心的震撼和感動非筆墨所能形容！這些日子來精進誦念《心經》，祈願承蒙佛菩薩慈悲加被，讓重建工程順順利利；此時此刻，看著螢幕上逐漸形成的新寺院，大家都對柏林佛光山開光之日充滿著無限的期待。獻燈祈福法會莊嚴殊勝，讓與會者都心生感動和讚歎！

### Europe FGS Temple Construction General Dedication of Merits Dharma Service

In June, Europe Fo Guang Shan conducted the annual temple construction and light offering service. This year, due to the global pandemic, the service was streamed online. More than 500 people from Europe participated including about 170 devotees from London. The service was successful and devotees were touched by the service with the joint effort of Venerables and volunteers. Chief Abbess of Europe Fo Guang Shan, Venerable Man Chien recorded a video message from Taiwan.

During the service, they showed the progress of the construction of Berlin Fo Guang Shan temple. Seeing the transformation and progress of the reconstruction of the building, Buddha Light members were emotionally touched and speechless. During this period, devotees have been diligently reciting the "Heart Sutra" and praying to the Buddha and Bodhisattvas wishing that the construction goes smoothly. Devotees look forward to seeing the new constructed temple. Everyone utilised the technology during the lockdown to join the light offering service, which was emotional and received lots of praises.







黃華娟

感恩眾緣和合成就了5月31日在巴黎法華禪寺舉行的歐洲建寺獻燈祈福總回向法會。因疫情影响閉在家裡，每次有線上的共修法會都非常期待。看到道場的莊嚴佈置想到法師們的用心，非常感動！聽著滿謙院長開示說到建寺功德的利益就想起大師曾經在建佛陀紀念館時說過希望每一個人都有機會為自己種福田，多少都沒關係要根據自己的能力而為。因此我非常珍惜每一個因緣，當有參與就會有那一份的喜悅。院長再說到道場如學校，如百貨公司，如人生加油站，使我想到2004年參加在柏林舉辦的第一次短期出家和焰口法會，那一次學習了持鉢過堂，出坡作務，跑香定力和寮房規矩等等。當看到影片中柏林舊道場拆卸的當下，腦海中呈現出一片片的回憶，有點唏噓和感慨！但往下看到新的道場在建的進展中，忽然想到很快柏林就會有一座像法華禪寺這般現代化和完美的道場，將來它會接引更多需要加油的人們，心生無比的喜悅。柏林佛光山，我們明年見吧！



朱營春

很感恩歐洲佛光山提供給我們居家隔離的信眾在線參加獻燈祈福法會，讓我們在空中相會，獻上一盞虔誠的心燈，共同祈願新冠疫情早日消除。雖然是網絡法會，但眼前莊嚴的佛像和燈燭，耳邊梵音的繚繞，依然如同親臨現場。

我跪在屏幕前，用心聆聽星雲大師的《獻燈祈願文》：「我要向佛陀您表白，今天我奉獻此燈，不為自求，只希望大家都有光明燦爛的未來，只希望大家都有共成佛道的一日。讓我這盞燈能夠化為無盡燈，燈燈相映，為人類點燃明日的希望。慈悲偉大的佛陀！請求您接受我至誠的祈願。」

星雲大師至誠懇切的話語讓我感動流淚。我深信「慧日能破諸暗」以及佛教所說的「一念之慈，萬物皆善」，只希望我們共舉的這一盞悲智之燈，永不熄滅，燈燈相續，盡未來際。



朱麗月

我是在2019時才加入佛光會的，所以這是我第一次參加一年一度的建寺獻燈法會，也是第一次看到法華禪寺的道場，十分感謝法師們用心佈置如此莊嚴的壇場，即使是遠距也能保持清淨的心同步共修。原本報名了法華禪寺今年七月短期出家及納受戒體儀式，雖然因為疫情取消，卻得以參與更多線上法會與課程，看到柏林建寺的影片，可以想像建寺的重重困難，一個寺院的興建背後有好多人的努力與支持。



