



淨土

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Amitabha Buddhist Library in Chicago
Bi-Monthly Newsletter – July 2008

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藕益大師法語 Quote from Patriarch Ouyi

念佛求生淨土，乃一門圓攝百千法門；非舉一廢百也。

但必一門深入，念佛為正行，餘一切戒定慧等為助，正助合行，如順風之舟，更加板索，疾到岸矣。

念佛之法雖多，持名最為簡便；持名之法雖多，計數尤為穩當。

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Being mindful of Buddha Amitabha to seek for rebirth in the Pure Land is a method that perfectly and completely embraces hundreds and thousands of other methods, not that it excludes others.

This method must be practiced with dedication, diligence, and focus. Use this method as the main practice and others such as upholding the precepts, attaining Dhyana, and realizing Prajna as auxiliary practices. Combining the main course with auxiliaries in the practice is like sailing downwind while rowing and pulling the ropes. Doing so, we will be at the shore soon. There are many methods to practice mindfulness of Buddha Amitabha; name chanting is the most convenient. There are many methods to practice Buddha name chanting; counting the chants is the most reliable.

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地藏菩薩聖像結緣最新報導

(Update Report – Ksitigarbha Bodhisattva Statues for Free Distribution)

● 本館編輯室 (Editor's Room)

本館於七月中接獲台灣屏東能淨學會通知，最近恭鑄之地藏菩薩聖像六百尊已經完成，可與世界各地同修結緣。

地藏菩薩，悲願宏深。為倡導孝親尊師之根本法輪，也為祈求世界各地災難減緩、為受難眾生祈福，近兩年來，本館協同能淨學

會，與台灣蓮友、美國越南同修、及十方善信共同發心，敬鑄地藏菩薩聖像與十方同修結緣。根據能淨學會統計，至今年六月底止，已送出近千尊菩薩聖像至世界各地。

此一地藏菩薩聖像為坐姿，聖像連同底座，高約 9.25 英吋，加上手持錫杖，高度共約 11.5 英吋；底座為八角形，面積約為 5.5 英吋見方。聖像法相莊嚴慈悲，謹再附照片於此，以供參考。

歡迎世界各地學佛同修及寺院、道場直接與
能淨學會聯繫申請，或以傳真 (630-428-9961)
及電郵 (library@amitabhalibrary.org) 向本館
書目組王麗卿師姐及翁慧娟師姐申請。能淨
學會之聯絡資料如下：

能淨學會，紮根教育持續會

總幹事陳維茂居士

屏東市民權路 77 號

TEL: 886-8-7664248

FAX: 886-8-7322144

In mid-July we received notification from the Neng Chin Society in Pin-Tung Taiwan, the most recently ordered 600 Ksitigarbha Bodhisattva statues are completed and ready for free distribution.

Ksitigarbha Bodhisattva has the most compassionate vow. To promote this fundamental Dharma wheel for filial piety and for respecting teachers and elders, to pray for a reduction of disasters in the world, and to pray for good fortune for the victims and survivors, the library, together with Neng Chin Society, the Dharma friends in Taiwan, the Vietnamese American Dharma friends, and many friends from other places dedicated much effort to make Ksitigarbha Bodhisattva statues for free distribution. According to the record from Neng Chin Society, as of the end of June, 2008, nearly one thousand statues have been distributed globally.

The statue has an octagon base with a diameter of 5.5" x 5.5" and a height of 11.5" tall with the monk's crosier or 9.25" without. The statue looks respectfully beautiful and compassionate. We respectfully include its picture for reference.

Interested Dharma friends, temples, and cultivation centers can contact Neng Chin Society in Taiwan directly to request a statue. The contact information of Neng Chin Society is as follows:

Neng Chin Society

77 Ming-Chuan Road

Ping Tung, Taiwan

Attn: Mr. Wei-Mao Chen

Tel: (886)-8-7764248

Fax: (886)-8-7322144

Alternatively, you can also contact the library via fax (630)-428-9961 or e-mail library@amitabhalibrary.org, with attention to Edith Wong or Hui-chuan Weng.



(莊嚴慈悲的地藏菩薩聖像。The respectfully beautiful Ksitigarbha Bodhisattva's statue.)

『兒童學經班』及『英文弟子規親子學經班』開始接受報名

Registration for the Children's Buddhism Class and the Chinese Culture and Language Class for Parents and Children Begins

● **編輯室 (Editor's Room)**

廣受歡迎的『兒童學經班』及『英文弟子規親子學經班』即將開始上課，並已開始接受報名。

『兒童學經班』由翁慧娟老師負責指導，課程為三個學期，將於九月中旬開始上課，預

計於明年十二月份圓滿結束。該課程以中文傳授，學員為五歲至十一歲之間的小朋友，於每隔週之星期六下午四點上課，每堂課九十分鐘。其中，五歲至六歲之學員最初兩堂課需由家長陪伴上課，六歲以上之小朋友則可以自行上課。

『幼兒中文唱遊讀經班』由張馨方老師負責教學，課程同樣是三個學期，亦將於九月中旬開始上課，同樣預計於明年十二月份圓滿結束。該課程以英語傳授，學員為四歲至十二歲之兒童。六歲以下的學童必需由家長陪伴上課。上課時間為每隔週之星期日下午兩點，每堂課五十分鐘。

以上兒童班及幼兒班完全免費，本館並供應教材及茶水。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。

The popular “Children’s Buddhism Class” and “Bilingual Chinese Culture and Language Class” will begin once again in the fall. Registration is currently underway.

