

因華

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華嚴經法要新解

天因法師

世主妙嚴品第二 (卷六)

經文一開始諸菩薩及一切世間主向佛提出了四十個有關佛的問題，如：佛的境界、佛的加持、佛所行、諸佛力、佛無所畏、佛三昧、佛神通、佛自在、佛無能攝取、佛眼等六根、佛身光、佛光明、佛聲、佛智等。祈願佛能為大眾開示演說。這些問題義理深廣，因德甚深，能夠提出這些問題的都是上根利器的菩薩眾，所謂「如來現相品」就是說佛用現相的方式來說法，以五種現相的方式來詮釋佛的果德，一一解答眾生的問題，這就是佛說法的另一種方法，也是這一品經文的特色。

佛要說法也不能少於再三的讚請，菩薩大眾到場發問時，以菩薩眾共同的威神力顯現種種供養具來供養佛，經文中所提的有花、香及雲，數量多得以海為比喻，這又是華嚴經的特色，而這些供養具是自然發出聲音來稱歎佛德，不須任何樂器的敲打，要眾生能生起追求如此佛果的境界。

為了表明佛已經知道眾生的心念，於是在面門眾齒放出光芒，代表所說的法是從佛口生、從佛口出，這是佛陀展示第一個現相

是口光遠召，菩薩來儀。其實佛放光主要是要召集有緣大眾來聽法，除了現場聽法的大眾外，還有很多應機、對這個法有感應的，透過佛放光，大家都來聽法。經文以十首偈頌來說明佛的種種名號：正徧知、明行足、善逝、世間解、佛、無上士、調御丈夫、天人師、應供、世尊、兩足尊、如來等。

大眾得悉佛要說法，故各方的菩薩眾得佛光普照後有所感覺而前來親近佛，分別是華藏世界海的東、南、西、北及東北、東南、西南、西北，還有下、上、中之多。諸菩薩於光明中同時發聲又讚頌佛，經文中以十首偈頌一一道出。這次佛又於眉間放光，屬第二個現相毫光普燭，示說法王，故也有一番的用意，於眉間放光即眉毛之間放光，這個光表示不偏不倚，申明中道離兩邊，佛已證得中道實相才具足圓滿於這裏放光。佛為了幫忙大眾提起心力及警覺，故震動諸世界網，現無數佛，此為第三現相震動剎網，以警群機。

當時在場的相狀有現出大寶蓮華，這是第四個現相師子座前，現大蓮華；又有勝音菩薩坐蓮華





臺、有諸菩薩坐蓮華鬚，此為第五個現相白毫出眾，教從佛流，無非都是再一次稱讚佛，經文中這裏第一首偈頌是：「佛身充滿於法界，普現一切眾生前，隨緣赴感靡不周，而恒處此菩提座」。這首偈頌是每月第三個星期共修的「華嚴佛一」中當天必誦的，大家應不會感覺陌生。

經文結束前，道出了還有幾位菩薩眾承著佛的威神力而繼續讚頌佛陀，他們分別是觀察一切勝

法蓮華光慧王、法喜慧光明、香燄光普明慧、師子奮迅慧光明、法海慧功德藏、慧燈普明、華燄髻普明智、威德慧無盡光、法界普明慧、精進力無礙慧。

經文到這裏，其實佛陀仍未說法，這品經只是透過佛現以上五種相、放種種光，其目的是想召集更多菩薩一起聚集才開始說法，之前都是現相、表相，這也是華嚴經的特色。☸

口光遠召 菩薩來儀





大方廣佛華嚴經卷第五十三，離世間品第三十八之一，第二問何等為奇特想

華嚴經問答與內容

〈離世間品〉是《華嚴經》中的二千個修行法門，由普慧菩薩為當機眾代眾生向普賢菩薩發問，總共提出了二百個問題，而普賢菩薩於每個問題中說出了十個答案，即十個修行法門，故全品經一共有二千個法門，成為了「普慧二百問，普賢兩千酬」的佳話，給後人研讀華嚴經的一個重要指南。

第二問：何等為奇特想？

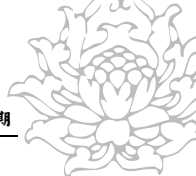
1. 於一切善根生自善根想；
2. 於一切善根生菩提種子想；
3. 於一切眾生生菩提器想；
4. 於一切願生自願想；
5. 於一切法生出離想；
6. 於一切行生自行想；
7. 於一切法生佛法想；
8. 於一切語言法生語言道想；
9. 於一切佛生慈父想；
10. 於一切如來生無二想。

若諸菩薩安住此法，則得無上善巧想。

釋文：

所謂「奇特想」者，即殊勝的觀想或觀照，以攝取善根的生起，次序可以先從推翻「妄想」開始做，無論是妄想的來源或妄想種種





生起的因緣，通通把它推翻及去除；然後從而生起「常想」，即一般的正心正念的觀想。之所以說是「奇特」，就是非常想，即為眾生的利樂及利益想，這是大乘菩薩的精神。經文中有十種奇特想：

1. 以他善同己者，隨喜於他，情無彼此，互為主伴。
2. 一毫微善，皆是佛因，故要把握因緣種下菩提善根種子。
3. 一切眾皆有佛性，文中的「菩提器想」意謂下至一闍提也有佛性。
4. 所謂「願」，單有願是不成行的，發了願必須要付諸以行，行表行動、實行，以向願力邁進。
5. 所謂知離名為法，不要執著。

6. 所謂「行」，單有行是不成行的，要發願後要付諸以行。
7. 疏鈔引用文殊云：「我不見一法非佛法」，故諸性相法皆佛所證。又引涅槃經云：「外道之法亦如來正法之餘」，皆佛所流。
8. 因言契理，語言生起語言的道理，故名「語言道」。
9. 佛以覺他圓滿，故名「慈父」。
10. 一切如來，即諸法，無有二想。

經文所提，菩薩如能安住此十種奇特想，就能得到至高無上的「善巧想」。

因華求才

「因華」徵求義務工作人員，凡有興趣於中、英文撰稿、翻譯、資料搜集等工作，請與本刊編輯部聯絡。

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請註明因華義工。





少欲知足

這些日子，在全球金融風暴的影響下，世界各處都呈現著動盪不安的景象。股票暴跌，各行各業都慘淡經營；社會像被一片愁雲慘霧所籠罩，無法安定。企業裁員一波接一波，使很多人每天生活在恐懼、憂慮當中。

假若我們能以佛法的智慧，清楚認識人生的真諦，找出自己要做的是如何面對已經發生的事。既成事實，焦慮、埋怨對事情是沒有幫助的。

我們應該如何體會佛法，受用佛法的真諦？我們可以反省：當經濟穩定的時候，花錢在吃喝玩樂方面有多少？想要就買，家中是否堆積很多留之無用、棄之可惜的東西呢？在揮霍金

錢當中，是否用得其所？人都有一種貪求無厭足的心。對已經擁有的仍不滿足，常常希望得到更多，以致變成欲望的奴隸。有一首名為不知足的歌，將人的貪婪，心無厭足表露無遺。

終日忙忙只為饑，
 才得飽來又思衣；
 衣食兩般皆俱足，
 房中又少美貌妻；
 娶得嬌妻並美妾，
 出入無轎少馬騎；
 驟馬成群轎已備，
 田地不廣用支虛；
 買得良田千萬頃，
 又無官職被人欺；
 七品五品皆嫌小，
 四品三品仍嫌低；
 一品當朝為宰相，