賴燕妮

很幸運可以共沾法喜一起來見證這場莊嚴的法會，感恩網絡的順暢讓我們能專注一心地誦經和念佛號因為有了這個助緣整個過程都是法喜充滿的。大師開始宣讀獻燈祈願文自己也不禁地流淚滿臉哭了。讓我想起在我還沒發現佛光山就是我的法身慧命之家之前，也曾經迷失過自己。我很慶幸成為佛光人謝謝大師成為我的人生導師，讓我在黑暗裡找到處光您就是我心的一盞明燈！讚嘆滿謙法師的開示，我深感到在這浩瀚的世界裡信仰就是治愈我們心靈的人生加油站所以我們要保護寺廟護持三寶。隨後播放柏林佛光山工程的進展，一切都很順利兩個孩子說到他們很高興有份參與歐洲誦心經活動回向給建寺工程順利也算是出了一點綿薄之力。有待寺院建設好希望有機會可以去參觀。



禰雪梅

2020年5月31日歐洲佛光山建寺獻燈祈福法會在法華禪寺線上舉行。法會開始，大殿莊嚴殊勝，一盞盞代表著祝福、祈願的明燈，燈燈相照，光光相映。信徒們在法師的帶領下虔誠的誦經祈福，祈願疫情早日過去，祈願柏林建寺順利完成。法會之後，滿謙院長用經典的故事形式給大眾慈悲開示，為大家說明修補塔寺的功德不可思議。在影片裡我們看到柏林的建設過程，深深的感覺到建寺的工程艱難，并被法師們的艱辛付出而感動，我期待在不久的將來能夠去新建的佛堂參觀及禮拜。感恩佛光山道場在疫情期間的各種線上授課及所有法會，讓我們在疫情隔離期間都能同沾法喜。



## 慈善 | Charity



### 寒冬送暖捐贈食物銀行

秉持著佛光山「以慈善福利社會」的宗旨，國際佛光協會倫敦協會第二分會12月14日由倫敦佛光山監寺如海法師帶領，前往位於倫敦尤斯頓（Euston）的食物銀行，捐獻50餘箱的乾糧。

自2015年開始，倫敦協會已連續第五年舉辦冬季食物銀行募捐，每年都籌得50至60箱乾糧捐獻給倫敦區內的食物銀行。今年從11月開始，第二分會就通過多項活動進行募捐，倫敦佛光人發揮大愛，慷慨解囊，籌得罐頭、餅乾、乾麵、米、茶、果醬和飲料等食物。

佛光人抵達尤斯頓食物銀行時，負責人海倫娜正和幾位社工正在處理倉庫，第二分會會長李博達當下帶領佛光人捲起袖子，做不請之友，協助食物銀行分類、包裝和搬運食物。

海倫娜說，該食物銀行每周為80多戶人家提供食物，非常感謝佛光山的捐贈，這些食物將能讓很多人有個溫飽的耶誕節和新年。

### Donation to Food Bank

To adhere to Fo Guang Shan's objective to benefit society through charity, the BLIA London Sub-Chapter 2 continued past practice to organise food donation to the Food Bank. On 14 December, the team led by superintendent Venerable Ru Hai went to donate more than 50 boxes of food to the Food Bank at Euston, London.

Sub-Chapter 2 has organized food donations since 2015. Every time 50 or 60 boxes of food were collected and donated to the Food Bank. From November 2019, Sub-Chapter 2 appealed to fellow Buddhists for food donation through various activities. Items collected included canned food, biscuits, jam, noodles, etc.

When the Buddha's Light members arrived at the Food Bank in Euston, their person in-charge Helena and several members were sorting their stock. President of BLIA London Alex Lee and the team joined in to help straight away.

Helena informed the team that their food bank provided food for more than 80 families a week. She expressed her gratitude to Fo Guang Shan Temple, and explained that this kind gesture would enable many to have a warm and substantial Christmas and New Year.