The three-semester long “Children’s Buddhism Class” will be taught by Ms. Weng. The class will begin in mid-September 2008 and end in December 2009. The class is for children aged five to eleven and will be taught in Chinese. The ninety-minute classes will meet at four PM on every other Saturday. Children aged six and under must be accompanied by a parent in the classroom. Children above age six can attend the class without their parents.

The “Chinese Culture and Language Class” is taught by Ms. Stephanie Shinfan Chang and is also three semesters long. The class will also begin in mid-September 2008 and end in December 2009. The class is for children aged four to twelve. Children six and under must be accompanied by a parent in the classroom. The class will be taught in English. The fifty-minute classes will meet at two PM on every other Sunday.

There is no charge for the above classes, and all materials and supplies will be provided by the library. We welcome all parents who have children in the above age groups to enroll their children by using the attached registration form.

蓮花廚房 *The Lotus Kitchen*

Brown Rice by Macrobiotics

Recipe offered by a Vietnamese Monk

Materials:

2 cups premium short or medium grain brown rice (organic preferred)

4 cups warm water

1/2 tsp roasted sea salt powder

1. Washing the rice – Pour the rice into a big wash bowl; pour cold water over it and swirl your hand around slightly. Drain the water and leave the rice in the bowl. The point here is to not handle the rice too much.
2. Soaking the rice – Pour 4 cups of warm water over the rice and soak it for 2 hours. Soaking helps to soften the rice and cut down on cooking time.
3. Cooking (with a clay pot and gas stove) – Pour all the rice soaking water into the pot and add the salt. Cover the pot and bring the water to a boil. Gently pour in the rice; cover the pot and bring the water and rice back to a boil. Turn off the stove and let the rice sit for fifteen minutes. After the fifteen minutes, turn on the stove to low heat and cook the rice for twenty to thirty minutes.
4. Rice ready? – It’s ready when the water has dried and the top of the rice has a slightly darker color. To be safe, get a spoonful from the center of the rice; if the rice is moist and the water is dry, it is ready.

Note that when boiling rice water or rice and water, it will foam and overflow easily. So, you may want to stand watch for the first a few times. Every pot and stove are different; it may take you a few times to determine the accurate cooking time.

兒童學經班 (5-11 歲)

Buddhism Classes for Children (aged 5 – 11)

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

時間: 04:00 – 05:30 AM

When: *Every other Saturday (星期六, 隔週上課)*

開始日期: 9/20/2008

Starts: 詳細日期請看背面
Detailed class schedules on the reverse side

課程: 弟子規

Topics: *Diziqui (How to be a good child and student)*

教師: 翁慧娟

Teacher: *Ms. Hui-Chuan Weng*

註冊: 學費全免, 請用背面報名表報名。

每堂課程開始前三天, 截止報名。

報名表請郵寄至圖書館或傳真(630-416-9488)

Registration: *Free of charge. Please use the form on the reverse side.*

Due 3 days before respective session start date.

Mail the registration, or fax it to (630)-416-9488

兒童學經班課程日期及報名表 (5 — 11 歲)

Buddhism Class for Children Schedules (2008 – 2009) (ages 5—11)

日期 Dates	弟子規 Dizigui
09/20/08	總敘、入則孝 (Introduction; Filial Piety)
10/04/08	入則孝 (Filial Piety)
10/18/08	入則孝 (Filial Piety)
11/01/08	入則孝 (Filial Piety)
11/15/06	出則悌 (Be a Brother)
12/06/06	出則悌 (Be a Brother)
12/20/06	出則悌、謹 (Be a Brother; Be Prudent on Speech)
01/10/09	謹 (Be Prudent on Speech)
01/24/09	謹 (Be Prudent on Speech)
02/07/09	謹 (Be Prudent on Speech)
02/21/09	謹 (Be Prudent on Speech)
03/07/09	信 (Be Trustworthy)
03/21/09	信 (Be Trustworthy)
04/04/09	信 (Be Trustworthy)
04/18/09	信、汎愛眾 (Be Trustworthy; Be Kind to People)
05/02/09	汎愛眾 (Be Kind to People)
05/16/09	汎愛眾 (Be Kind to People)
09/19/09	汎愛眾 (Be Kind to People)
10/03/09	汎愛眾、親仁 (Be Kind to People; Be Compassionate)
10/17/09	親仁、餘力學文 (Be Compassionate; Use the Remaining Energy to Learn Other Things)
10/31/09	餘力學文 (Use the Remaining Energy to Learn Other Things)
11/14/09	餘力學文 (Use the Remaining Energy to Learn Other Things)
12/05/09	餘力學文、總復習 (Use the Remaining Energy to Learn Other Things; Summary Review)
12/19/09	總復習 (Summary Review)