天寧

又想君王做一時；而世間上任何有形的財
 心滿意足為天子，富，都會有消逝的時刻，無有恆
 更望萬世無死期；久，透過佛法的學習，發掘內在
 種種妄想無止息，的自性功德寶藏，才是最豐富，
 一棺長蓋抱恨歸。最穩健的財富。☸

古人說：「人到無求品自高。」無求就是無欲的境界，人能無欲，品格自然高尚，煩惱自然減少。我們何不嘗試讓生活過得簡單一點。在日常生活當中，珍惜所擁有的一切。少欲知足，知福惜福。惜福就在知足。古人說：「惜衣惜食，非為惜財為惜福」。因此我們應有：「一茶一飯，當思來處不易；一絲一縷，恒念物力維艱。」的觀念，自然就知惜福。

造福惜福
 知足感恩



德州華嚴蓮社 舉辦法山住持 梁皇開果寂週年 暨圓果圓紀念會

美國加州華嚴蓮社月前應德州華嚴蓮社之邀，請當家天融法師和會極法師兩位前往協助該社的年度大法會。法會是自十二月七日至十四日共八永日期間啓建梁皇寶懺，又適逢開山住持圓果法師的圓寂週年紀念日，為追思前人，所以週年紀念會一併舉行顯得深具意義。

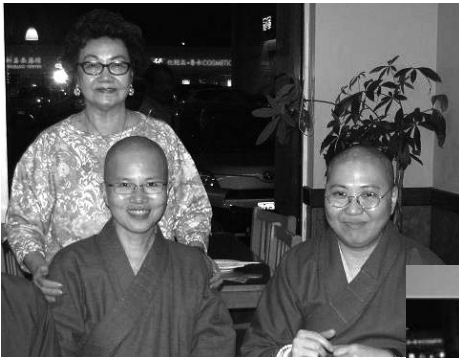
現任住持乘瑄法師和該蓮社的義工、信眾們，對法師們能夠蒞臨領眾共修都非常開心，天融法師也藉著這次的交流，將加州華嚴蓮社的弘法經驗和華嚴的共修儀軌提供給德州華嚴蓮社，希望能夠重拾圓果法師領眾的風範，

建立傳統的華嚴法會的風格。

法會第一天前來參加的信眾十分踴躍，由現任住持乘瑄法師擔任主法，每天早上九時起共進行五支香，在十供養讚、和每卷的出入懺文貫串整場懺儀下，自是非常殊勝。雖然圓果法師圓寂已滿週年，但信眾們依舊滿懷耿耿之情，臉上猶然滿佈傷感的淚痕，可以想見圓果法師生前對此道場所作的貢獻，確實深深的感動了他們。為了這個追思紀念會當地信眾們還出了一本特刊，將圓果法師的生平以及她在德州艱辛的弘法歷程，以充滿感恩的情懷寫實的記錄了下來，相信圓果法師英靈有知，必定甚感欣慰。

法會的圓滿日上午有「延生普佛」和「拜願」為現世者祈福延壽，下午則誦「阿彌陀經」一卷為往生者做功德，迴向他們離苦得樂，速生淨土，而本社之天融及會極法師則於翌日早上搭機返回加州，圓滿完成此次德州之行的任務。





上圖：法會後與大眾合照

下2圖：法會圓滿，法師與護法居士聚餐





觀音菩薩 出家紀念日 蓮社信眾歡 喜來禮佛

十月十二日 本社慶祝觀音菩薩出家，當天共修會分三支香進行，第一支香由住持天因法師領眾普佛一堂，第二支香虔誦普門品及廿一遍大悲咒，第三支香開示佛法。

當天清早，典座組把早已準備好的壽桃、大悲咒水等放置於佛桌。而法務組把信眾於法會中所供養的燈燭亦排列整齊於佛桌前，靜待法會的開始，而佛前所供的蝴蝶狀的蘭花亦顯得格外的幽雅清新。殿堂內，信眾比平日顯得擠擁。相信這就是觀世音菩薩與娑婆眾生特別有緣的一例證。



住持法師開示

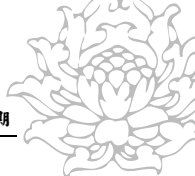
八時正，在法師們莊嚴的梵唄音聲帶領下，展開法會的序幕，住持法師代表大眾點燃起一盞一盞的燈燭，寓意眾生灼除無明，綻放心中光芒；拜願時，信眾們隨著法器的節奏，專心地禮拜頂禮，至誠地與佛菩薩交心，氣氛祥和恬靜。

持誦普門品及大悲咒前，信眾們每人都獲得一瓶大悲水結緣，在諸佛菩薩的願力、神力加持下，大眾的念力顯得更精進有力，二十一遍大悲咒的咒力就這樣子圓滿成就了。當繞念觀音菩薩聖號時，

一聲一聲的唱念，懇切的音聲，祈願觀音菩薩慈悲加被，信眾們能如願以求、消災免難。

當天法會開示由住持法師為大家介紹普門品的翻譯者鳩摩羅什。就一般信眾而言，對鳩摩羅什是有點陌生。然而，在法師簡單扼要地闡述之後，信眾們對這位偉大的經典譯經家，就有了一個概括的認識了。





又於去年(二零零七)在觀音菩薩座下求得子女的父母如：胡心巧、盧洵美，她們分別帶著四個月和十三個月大的嬰孩回到蓮社，一方面感謝觀音送子，另一方面再祈求佛菩薩加被，願小寶寶快快長大、聰明伶俐、身體健康。又在前一天，更有鄭文東居士已經帶著一歲多的女兒來禮拜及酬謝觀音菩薩，看到初為人父、初為人母的她們都是蓮社老一輩信徒的下一代，他們雖然長期浸淫在西方文化中，但對於中國佛教仍然能生起堅定的信心，非常難得。



午供

中午午供，兩位信眾胡國偉、賴妹，不約而同地請得兩尊觀音菩薩欲回家供養，祈求開光。午供結束後，蓮社除了壽桃與大眾結緣外，更準備喜糕與大家一起分享。大眾在愉快的氣氛下圓滿結束法會。☸



法師領眾為大眾祈福後切喜糕



住持法師代表大眾燃燈供佛



觀音送子





2008年 年終法會 功德殊勝

美國加州華嚴蓮社於歲末啟建冥陽兩利梁皇法會，自十二月二十一日起至十二月二十八日止計八永日。此次前來參與法會的法師有：來自新加坡的傳智法師、法詮法師，還有來自洛杉磯的開見法師，和台灣的會極法師，並且禮請台灣淨安寺住持會鈞法師擔任三時繫念的主法和尚，加持法會使得功德顯得更加殊勝。