## 素食齋饗修寺植福

爲了籌募修寺經費，倫敦佛光山於1月24日大年除夕夜舉辦素食齋饗，獲得熱烈的迴響，共160人共襄盛舉。多戶佛光人扶老偕幼回到法身慧命之家吃團圓飯，共享天倫。也有多位本土素食者歡喜享用中華素齋，禮佛祈福，感受農曆新年的氣息。大眾在除舊布新的除夕夜，發心慈悲持素，祈願增福添壽，新的一年豐衣足食，更重要的是護持道場，讓信仰傳承。

義工菩薩們在監寺如海法師的帶領下，為大眾準備三色豆包、三杯鮮鮑菇、筒仔米糕等十道素食佳餚，色香味齊全，讓與會者都讚不絕口。典座菩薩用心準備，希望大家在新的一年里，事事皆圓滿。

開席前，如海法師致詞感謝大家的護持，說明倫敦佛光山這座百年老古蹟的修復進入第二期；由於是星級古蹟，因此維修工程有好多事項必須特別關注和遵從，因此經費也很高。他代表常住感謝大家，希望在這喜氣洋洋、闔家團圓的美好時光，大家懷著慈悲感恩的心來享用素菜。

資深佛光會會員莊葆珠攜帶英籍夫婿和家人來吃團圓飯，家人都吃得很開心，精美的佳餚讓他們對中華素食留下美好印象。一位穆斯林女士在友人的陪同下也來享用素食，他歡喜的表示，因為是全素，吃得非常安心。參與策劃和準備此次素食齋饗的周麗雲表示，典座組籌備近一個月，無論是菜單、食材、招待等都是經過大家用心的籌備，希望讓與會大眾，度過美好的除夕夜。



## Fundraising Vegetarian Banquet

In order to fundraise for temple refurbishment, London Fo Guang Shan temple organised a vegetarian banquet on the Chinese New Year Eve, 24 January. It was well received and a total of 160 individuals joined the banquet.

Up to 10 colourful and delicious vegetarian dishes were prepared by the volunteers together with Venerable Ru Hai, the temple superintendent. Before the banquet started, Venerable Ru Hai expressed her appreciation to the attendees for their support. Due to the historical value of the building, there are extra rules and regulations to be adhered to during the refurbishment, which would incur a higher cost. However, she is grateful that everyone was so supportive and wished that they enjoy the vegetarian food in this auspicious festival while celebrating reunions.





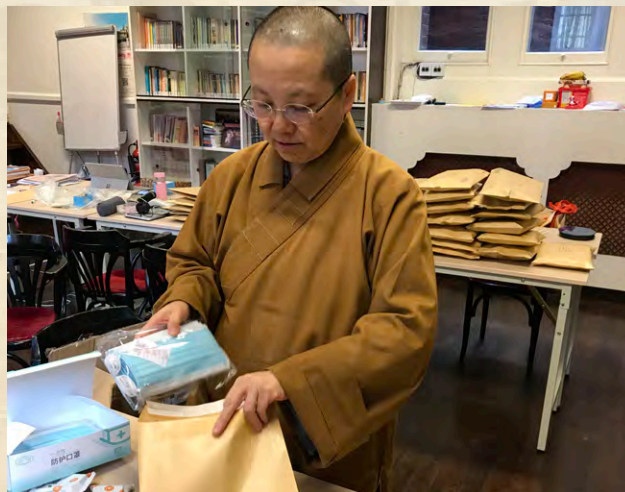
## 慈善 | Charity

### 倫敦佛光山配合防疫 四給傳遞正能量

倫敦佛光山因新冠病毒疫情從3月中旬開始不對外開放，然而，疫情並未因此隔離了倫敦佛光人，僧信二眾更齊心、更緊密。防疫期間，為了讓佛光人在家過得充實、有意義，倫敦佛光山善用科技，直播共修法會，並推出一系列的線上社教課程。信眾不分年齡、階層，跨越種種障礙和挑戰，在雲端以法相會。

