



# 淨土

## 芝加哥華藏淨宗圖書館雙月刊

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Amitabha Buddhist Library in Chicago  
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印光大師法語—勸信願真切

Quote from Patriarch Yinguang—Urging to Have a Sincere Vow

凡我有情，聞是淨土法門者，當信娑婆極苦，西方極樂；

當信多生以來，業障深重，匪憑佛力，驟難出離；

當信求生決定現生得生，當信念佛定蒙慈悲攝受。

由是堅定一心，願離娑婆，

如囚之欲出牢獄，絕無繫戀之心。

如客之思歸故鄉，豈有因循之念。

從此隨分隨力，至心持念阿彌陀佛聖號，

無論語默動靜，行住坐臥，迎賓待客，穿衣吃飯，

務令佛不離心，心不離佛。

須知西方極樂世界，莫說凡夫不能到，即小乘聖人亦不能到，以彼是大乘不思議境界故。

凡夫若無信願感佛，縱修其餘一切勝行，並持名勝行，亦不能往生。

是以信願最爲要緊。

藕益云：『得生與否，全憑信願之有無，品位高下，全憑持名之深淺』，

乃千佛出世不易之鐵案也。

能信得及，許汝西方有分。

One who has learned the Pure Land school teaching should realize

that the Saha World is full of sufferings and the Pure Land is ultimate bliss;

that our karmas created in past lives have been so severe that it will be difficult for us to transcend the Saha World without relying on the compassionate power of Amitabha Buddha.

One should also have faith that if one makes the vow to be reborn in the Pure Land, one will be reborn at the end of the present life; that Amitabha Buddha will come escort one if one is mindful of him at that moment.

Therefore, one should firmly make up one's mind and vow to leave the Saha World, just like a prisoner's wanting to be out of the jail, who won't feel miss anything;

or like a traveler's wanting to go home, who won't have any thought that would cause a delay.

One should do one's best to sincerely chant and uphold Amitabha Buddha's name in one's mind.

While speaking or silent, being active or inactive, walking or standing, sitting or lying down, greeting or serving guests, eating, and dressing,  
one must keep Amitabha Buddha in one's mind, and one's mind on Amitabha Buddha.

One must realize that the Western Pure Land is neither reachable by ordinary beings, nor by Theravada sages, because it is in a Mahayana domain that is inconceivable to us. An ordinary being without the sincere vow to resonate with Amitabha Buddha cannot be reborn in the Pure Land even with superior practice of the Buddha-name chanting method and all other methods.

Therefore, the sincere vow to be reborn in the Pure Land is of the utmost importance.

Ouyi said: "A person's being reborn in the Pure Land is determined by whether the person has the sincere vow to be reborn. The grade into which a person can be reborn is determined by how sincerely the person upholds and chants Amitabha Buddha's name."

That is a reality that never changes with time, even after thousands of Buddhas have appeared.

If a person truly believes and practices this method, the person can without doubt be reborn in the Pure Land.

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## 特別通告 - 2010 月曆

### **2010 Calendar Announcement**

● **本館編輯室 (Editor's Room)**

本館於日前收到台北佛陀教育基金會所寄贈之 2010—2011 兩年度的護生月曆，同時有陽曆、農曆及中英文，共數百份。印刷精美，歡迎同修前來索取，送完為止。

We just received several hundred copies of the beautifully printed 2010—2011 (two-year) *Reverence for Life Calendar* from the Corporate Body of the Buddha Educational Foundational in Taipei, Taiwan. The calendar has Gregorian as well as Lunar date annotations in both Chinese and English. Please feel free to stop by and get one while they last.

## 2009 年終兩日念佛共修法會通告

### **2009 Year-end Two-day Retreat Announcement**

● **本館編輯室 (Editor's Room)**

本館將於十二月十九及二十日(星期六、日)舉辦 2009 年終兩日念佛共修法會。請參閱隨附之法會詳細日程表及報名表，敬邀各地學佛同修一起前來念佛。

The library will host a 2009 Year-end Two-day Retreat on December 19 and 20 (Saturday and Sunday). Details can be found in the attached program and registration form. We cordially invite all friends to participate in this retreat.

## 『中國語言文化親子研習班』開始接受報名

### **Registration Begins for the Chinese Language and Culture Class for Parents and Children**

● **編輯室 (Editor's Room)**

本館『中國語言文化親子研習班』即將開始上課，並已開始接受報名。此研習班由張馨方、鄒麗芳、及溫水蘭三位老師負責教學，將於2010年一月十日開始上課，預計於2010年十二月份圓滿結束。課程主要以英語傳授，學員為四歲至十歲之兒童，每位學員至少要有一名家長陪伴上課，請詳閱後附報名表。

上課時間為每隔週之星期日下午兩點，每堂課五十分鐘。歡迎家中有學齡兒童及幼兒之家長利用所附報名表踴躍報名。

In January 2010, the library will once again offer the “Chinese Language and Culture Class for Parents and Children” class. Registration is currently underway. The class is taught by three teachers, Ms. Stephanie Shinfan Chang, Lifang Tsou, and Shuilan Wen. The sessions will start on January 10, 2010, and are planned to end in December, 2010. The class will mainly be taught in English and is for children aged four to ten. Every child must be accompanied by at least one parent in the classroom. Details are in the attached registration form.