法會期間每日自早上九時起共進行五支香的禮懺科儀，午供時，則由蓮社住持天因法師主法宣讀疏文，為供齋者和做佛事者分別祈福；晚課時，並加誦地藏經一卷，為功德堂上諸亡靈作迴向。

一連八天的禮懺，不論是義工菩薩或信眾們都很法喜。圓滿日來參加的信眾很多，早上作一堂延生普佛，第二支香首先恭請會鈞法師開示禮懺的意義，下午二時開始則進行三時繫念佛事，在一片悅耳的念佛聲中，信眾們個個虔誠禮拜，歡喜踴躍，圓滿此次的年度盛會，真是功德無量。



淨安寺住持會鈞法師



信眾虔誠參與法會



午供





法會花絮



法會花絮



行堂組義工



法會花絮



信眾持誦地藏經



法會花絮



法師義工合照聚餐



法師義工合照聚餐





天氣變冷 預防感冒 醫生發心 免費注射

十月十二日 美國聖荷西市的 MCKEE MEDICAL PHARMACY 中心藥房 DR.DANIEL WANG 王立強醫生，一如往年，親自到蓮社免費為大眾注射預防感冒疫苗，對象是本社常住法師、義工菩薩及長者。

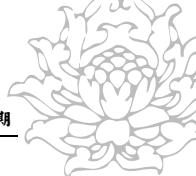
當天下午二時許，王醫生帶著藥箱進入大殿，接受服務的人一個一個的排隊等候著，井然有序；不到十分鐘人眾愈來愈多，原本準備的疫苗數量一度不夠，王醫生立刻致電給他的太太開車急

送，服務時間約一個小時。今年參加的人非常踴躍，大概最近天氣突然變冷的原故，大眾面對此事，非常慎重。

當天醫生在場特別回應有些人所提出的問題，如：為甚麼打了預防針還會染上感冒？醫生解釋：並不是說打了針就不會染上感冒，而是染上的機率較不打針為低，而且萬一染上感冒打針後會縮短發病的日子，很快痊癒。經過醫生解釋後，大家眼神互相凝視，表示獲得了正確的常識，恍然大悟。

雖然醫生為大眾免費注射疫苗，不少人仍是把疫苗費用投到福田箱作為功德金，既不侵損常住，又可把握機會種福田，功德無量。☸





花 藝 插 花 性 養 情 怡 海 花 心 佛 場 道 嚴 莊

活
動
素
描

十二月七日為了慶祝本社舉辦才藝插花成立一週年，當天，學員們早已買好了蛋糕、準備禮物送給老師。



我們舉辦這課程，主要是提供有以香花供佛的信眾，如何將「花材」加以整理，以達到最好的供佛功德。

供花的意思是以花來供養諸佛菩薩。而供養的意義有四，一、對佛的尊敬，二、對佛的奉獻，三、對佛的感恩，四、學習佛的教化。

而佛殿、佛桌以及法會壇場的佈置，花更是不可少的供品之一。因此佛教徒經常以花莊嚴道場，增加佛殿的藝術氣息，「以花供佛」也是表達誠心最好的方式。

同時插花又可以發揮想像力，有舒解心情、陶冶情操的效用；插花作品被放置在一定的室內環境中，又能得到美化作用、增添生活樂趣。

隨着生活水平的不斷提高，人們對插花的需求也增多，而插花正逐漸成為學問。才藝插花班既可以使學員領略到插花的藝術魅力，同時又可以掌握一門實用的技術。學員在每次學習中都非常用心，每次的成果更即時奉獻諸佛菩薩。☸





十二月年終 加行功課 每天虔誦 地藏經一部

本社每年都在十二月舉辦年終加行功課。2008年也不例外，在十二月一日當天下午3:00便為這次的加行功課揭開序幕。

「加行」在佛教是包含了加功用行之意。加功用行，是要在修行道上有所成果之前行方便。

每天我們都分兩支香進行，第一支香由下午3:00開始誦地藏經上卷及中卷。而第二支香由4:30開始誦地藏經下卷並接晚課蒙山施食。

經中記載：若有人持誦地藏經，除了不如意事漸漸消滅外，亦可得到七種利益：一者速超聖地。二者惡業銷滅。三者諸佛護臨。四者菩提不退。五者增長本力。六者宿命皆通。七者畢竟成佛。

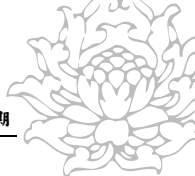
加行功課，利益有情；因此每天都有不同的信眾來參與共修。

☸



加行功課利益有情，每天有不同的信眾共修





2008年週六 佛學講座 佛學初階 圓滿結束



本年度週六佛學班於10月25日圓滿結束，過去七個星期六，天寧法師主講的題目是「佛學初階」，法師把一些我們平常所熟識的名相，如：三法印、十二因緣、四聖諦、緣起、八正道、業與輪迴等等，以多媒體配合表解及圖片為大眾作詳盡的解釋，法師並不時加上一些生活中的故事或佛教的公案以助了解意義及達到啓發人心的目標。而在最後一堂更播出有關美國911事件的短片讓大眾體驗人生無常的道理，法師的用心無非都是為了讓大眾得到對生命的全面性的指引，並對佛法有基本體系的正確認知。下次週六佛學班將於明年（2009年）二月份開始，有關詳情本社將另行公告通知。☸



學員專心聆聽法師開示





年終法會隨筆

來到美國華嚴蓮社，就感到份外的親切，這份的親切是緣於十年前的熟悉。當年在台灣華嚴蓮社結下的緣，十年後在美國華嚴蓮社再度續下這段緣，不管時間長或短，只要是「有緣」總是會有因緣相遇。

藉著年終法會，來到了蓮社，說來幫忙倒不如說是來學習，許多的事情，在這段期間內讓自己增長了不少知識與見聞。

從法會執法器當中，體會到普賢十大願當中的「隨喜功德」。「隨」是隨順、不違背；「喜」是歡喜、無瞋。「隨喜功德」，就是隨著所見所聞，都能以歡喜的心隨順應和、稱揚讚歎。

我們來自於不同的道場，所有

的習慣與方式總是有那麼些的不一樣，所以就多了一份心去包容每個人的不同，這份的不同成就了每個人的「隨喜功德」。一般眾生對於喜的感受，是建立於人我的分別對待之上，故有喜亦有瞋：對於自己成就的功德，便感到歡喜；但是見到別人成就善法功德，卻往往不耐他榮，因而產生嫉妒、瞋恨。輕者，於人背後說風涼話；重者，則無所不用其極地加以毀謗、破壞。但是在這次的法會當中，大家總是歡歡喜喜的接受著每個人所表現的一切。當然也包括了參與法會的信眾菩薩們。他們更是歡喜的跟隨著每一個不同法師的帶領。