為鼓勵倫敦佛光人積極參與佛光山開山54週年全球雲端抄經修持，監寺如海法師於5月16日前帶領法師、義工，慈悲和細心的為大家準備了防疫愛心結緣品，以郵寄送出。其中有抄經紙、星雲大師〈為新型肺炎疫情向觀世音菩薩祈願文〉、4個布口罩、養生銀耳羹，以及常住和倫敦佛光會給大家的一封信。300多份結緣品承載著常住對大家的關愛、勉勵和祝福，一份份的送到府上。物輕情誼重，讓每一位收到包裹的佛光人都深受感動。

自疫情在英國擴散以來，倫敦佛光山就無間斷的進行抗疫關懷安撫活動。如海法師帶領僧信二眾，透過不同管道和方式，協助會員、信眾以及有需要的人士和團體。從佛事祈福禮到精神輔導、捐贈口罩等，在有限的資源下，積極發揮和實踐佛光山的四給精神。



如海法師表示，配合政府居家防疫政策以來，國際佛光會倫敦協會暨佛光山僧俗二眾持續關懷全體大眾會員。適逢5月16日佛光山開山54週年，佛光日舉辦同步抄經，祈求諸佛菩薩慈悲加被，以抄經功德，庇佑大眾身心安康，吉祥如意。

督導倪世健是資深佛光人，當年跟隨著星雲大師一起創立倫敦協會，近30年來，和倫敦佛光山、佛光會風雨與共，對道場和會務總是義不容辭。收到愛心包裹讓他非常感動，對常住的慈悲和用心讚歎不已。倪督導說，愈是困境，愈能顯現信仰的力量，感謝佛光山和佛光會在非常時期給全體佛光人帶來信心和希望。







## London Fo Guang Shan Delivers Positivity in Midst of Pandemic

The global pandemic covid-19 may have isolated people, but it hasn't isolated the connecting minds of monastics and devotees. In hope for benefitting devotees whilst at home, London Fo Guang Shan has launched a series of online activities, classes and Dharma services to continue to meet everyone on a regular basis.

In celebration of the 54th anniversary of Fo Guang Shan, Venerable Ru Hai along with volunteers sent out parcels of gifts for devotees to enjoy at home. Within the parcel, there are sutra transcription materials, a Prayer to Avalokitesvara Bodhisattva for Safety from the Novel Coronavirus (COVID-19) Outbreak, 4 cloth masks, tremella soup and a letter from temple and BLIA. These gifts carry the love and blessings from temple to every BLIA member, everyone is touched upon receiving these gifts.

London Fo Guang Shan has been actively helping members, devotees and those who are in need ever since the outbreak of the pandemic, including prayers, mental guidance and donation of masks. In conjunction with the 54-year anniversary, everyone joined the global virtual Buddhist cultivation session to transcribe the Heart Sutra. May these merits and the Buddha's blessings pervade the world and may everyone be safe and healthy. It is particular in these times that faith plays its roles in our lives. Therefore, everyone is grateful for the hope that the temple and BLIA has brought to them.





## 慈善 | Charity

### 疫情無情人有情 佛光人捐贈口罩受肯定

佛光山的四大宗旨之一「以慈善福利社會」。佛光人秉持此信念，哪裡有需要，哪裡就有佛光人。在新冠病毒疫情嚴峻的英國倫敦，雖然居家隔離而限制了慈善活動，但倫敦佛光山及國際佛光會英國倫敦協會在非常時期，關懷信眾和社群的工作從未鬆懈。從三月底開始至今，陸續捐出兩萬多口單個給醫院、安養院、教堂、巴士公司等單位。

連日來，倫敦佛光山收到各團體的感謝信，讚賞佛光人急人所急、捐贈口罩的義舉。來自斯坦莫爾聖約翰教堂(St John's Church, Stanmore)的信中說道：「教堂正計劃重新開放，只是擔心目前新冠疫情還不明朗的情況下，會有風險。倫敦佛光山捐贈的口罩，不啻於『雪中送炭』，也是不同宗教間互助互利的典範。」