The fifty-minute classes will meet at two PM on every other Sunday. We welcome all parents who have children in the above age group to enroll their children by using the attached registration form.

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### 行腳剪影 Trip Photo Sampler

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香港大嶼山天壇大佛 Giant Buddha statue at Hong Kong



藍天白雲下，莊嚴的越南大佛 Beautiful Buddha statue in sitting position, Nha Trang, Vietnam



武夷山石刻觀音大士 Stone-sculptured statue of Avaloketisvara Bodhisattva



廈門南普陀寺山門內側 Inside the gate, South Putou Temple, Xiamen, China

## 蓮花廚房 The Lotus Kitchen

### 黃金筍菇 Enoke Mushroom with Bamboo Shoot

#### 材 料 Materials

王蠔菇	King Oyster mushroom	兩大個 Two big pieces
金 菇	Enoke mushroom	一或二包 one or two packs
筍 片	Pickled bamboo shoot	80 公克 4 oz
韭 黃	Yellow chive	20 公克 1 oz
紅葱	Shallot	少許 A little (1 clove)
墨西哥辣椒	Jalapeno pepper	一支 One piece (up to taste)
香 菜	Cilantro	少許 A little (for garnishing)
沙拉油	Cooking oil	二湯匙 2 table spoons
鹽	Salt	適量 to taste
醬 油	Soy sauce	二湯匙 2 table spoons
素食調味粉	Vegetarian seasoning	適量 to taste
白胡椒粉	White pepper powder	少許 A little (dash)
太白粉	Corn starch (optional)	一茶匙 One teaspoon
水	Water	1/3 杯 1/3 cups



**準備：**紅葱切小粒，墨西哥辣椒切片，筍切片，帝王蠔菇切薄片，韭黃洗淨切約兩吋長段，金菇洗淨拉鬆。

**做法：**炒鍋加入沙拉油、紅葱粒、與墨西哥辣椒片於爐台上加熱，至油熱冒煙時，將水倒入，隨及關小火；加入切好的筍片，帝王蠔菇片略炒；加入適量的鹽、白胡椒粉、醬油、及素食調味粉拌勻。燜煮至沸騰後，加入金菇及韭黃，繼續炒至金菇及韭黃變軟，勾芡，加入香菜即可起鍋。

**Preparation:** Coarsely mince shallot; thinly slice Jalapeno pepper, bamboo shoot, and the king oyster mushroom; chop the yellow chive into ~2.0" pieces; pull the enoke mushroom into smaller chunks.

**To cook:** Sauté shallot and Jalapeno pepper slices with oil in a wok over high heat. When the oil begins to smoke, pour in the water (to bring out the full flavor of the shallot and Jalapeno pepper) and turn to medium heat. Add the king oyster mushrooms, bamboo shoots, then salt, soy sauce, vegetarian seasoning, and white pepper powder to taste; stir briefly, lid the wok and let it simmer for about 3 minutes. Uncover, add the enoke mushroom and yellow chives; continue to stir until they become soft. Optionally thicken with corn starch. Garnish with cilantro and serve.

# 芝加哥華藏淨宗圖書館

Amitabha Buddhist Library in Chicago

2009 年終念佛共修法會通告

2009 Year-End Two-day Retreat

12月19、20日 (星期六、日)

December 19, 20 (Saturday, Sunday)

## 念佛共修課程 Retreat Schedule

地點： 芝加哥華藏淨宗圖書館

Where: Amitabha Buddhist Library In Chicago  
2753 – 2755 W. Maple Avenue  
Lisle, IL 60532

10:00 – 11:35	第一柱香 1 <sup>st</sup> Incense	恭誦阿彌陀經、念佛 <i>Amitabha Sutra</i> Recitation, Chanting, and Meditation
11:40 – 12:30	午 齋 Lunch	
12:40 – 14:10	第二柱香 2 <sup>nd</sup> Incense (Saturday)	讚佛偈、念佛、晚課 Praise of Amitabha Buddha, Chanting, and Meditation
	午間學佛講座 (Sunday)	佛說無量壽經 – 林館長主講 Lecture by Director Lin on the <i>Infinite Life Sutra</i>
14:30 – 16:00	第三柱香 3 <sup>rd</sup> Incense (Saturday)	讚佛偈、念佛、晚課 Praise of Amitabha Buddha, Chanting, and Meditation
	第二柱香 2 <sup>nd</sup> Incense (Sunday)	讚佛偈、念佛、晚課 Praise of Amitabha Buddha, Chanting, and Meditation

# 芝加哥華藏淨宗圖書館

*Amitabha Buddhist Library in Chicago*

## 2009 年終佛二共修法會報名表 2009 Year-end Two-day Retreat Registration Form

姓 名 Name		性別 Sex	<input type="checkbox"/> M <input type="checkbox"/> F	年齡 Age	
地 址 Address			電話 Phone		
			手機 Cell		
			E-mail:		