《菩薩本生經》中記載：佛於過去生與阿彌陀佛是同學，世尊





釋開見 記於洛杉磯



名為首達，阿彌陀佛名叫維先。首達年高臘長，卻不如年少智深、辯才無礙的維先，由於弟子們都想依止維先，首達因此心生嫉妒，而對弟子說：「維先年幼慧淺，不可依崇。」維先得知此事，即默然離去。首達雖然又重獲大眾的尊崇，但是因為不能降伏自心瞋恨、嫉妒煩惱，以致無法隨喜他人的善法功德，而毀謗賢者，死後墮於地獄。

《普賢行願品》云：「所有世間一毫之善，我皆隨喜」，就是教示我們，即使是面對任何眾生所行的一絲一毫善法，都要以平等、無瞋嫉的心，全然地隨順歡喜。

隨喜功德的「喜」，是平等、歡喜、無瞋的表現。「平等」，即泯

除人我及一切的分別對待；「無瞋、歡喜」，則能夠對治眾生心中的瞋恨、嫉妒。唯有泯除人我、順逆的差別對待，方能超越瞋、喜的對立，無條件地隨順歡喜修習「隨喜功德」，能幫助我們以平等心，隨順因緣利樂一切眾生，也能藉此擴大心量，包容萬物，蕩滌心中的瞋惱與不平等，一步步趣向諸佛清淨、平等、慈悲的境界。

最後以一顆隨喜的心感謝住持的慈悲，當家的親切，典座的照顧。☸





花姿之真妙

張黃恩福

花，既擁有艷麗的顏色，迷人的外貌，同時亦有一股充滿活力、怡人的氣息。假若能將它藝術地、擺插出來，它便會在你眼前展現千變萬化的美態，令您覺得它有極度的欣賞價值。看著一盆盆擺設點綴好的鮮花，再加上陣陣芬芳撲鼻的花香，不但能舒緩疲勞也能讓您忘記煩惱。讓您有一種清新怡人的感覺！花就是一種不可思議的植物！欣賞鮮花之餘，您是否知道佛前供花在佛教來說有甚麼意義嗎？

在佛教有「事相」和「理相」兩種觀念。「事相」是指事物的相狀和顏色。花就是一個很好

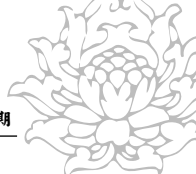
的例子，它擁有燦爛奪目的外貌，供人欣賞，令人賞心悅目。可惜！它終有凋謝的一天。這就是「理相」。

同樣，世間萬事萬物都有「事相」。看到佛像，佛教徒便會恭敬地禮拜、虔誠的頂禮。而插花供佛又是另一種方法來表達我們恭敬的心來供養佛菩薩及莊嚴道場。

盛開的鮮花終會一天一天的凋謝。它提醒我們，一切事都在無常變化中，沒有永恆不變的。因此，對於任何事物切記不要執著，懂得放下，才能自在，進而解脫。這就是「理相」。

歡迎投稿 • 華嚴園苑





佛學常識 知多少？

海青

翩翩舞廣袖 似鳥海東來

海青，是中國佛教傳統禮服，也是佛教教團的主要服裝之一。它的款式：腰寬袖闊，圓領方襟，比較其他衣裳寬大很多。是禮佛共修晉見長老不可缺少的衣服。

「海青」據辭源的解釋：「江蘇吳中之地每將廣袖之衣稱為海青」；而僧服之袖廣，故援引其名為海青。又按李白的詩：「翩翩舞廣袖，似鳥海東來。」言廣袖之風采，如海東之鳥。根據星雲法師所著《無聲息的歌唱》解釋：「海青本是鵬類的鳥名，生得俊秀文雅，常在遼東海邊飛翔，其狀類似衫之大袖」。因此，把海青鳥名，借來用作禮服的名字」。

海青之名乃取其義於海的浩瀚深廣，能容萬物；取波浪之飄逸灑脫，自在無礙；取其色澤之青出於藍，代代更勝。

「海青」脫胎於漢服，它有一特異之處就是衣領，是用三層布片覆疊縫製而成的；這叫做「三寶

領」。在衣領的前面中段，還車有五十三行藍色線條；這叫做「善財童子五十三參」。

另外，俗袍的袖口是敞開的，而「海青」的袖口，卻是縫合起來。這也是僧袍和俗袍彼此不同的一點。

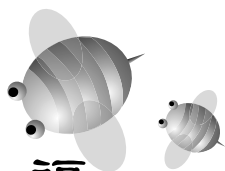
「海青」縫合袖口是有一傳說。據說：「梁武帝的后妃郗氏，她不信奉佛教，時常想用方法誣害僧尼。有一次她命宮人做了一些豬肉包子，召請寶誌禪師師徒用齋；以便造成和尚犯戒，羞辱佛門。如果僧眾當時不吃，就會構成違逆皇后旨意之罪。寶誌禪師乃是得道高僧，早已預知其意。於是事先命令門徒，都把『海青』袖口縫合起來，先把饅頭預藏袖筒之中。當進宮接受午宴之時，一手把包子放進空袖筒裡，一手取出饅頭來吃。這樣子才逃過了郗氏的詭計」。這雖然是一個傳說，從中也可得知海青的歷史，以及佛教弘傳過程的艱辛。

海青衣式莊嚴高雅，即使初學佛者，穿上海青，氣質頓然不同。海青顏色一般有二種：一為黑色，乃一般緇素二眾禮佛時所穿；一為黃色，為寺院之方丈或法會中之主法者所穿，一般大眾不得穿著。☸





讓您的存在， 成為別人的祝福



一隻蜜蜂和一隻黃蜂正聊天，黃蜂氣惱地說：「奇怪，我們倆個有很多共同點，同樣是一對翅膀，一個圓圓的肚子，為什麼別人提到你常是開心的，提到我卻說我是害蟲呢？」

黃蜂接著又忿忿地說：「我真不明白，真要比起來，我有一件天生漂亮的黃色大衣，而你卻成天髒兮兮的忙裡忙外，我到底哪一點不如你呢？」

蜜蜂說：「黃蜂先生，你說的都對，但我想人們會喜歡我，是因為我給他們蜜吃，請問你為人們做了什麼呢？」

黃蜂氣急的回答：「我為什麼要幫人們做事，應該是人們要來捧我吧！」

蜜蜂接著說：「你希望別人怎樣待你，你就得先怎樣待人。」

很多人常會有懷才不遇的感慨，覺得為什麼自己有那麼多的優點、才華、能力，但卻沒有人懂得欣賞呢？在人們眼中似乎總被忽略、冷落。

其實，就像故事中的蜜蜂與黃蜂一樣，一個人在這世界上的價

值，不在於其「擁有」什麼，乃在於其為旁人「付出」了什麼，不在於其擁有那些優勢、才華、能力，乃在於其用那些優勢、才華、能力為旁人貢獻了什麼。

一個人的存在如果無法成為別人的祝福，那麼擁有再好的條件也是枉然。

讓自己的存在，成為別人的祝福

讓自己的存在，為別人帶來香氣。

讓旁人的日子因為有你而變得更美好，那怕只是多做一個小動作，

多幫忙一件小事，都可能會有許多意外的驚喜與感動。

想一想，你所處的團體、學校、辦公室，

有因著"你"這個人的存在而變得更美好、更和氣嗎？





免費

插花班

本社為了讓對插花有興趣的信眾能對花有更多的認識；特地開辦了免費插花班，邀請邱國芳居士義務擔任指導老師，與大家一齊互相切磋，尋找出花姿奧妙，同時又能插花供佛，莊嚴道場，與眾同賞為樂。