另一家养老院的來信說：「衷心感謝倫敦佛光山的善舉，來自佛光山的愛讓人感動。同時他們把收到的星雲大師〈為新型肺炎疫情向觀世音菩薩祈願文〉張貼於布告欄上，讓所有來往的人都能感受到佛光人的關懷。」

疫情之初急速在歐洲各地蔓延，口罩也越來越緊缺，許多機構如养老院、甚至醫療院都面對嚴重的缺貨。感恩來自十方的善因好緣，倫敦佛光山先後收到多位功德主捐贈的口罩以及國際佛光會英國倫敦協會佛光協會第三分會的會員發心，捐贈2萬5千多個抗疫亟需的口罩，佛光人除了關懷會員信眾，也發揮大愛精神，回饋給倫敦社會。

倫敦協會會長李柏達表示：居家隔離限制了佛光人的活動，加上英國海關的政策混亂也是一大挑戰，「人有善念，天必佑之」，經過一個多月漫長地等待，最終口罩順利抵達倫敦佛光山。為了在疫情期間福利社會，倫敦佛光人可說是排除萬難，主動向區域內各社團捐贈口罩。因為居家令的實施，大家不能出門，但在網上討論、籌集善款，連繫訂購、安排運輸、協調受眾，各工作有條不紊。

如海法師謙虛表示，不敢說解決了他們的燃眉之急，只希望能有所幫助，為社會出一份力；「十方來十方去」，有因緣就全力以赴。大家本是同體共生，不分彼此，行善本來就不分你我。物輕情意重，每一個口罩都承載著佛光人的關愛和鼓勵，期許在大家的努力合作下，疫情得以早日舒緩。







## Donating Face Masks During The Covid-19 Pandemic

One of the Four Objectives of Fo Guang Shan is to "Benefit society through charity". As COVID-19 attacked London, lockdown measures were applied and many charity events were halted. Despite the restrictions, London Fo Guang Shan and BLIA London set out to give out free face masks to different organisations.

More than 25,000 face masks were given out to a plethora of organisations, this included hospitals, nursing homes, churches and bus companies. Since then, London Fo Guang Shan temple has received heart-warming appreciation letters from some of these organisations, such as St John's Church in Stanmore.

As the temple was closed, the task of packing the face masks were carried out by the venerables. Venerable Ru Hai, the temple superintendent, and Venerable An Jin had packed the face masks and posted them out themselves. Although this may not have solved other urgent needs of the benefactors, it was hoped that it would at least be helpful for them.



FAO The Venerable Ru Hai  
Thank you for the delivery of face masks that you have kindly donated to St John's Church, Stanmore.

As you will be aware St John's church, like many places of worship have been closed since 23rd March and I am currently writing the risk assessment and plans with a view to reopening our church on 4th July.

Part of the risk assessment is that face masks will be compulsory. Our church has a capacity of 400 people so you can see that your kind contribution will be invaluable to us.

Once again thank you so much and this is an excellent example of inter-faith cooperation which will go a long way to helping us re-open our church.

Thank you for your prayer, and Sending best wishes to you and your community.

God bless

Mark Lynch  
Churchwarden  
St John's Church Stanmore



**Life Opportunities Trust**

15 Roseville  
Huddersfield  
En11 8NR

Date 05/06/2020

Dear whom it may concern,

**Re: Receipt of Face masks**

Thank you so much for the kind donation of face masks received from you in person today at the above address of Life Opportunities Trust.

This generous donation is very much appreciated, and we thank you for this, as you can understand it is a difficult time for all of us and thank you again for thinking about us. I have placed the prayer which was also in the letter on the noticeboard for all staff and service users to read.

Hope you all stay safe and well

Yours sincerely

Mathew Butler  
Service manager  
mbutler@lot-uk.org.uk  
Tel: 01929 443189

**SUPPORT CARE EMPOWER**

Head Office:  
The Office Suite, 70 The Green, Abbot Langley, Hemel Hempstead HX5 0SS  
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慚愧感恩大願心



倫敦佛光山

London Fo Guang Shan Activities Report 2019-20

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