請打√ 註明參加日數及是否用餐 Check mark the activities you plan to participate				
12/19	第一柱香 1 <sup>st</sup> Incense	午餐 Lunch	第二柱香 2 <sup>nd</sup> Incense	第三柱香 3 <sup>rd</sup> Incense
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12/20	第一柱香 1 <sup>st</sup> Incense	午餐 Lunch	午間學佛講座 Lunch time Dharm Talk	第二柱香 2 <sup>nd</sup> Incense
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(請於 12/16/09 前傳真至 630-416-9488，或以 e-mail: [library@amitabhalibrary.org](mailto:library@amitabhalibrary.org) 報名)

(Please enroll on or before 12/16/09 by fax: 630-416-9488, or by e-mail:  
[library@amitabhalibrary.org](mailto:library@amitabhalibrary.org))

## 中國語言文化親子研習班 (4-10 歲)

### Chinese Language and Cultural Class for Parents and Children (ages 4 – 10)

地點: Where:	芝加哥華藏淨宗圖書館 Amitabha Buddhist Library in Chicago 2753-2755 W. Maple Avenue Lisle, IL 60532
時間: When:	02:00–2:50 PM (Regular class), 2:00-3:30 PM (on cultural celebration dates) Every other Sunday (星期日, 隔週上課)
開始日期: Starts:	1 /10/2010 詳細日期請看附表 Detailed class schedule on the reverse side
課程: Topics:	中國語言文化親子研習班 Chinese Language and Culture for Beginners (Standards for Being a Good Student and Child)
教師: Teachers:	張馨方, 鄒麗芳, 溫水蘭 Shinfan Stephanie Chang, Lifang Tsou, Shuilan Wen
助教: Teaching Assistants:	Mr. & Mrs. Brian and Patti Laughlin
註冊 Registration	學費全免, (第一天上課需繳二十元材料費) 請用報名表報名。 課程開始前三週 (十二月三十日) 截止。請將報名表郵寄至圖書館或傳真至(630-416-9488)。每位學員至少要有一名家長陪伴上課。十歲以上的青少年及成人歡迎擔任大哥哥、大姐姐或助教。  Tuition is free. Twenty dollar (\$20) material fee is due on the first day of the class. Voluntary donations to the library are welcome. Please mail the attached registration form or fax it to (630)-416-9488. Every child must be together with at least one parent in the classroom; youth assistants are welcome.
課程簡介 Class Highlights	Goals: Children and parents will learn simple Chinese and DiZiGui (also known as “Standards for Being a Good Student and Child.”). Students will improve their language skills and learn Chinese culture while having fun.

Please email [sf7chang@hotmail.com](mailto:sf7chang@hotmail.com) or visit <http://shinfanchang.com/3.html> if you have any questions.

**中國語言文化親子研習班課程日期及報名表 (4-10 歲)**

**2010 Chinese Language & Culture Class for Parents and Children (ages 4-10)  
Schedules**

日期 Dates	弟子規 DiZiGui
01/10/2010	總敘、入則孝 (Outline; Respecting and Loving our Parents at Home)
01/24/2010	入則孝 (Respecting and Loving our Parents at Home)
02/07/2010	<b>入則孝 (Respecting and Loving our Parents at Home) Chinese New Year Celebration</b>
02/21/2010	出則悌 (Interacting with Others When Away from Home) /Review
03/07/2010	出則悌 (Interacting with Others When Away from Home)
03/21/2010	出則悌、謹 (Interacting with Others/ Being Mindful in Daily Life)
04/04/2010	出則悌、謹 (Interacting with Others/ Being Mindful in Daily Life)
04/18/2010	謹 (Being Mindful in Daily Life) /Review
05/02/2010	謹 (Being Mindful in Daily Life)
05/16/2010	<b>信 (Be Trustworthy) Dragon Boat Festival Celebration</b>
08/15/2010	信 (Be Trustworthy) Review
08/29/2010	信 (Be Trustworthy)
09/12/2010	汎愛眾 (Loving All Beings)
09/26/2010	<b>汎愛眾 (Loving All Beings) Moon Festival Celebration</b>
10/10/2010	汎愛眾 (Loving All Beings)/Review
10/24/2010	親仁 (Being Close to Kind and Virtuous People)
11/07/2010	親仁 (Being Close to Kind and Virtuous People)
11/21/2010	餘力學文 (After Doing the Above, the Arts Come Next)
12/02/2010	餘力學文 (After Doing the Above, the Arts Come Next)
12/19/2010	<b>總復習 (Summary Review) End of Year Celebration</b>



**2010 Chinese Language & Culture Class for Parents and Children (ages 4-10)  
Registration Form (fax to 630-416-9488, or mail to the Library)**

Student Name	English				Parent's Name
	Chinese		Age		
Address					
Tel.			Cell		
E-mail			Fax		
Remarks					