插花班時間如下：

每月第二個星期日

時間：1:30 PM 至 3:30 PM

插花材料費用：

由老師代買，學生平均分擔材料費

歡迎隨喜參加，與我們一起向「花花世界」探討！





特別活動

1) 佛陀成道日/觀音菩薩聖誕: 皈依

佛誕日傳授三皈五戒，由本社住持天因法師為三皈本師，發心皈依受戒者請與本社登記。

日期: 觀音誕辰 2009年3月15日 下午1:30

浴佛聖誕 2009年4月26日 下午1:30

觀音成道 2009年8月19日 下午1:30

2) 幽冥皈依

幽冥皈依對象是已經往生之先人，由親屬帶領代為皈依，使亡者能不墮三惡道，來生不失人身。

日期: 2009年4月 4 日 下午4:00

2009年8月29日 下午4:00

歡迎投稿

「華嚴園苑」歡迎大家投稿，分享心路歷程，學佛心得。來稿可以中英文撰寫，字數不超過五百字為限。可用以下電子郵箱或郵寄到本社；

E-MAIL: LING.ABLS@GMAIL.COM

請連同姓名、電話，以便聯絡。

請註明: 華嚴園苑

銘謝啓事

特別感謝參予本期之中、英文撰稿、翻譯、潤筆、校對、設計等義務工作人員：

傳智法師、法詮法師、天韻法師、胡心圓居士、江常生居士、劉心學居士、周永明居士。

編輯部謹啟





活動預告

1. 觀音菩薩誕辰法會

日期: 2009年3月15日 8:00AM - 1:00PM

2. 清明春季祭祖法會

日期: 2009年3月29日至4月5日 9:00AM - 4:00PM

3. 佛陀聖誕浴佛法會

日期: 2009年4月26日 8:00AM - 1:00PM

4. 觀音菩薩成道法會

日期: 2009年8月9日 8:00AM - 1:00PM

5. 盂蘭盆法會

日期: 2009年8月23日至8月30日 8:00AM - 1:00PM

每月定期共修會

活動項目	日期
虔誦華嚴經	每月第一個星期日
慈悲三昧水懺	每月第二個星期日
華嚴佛一	每月第三個星期日
禮拜藥師寶懺	每月第四個星期日
金剛寶懺	每月第五個星期日

每月慶生日

本蓮社於每月第四個週日，於禮拜藥師寶懺之餘，更為當月生日者慶生，歡迎預先報名及前來參加共修，以仰仗三寶加被，福慧增長，事事吉祥；法會中本社備有生日喜糕供佛供眾，又向當月壽星致送精美生日紀念品，歡迎參加，拈香禮佛，供齋結緣，隨喜功德！

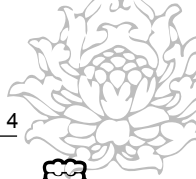




助印功德芳名

金額				
第二期 助印功德芳名				
\$200	天因法師	朱曼		
\$100	天寧法師	華維祺	郭俊果	
	Junnan Kuo & Wen Peen Chen			
\$50	天融法師	天能法師	楊陳秀明合家	Irene Wong
	Sophie A. Cogdell	Cindy Giang		
\$20	廖心見	故 黃勇強		
第三期 助印功德芳名				
\$200	霍苾真			
\$100	華維祺	陳林合家		
\$80	廖心見			
\$50	Alice Hobbs	Sanda Hsieh		
\$40	利華			
\$30	葉錦宇			
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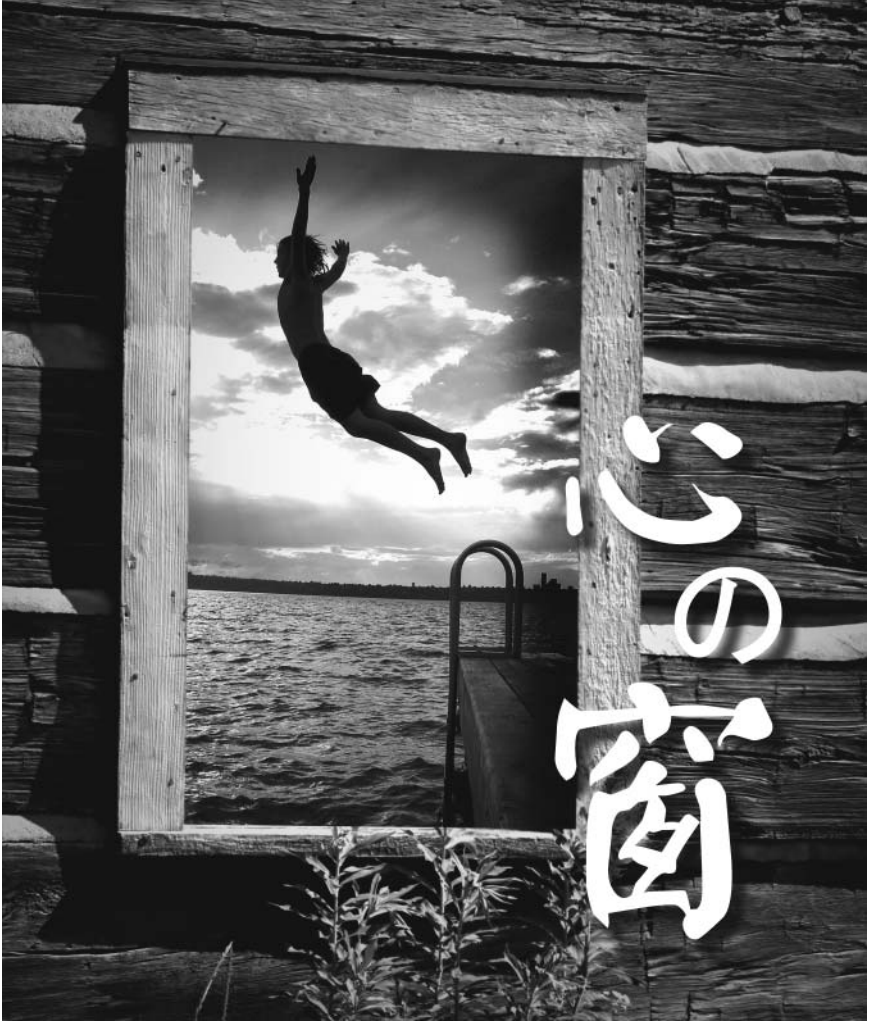


The
Avatamsa

Volume 4

02. 2009

Free Distribution



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REST CONTENT WITH FEW DESIRES RECOGNIZE THE POSITIVES & CHERISH YOUR BLESSINGS.