Buddhism Class for Children (ages 5—11)

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					

英文弟子規親子學經班 (4-12 歲)
Chinese Culture (DiZiGui) Class for
Parents and Children (ages 4 – 12)

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

時間: 02:00 – 2:50 PM
When: Every other Saturday (星期日, 隔週上課)

開始日期: 9/21/2008
Starts: 詳細日期請看背面
Detailed class schedules on the reverse side

課程: 弟子規
Topics: DiziGui
(Standards for Being a Good Student and Child)

教師: 張馨方
Teacher: Shinfan Stephanie Chang

助教: Mr. & Mrs. Brian Laughlin
Teaching Assistants:

註冊: 學費全免, 歡迎樂捐贊助圖書館。
請用背面報名表報名。
每堂課程開始前三天, 截止報名。
報名表請郵寄至圖書館或傳真(630-416-9488)

十二歲以上的青少年及成人歡迎擔任大哥哥、大姐姐或助教。三歲兒童也可以和父母一起旁聽參加活動。

Registration: *Free of charge. Voluntary donations (to the library) are welcome. Please use the form on the reverse side. Due 3 days before respective session start date. Mail the registration, or fax it to (630)-416-9488.*

Children ages 12 and above are welcome to serve as assistants or as big brothers and sisters. Three-year-old and younger children can also participate with parents.

課程簡介 Class Introduction:

Goals: help children (ages four and above) and parents learn DiZiGui or “Standards for Being a Good Student and Child.” Students will also learn to recognize some Chinese characters, sing songs in Chinese and practice simple Chinese conversation during role-play. DiZiGui is being taught in all of the Chinese schools in Malaysia and many public schools in Taiwan. Thousands of children in China are also benefited from learning DiZiGui, which is found to be able to strengthen children’s memory capacity.

Method of teaching: Students will learn to recite text in Chinese. Instructions and explanations will be provided in English. Pictures, stories, and role-plays will be used to illustrate the concepts, and re-enforced by discussions.

教學目標： 引導孩子(年齡四歲以上～小學六年級以下)誦讀聖賢經典，開發潛能、穩定心性、增長智慧、陶冶品格，提升孩子閱讀能力進而養成社會讀書風氣。弟子規的教育已經普遍地推展到所有馬來西亞的中文學校以及臺灣許多公私立學校。在中國數以萬計的孩子也受益於弟子規。孩子在 13 歲之前讀經能激發右腦天生的能記憶 5 億本書的能力，也符合孩子喜好重複的天性。

教學方法： 在課程學習中，學生以中文讀誦弟子規。老師使用圖片、故事、以及討論的方式來教導弟子規的概念。學生們通過學習弟子規來建立良好的品德(例如：尊重父母和師長，凡事謹慎，愛護眾生)，學生們也將會學習認識一些中國字，以及在活動中練習簡單的中文。

Please email sf7chang@hotmail.com or laughlin.bp@sbcglobal.net if you have any questions.

英文弟子規親子課程日期及報名表 (4-12 歲)
Chinese Culture Class for Parents and Children (2008 – 2009)
(ages 4—12)

日期 Dates	弟子規 DiZiGui
09/21/08	Outline; At home, Be Dutiful to My Parents (總敘、入則孝)
9/28/08	At home, Be Dutiful to My Parents (入則孝)
10/12/08	At home, Be Dutiful to My Parents (入則孝)
10/26/08	At home, Be Dutiful to My Parents (入則孝)/Review
11/02/06	Standards for a Younger Brother When Away from Home (出則悌)
11/16/06	Standards for a Younger Brother When Away from Home (出則悌)
12/7/06	Standards for a Younger Brother When Away from Home (出則悌、謹)/Review
01/11/09	Be Cautious in My Daily Life (謹)
01/25/09	Be Cautious in My Daily Life (謹)
02/08/09	Be Cautious in My Daily Life (謹)
02/22/09	Be Cautious in My Daily Life (謹)/Review
03/08/09	Be Trustworthy (信)
03/22/09	Be Trustworthy (信)
04/19/09	Be Trustworthy (信)/Review
05/03/09	Love All Equally (汎愛眾)
05/17/09	Love All Equally (汎愛眾)
09/20/09	Love All Equally (汎愛眾)/Review
10/04/09	Be Close to and Learn from People of Virtue and Compassion (親仁)
10/18/09	Be Close to and Learn from People of Virtue and Compassion (親仁)
10/31/09	After all the Above Are Accomplished, I Should Study Further and Learn... Literature (餘力學文)
11/15/09	After all the Above Are Accomplished, I Should Study Further and Learn... Literature (餘力學文)
12/6/09	Summary Review (總復習)

Chinese Culture Class for Children (ages 4-12)				
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				