As it seems, the world now takes on a pendulous face amidst the pressures of the global financial crisis. As trades and various professions cratered, the latest plunge in stock prices only added to an unnerving experience, shrouding the society in total distress and volatility. With an increasing loss of jobs and reduced personal expenditures, people suffer miserably, living only in fear and anxiety.

If we could apply the wisdom conveyed through the Dharma and come to terms with the true essence of life, we would be able to behold life in whatever form it takes. What is past is past; it is ineffectual and inept to invest time in grumbling over what's irredeemable.

How shall we apply the Dharma to our daily practice? We can learn to self-introspect: ruminate over our expenditures during times of affluence—have we accumulated items at homes that are of no use and yet it would be a waste to discard them? Have we been too lavish in playing ducks and drakes with our wealth? Humans are inevitably embedded with an insatiable heart. We are never satisfied with what we have,

landing ourselves in the hands of desire and marching towards our downfall. There is a song called “Discontent,” capturing and unfolding the ravenous attribute of human beings.

Exertion spares us from hunger, but when hunger is fulfilled, the cravings for material goods come to mind.

When both hunger and riches are satisfied, one thinks of wedding a beautiful wife; yet life can never be more complete without the company of a concubine.

But how could one travel to and fro without a sedan or a horse?

When the means of transport is dealt with, the scantiness of farmland becomes an issue.

Upon acquiring million hectares of plowland, an official post is called for lest one be affronted.

A post of seventh or fifth rank is too marginal, not to mention neither the fourth nor the third is of any trifling importance.





When the day has finally arrived to become a head of state, the mind is yet full of whims to become an emperor.

Being the Son of Heaven is not nearly enough to keep abreast of the fancy for a long-lasting life.

Surely there will be no end to all the wishful thinking and caprices; only grief and regret will accompany us on our journey to biting the dust at last.

There is a saying that goes, “He who seeks no gains is free from stains.” Without desire, one is free from greed; without greed, one is free from stains and distress. Why should we say no to a simpler life? Why not rest content with our lot and learn to cherish our blessings? After all, contentment consists in cherishing every moment we have. It is said that, “Cherishing one’s lot is a way of cherishing one’s blessings.” That is, by “thinking on whenever you dine the growing of rice and of grain” and clinging to the idea that “every strand of thread is hard to come by,” one will learn to appreciate the volatile nature of life.

Any form of wealth in this world is doomed to fade away because of impermanence. Yet through the practice of Dharma, one will bring to light the assets inherent within us—the one and only treasure that will last through lifetime.





Story with Inspiration

HELPING OTHERS IS A WAY OF PRACTICE

Once upon a time a yellowjacket told a bee that, “ I am surprised why people like you more than me, even though we look alike. Actually I think I looked better with a bright yellow color on my body.”

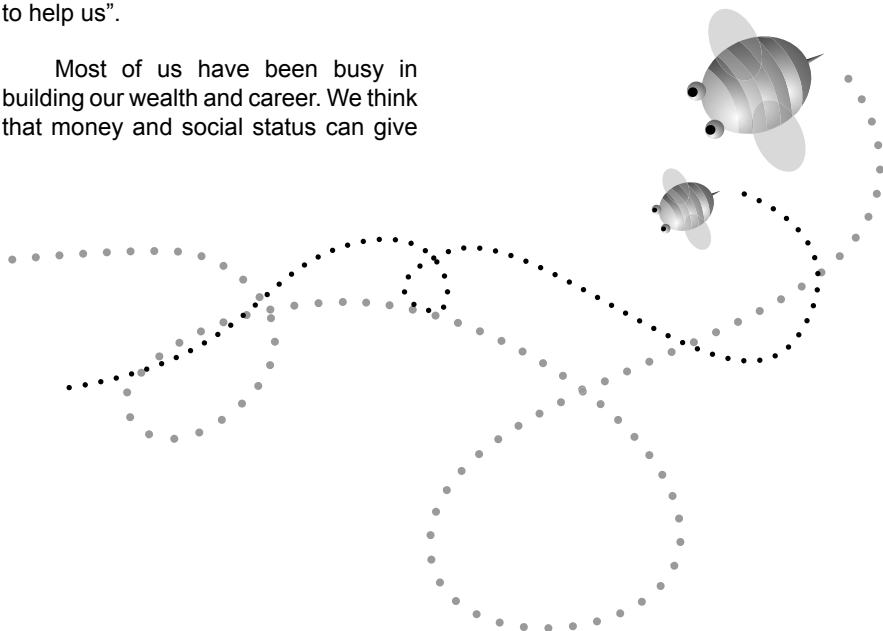
The bee responded that, “ You may look better than I, but I think people like me because I make honey for them. What have you been doing for people?”

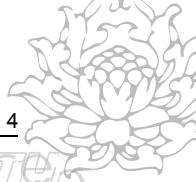
The yellowjacket replied, “ Why do I have to help people, it shall be the other way around, as people suppose to help us”.

Most of us have been busy in building our wealth and career. We think that money and social status can give

us a sense of security. As you heard from the bee’s story, the little bee has been working very hard making honey for himself and people all his life. His contribution benefits both himself and others. His real joy and happiness is not just benefiting him, it is also benefiting others. We shall also practice like a little bee by making sure our intention, attitude, and action consider for the well being of everyone around us.

Helping others is a way of practice in our path. I think it makes us detach from our egoistic attachments and kindle our heart and mind with compassion.





TEMPERATURE OF THE SPOKEN WORDS

This short article has been circulating around the internet recently. Although the subject is "Temperature of the Spoken Words", in fact it keeps reminding us about saying things carefully and saying things nicely. Think before you speak, do not just let the words slip out of your mouth. No matter how urgent things are, we should clearly point out the problem and tell how it happens, yet usually it occurs that the more one is in a hurry, the less clear it is told and turns out that the timing is delayed.

Urgent thing, say it slowly

Important thing, say it clearly

Little thing, say it with humor

Uncertain thing, say it with caution

Thing not happens yet, don't comment on it

Thing not able to achieve, don't say it

Thing hurting people, can't say it

Thing causing trouble, point at the thing not the people

Thing of joy, say it at the right occasion

Thing of sadness, say it to the right person

Other people's matter, say it carefully

Your own matter, listen to what your heart says

Current matter, just do it

Future matter, leave it to the future

And if you are somehow not happy about me,

And if you are somehow not happy about me, please make sure say it me.





THE MEMORIAL DAY FOR PRAVRAJ OF AVALOKITESVARA BODHISATTVA

ALL DISCIPLES OF ABL CAME TO WORSHIP BUDDHA

On October 12, 2008, ABL celebrated the Pravraj of Avalokitesvara Bodhisattva. The ceremony was separated into three sessions. The first session was led by Abbess Venerable Tien Inn to worship Buddha in the Main Hall; the second session was sincere chanting of the Universality Chapter and the Great Compassion Mantra for 21 times; and the third session was Dharma preaching.

In the morning of that blessed day, the disciples managing the ceremony prepared birthday-peaches and Water of the Great Compassion Mantra on the altar. The disciples managing the secular affairs have also arranged all lights and candles in order on the altar to await the beginning of the ceremony, and the butterfly orchids looked extremely fresh and elegant. In the main hall, it was much more crowded than usual, and this could be the living proof that Avalokitesvara Bodhisattva has a special relationship and affinity with the mundane people on Earth.

The Dharma Ceremony began

with the solemn chanting by all masters. Abbess Ven. Tien Inn led disciples in lighting up each light and candle which symbolizes the incineration of people's ignorance and attachment and the emission of the light in their mind. As the disciples worshipped all the Buddhas by kneeling down and touching the ground with the forehead, they followed the sound and rhythm of the dharma implements and concentrated on the worship, thus harmonizing with the mind of all Buddhas and Bodhisattvas. The entire environment was tranquil and peaceful.

Before chanting the Universality Chapter and the Great Compassion Mantra, every disciple was awarded a bottle of Water of Great Compassion Mantra. With the power of vows of all Buddhas and Bodhisattvas assisting, everyone made progress in disciplining the mind and the chanting of the Great Compassion Mantra for 21 times was soon completed. As the disciples chanted the holy name of Avalokitesvara Bodhisattva and circled the Main Hall, everyone sincerely prayed that Avalokitesvara Bodhisattva would protect them in making their wishes come true and in dispelling all misfortune and calamity.

The Abbess Ven. Tien Inn made the Dharma Preaching by introducing Kumarajiva, the translator of The Universality Chapter. Most of the Buddhism disciples are not familiar with Kumarajiva. However, with the Abbess introduction, everyone started to learn that Kumarajiva was one of the greatest translators of Buddhism Sutras of





all times. Hsin-Chiao Hu and Shun-Mei Lu, two of the disciples who prayed to get a child under the Lotus Seat of Avalokitesvara Bodhisattva last year, brought their 4-month old and 13-month old babies back to ABLS to thank Avalokitesvara Bodhisattva's kindness in sending them a child respectively. They also prayed for further protection from Avalokitesvara Bodhisattva so that their babies could grow up to be smart and healthy. One day before the Ceremony, Wen-Tong Cheng Kulapati brought his one-year old daughter to worship and thank Avalokitesvara Bodhisattva. Those first-time fathers and mothers are the descendants of the old disciples of ABLS and grew up in the western culture and civilization. It is wonderful to witness their strong faith toward the Chinese Buddhism.



At noon, two disciples Guo-Wei Hu and Mei Lai brought a statue of Avalokitesvara Bodhisattva each to ABLS and requested for the ceremony of introducing the light so that they could bring the statues home for worship. After lunch, ABLS distributed birthday-peaches to all disciples and shared cakes and cookies with everyone. The Dharma Ceremony concluded in a pleasant atmosphere.





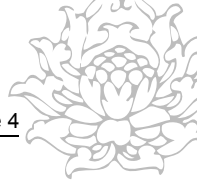
ORIGINATION OF THE LIANG HUANG REPENTANCE

The Liang Huang Repentance (also known as The Emperor Wu's Repentance) was compiled by the Ch'an Master Pao-chih (寶誌禪師) and ten other honorable monks. This repentance was so named because it originated from the Emperor himself. A devoted Buddhist, Emperor Wu (梁武帝) (of the Liang Dynasty) took the Bodhisattva precepts during the second year of his reign, and abided to them strictly for the rest of his life. In addition to building many temples and hosting numerous Dharma services, he also studied extensively the teachings of Buddha during his life time. Thereupon, he was also known as the Bodhisattva Emperor. Queen Chi (郗氏), the emperor's first wife, was a jealous and temperamental woman. Hence, her thoughts and words were extremely wicked. Due to her snake-like nature, she descended to the world of pythons after her death at age thirty. However, her spirit was not obscured; she was not ignorant of her karmic causes. During the second year of his rule, Queen Chi visited the Emperor one night at the palace. At first, the emperor did not recognize the snake was his wife. Thus, the queen revealed herself and told him why she had assumed the body of a python. She also made her current sufferings and all the bad deeds she had ever committed known to the Emperor.

She begged him to rescue her from the miseries. Upon learning the truths, Emperor Wu immediately invited Ch'an master Pao-chih and other honorable monks to write a repentance of ten scrolls for the queen in accordance with the disciplines of the sutra and the essentials of confessing one's sins. Shortly after the repentance service, Queen Chi, dressed in high-topped hat and red gown, revisited the emperor, "With the aid of Buddha's strength, I was able to shed the body of a python, and be reborn in the Celestial Realms; hence, I am here to pay my gratitude. After her speech, the figure disappeared. The merit one accumulates from the repentance is thus inconceivable and beyond ordinary comprehension. Henceforth, the Emperor Wu's repentance service is one of the most popular and widespread repentance services because it benefits both the living and the dead. Today, it is still being held regularly.

(from IBPS Vancouver)





TO PREVENT FLU, THE DOCTOR OFFERS FREE IMMUNIZATION SHOT

It was October 12, 2008 and as usual, Dr. Daniel Wang, a.k.a. Dr. Li-Chiang Wang, McKee Medical Pharmacy of San Jose, visited ABLS and offered free flu shots to masters, volunteers, and elders.

At around 2:00 p.m. that day, Dr. Wang brought his medicine box to the Main Hall. There was already a long orderly line waiting patiently. Within ten minutes, the congregation became larger and the supply for immunization shots was not enough. Dr. Wang quickly called his wife to bring more in. The service took about one hour. There were many people taking the flu shot this year. This was mainly due to sudden change of the cold weather, making the people more concerned.



Dr. Wang prepares to give flu shots.

Dr. Wang also answered a lot of questions on that day, such as why people still catch cold after getting the flu shot. Dr. Wang explained that it does not guarantee that people receiving flu shot will not get cold but rather the chance of getting it is lower than those who have not received the shot. Besides, even if people catch a cold after the shot, the healing time will be shortened. Everyone learned more regarding the cold after Dr. Wang's detailed explanation.

Although Dr. Wang offered free flu shots, a lot of people still donated the cost of flu shot to ABLS's donation boxes. This not only makes sure that the supply will not deplete in the long run but also bring in the blessing practice, which has endless merits.

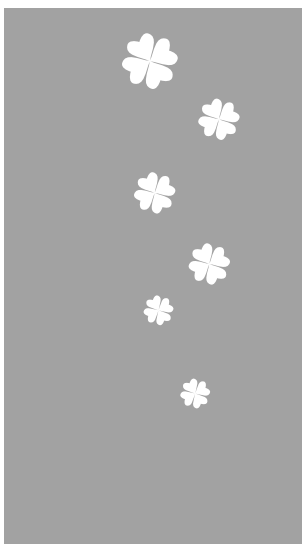


ABLS members form a line to receive flu shots.





FLOWERS ARE WONDERFULLY FASCINATING



Aside from being beautiful and vibrant plants, flowers can exude an energy and liveliness all their own. If arranged in a thoughtful and artistic manner, there is no end to the floral patterns you can create. Gazing at fragrant blossoms and colorful petals can temporarily relieve your stress as you lose yourself in the beauty of these captivating and incredible plants.





"A year ago, I learned about flower arrangement class in ABLS through one of ABLS volunteer Tammy Huang. I love flowers but I never know how to arrange them. After the first class, I am hooked and never miss a class! The instructor (Irene Yau) is very good, and I enjoy it very much. I want to express my appreciation to her and ABLS."
 --- **by Jeab Chaichana**



— — — — —

"I know this class through my Thai friend whom joined this class long before me. And I liked it the first time. I think it's relaxing and therapeutic for me. I love flowers and all sort of plants so it would not take long for me to join this class and still do."



The instructor and team are very friendly and kind. It's a small group right now, but I like it this way as it felt like family and friends enjoy flower arrangement class together."
 --- **by Sokanya Alley (Micky)**





AWARD ESSAY FROM ABLS SCHOLAR

By Low, Wilson

When I was a child I always told my teachers when I grew up I wanted to be a superhero. As I watched Superman lift a truck off a civilian or Batman handcuff a criminal. I was inspired to be like them. Like these superheroes, I had an innate compassion and desire to help others. I was the child who dragged in every stray cat or dog I encountered. I know with my experience and motivation I can thrive in the competitive environment of the UC Irvine medical program.

I come from a family of Chinese immigrants. Both of my parents had spent their childhoods working as peasant farmers on vast plantations. My family was big and if they were to survive, they needed to support each other by doing strenuous labor. My family immigrated to the America to start a new life. My parents' lifestyle in the US may have been better, but the work was certainly not easier. Without a high school education, my parents have to work long hours, without much profit or enjoyment.

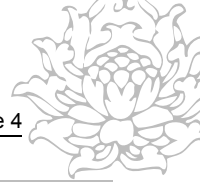
The fact that my parents are unable to help me when it comes to academics has pushed me to try harder in school and to do everything to the best of my ability, I see it as not a hindrance, but a challenge I must overcome.

Without their guidance, I have become independent and responsible.

I had a lot of experiences in my life that can provide proof of why I am an excellent candidate for college and future success. One of my greatest influences have been sports. From cross country and track I have learned the value of self-discipline, practice, and perseverance in tough situations. I know at Irvine the competition will be fierce and the material will be challenging, but if sports taught me anything, quitting was not one of them. Every practice requires me to push myself to be better than the day before. I am confident that in the route of life my perseverance will not come in vain. I will continue to run while others will walk. There are certainly no shortcuts in life, no easy ways out. I will be like a juggernaut, as I gain momentum: there is absolutely nothing that can get in my way.

From leadership and clubs I learned the importance of pumping school spirit and life to the whole student body. It is important to be involved in other things than yourself. There are plenty of people who need a helping hand from those who are more fortunate. I know that there will be a similar opportunity for me at Irvine, for I really believe there is nothing finer than a whole community or different individuals working together toward a common goal. Hoping to combine my desire to help the school community with some personal development, I became actively involved in class activities and student government. I helped organize various activities to raise money, such





as Homecoming carnivals, dances, spirit weeks. Through leadership and clubs, I learned to communicate well with others, whether it was to persuade teachers to sing at rallies or make speeches at meetings.

Volunteering at the San Jose Blood Centre greatly influenced my decision to go into medicine. My good fortune in being chosen to volunteer at the San Jose Blood Center this summer allowed me to meet new people from a variety of ethnic and economic backgrounds. My most prominent experience was helping a blood donor regain consciousness. I enjoy the strong and intimate relationship between the doctors. The experience has given me a new perspective on life and it will enhance all future relationships that I may have.

Every time I get out of bed and start a new day, I am giving myself a new opportunity for experience and learning. When I leave my home for college, I will not walk forward without knowing that I am ready to take the challenge. I feel I am more than ready for college, because I have taken advantage of my education. I have been enrolling in college courses since seventh grade. I know taking the Honor and AP classes have broadened my education and helped me get accustomed to the rigorous college environment. I have taken classes that steered toward the medical field. I am inspired to become a physical therapist in the future. I believe that Irvine is a place where I can put my skills to good use.

Through my college education, my goal is to become more equipped with

the knowledge and experience necessary for me to provide quality health care for athletes. As an athlete, I understand the desire to perform to the best of my ability. I feel I will be able to add to and flourish in the medical field. The medical career is right for me, because of my strengths in leadership, team work and good will. I hope to use these qualities to improve the lives of others. I have learned through my experiences that the medical career is for me. I have faith in my abilities and using them to help others. I know I cannot be a superhero, but I can help save lives. I can change the world in a realistic way.





F **FREE** *lower Arrangement Class*

ABLS is sponsoring a free flower arrangement class with volunteer instructor Ms. Irene Yau. She will discuss the art of flower arranging and demonstrate various techniques. Creating your own floral masterpiece will certainly make you appreciate these stunning wonders of nature.

Time Schedule

Once a month

Every 2nd Sunday

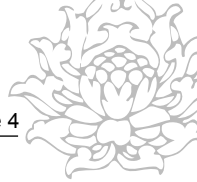
Time: 1:30pm – 3:30pm

Materials expense – the instructor will provide all the required materials, students will share the expense

Welcome to participate!

"Let us learn more about flowers and explore the wonders of their nature (Don't miss this great opportunity)"





IMPORTANT ANNOUNCEMENTS

Triple Gem Refuge and Five Precepts Ceremony

When a person wishes to become a Buddhist, the first step he takes is to go to the Buddha, Dharma and Sangha for refuge. Since Buddha's time, taking this Threefold Refuge has identified a person as a Buddhist. The Buddha, Dharma and Sangha also known as the Triple Gem represent qualities which are excellent and precious like a gem. Once a person recognizes these unique qualities after careful consideration and is confident that the Triple Gem can help lead him towards happiness and Enlightenment, he or she takes refuge. It is, therefore, not out of mere faith but with an open-minded attitude and inquiring spirit that he begins to practise the Buddha's Teachings.

Date: March 15, 2009 1:30PM

Date: April 26, 2009 1:30PM

Date: August 9, 2009 1:30 PM

Refuge Taking Ceremony for the Deceased

A family representative will attend a Threefold Refuge ceremony on behalf of his/her deceased family member. Taking refuge is the first step on the path to Enlightenment. Even if Enlightenment is not achieved in this life, by taking refuge in the Triple Gem, the deceased Buddhist is more likely to have favourable conditions for attaining Enlightenment in a future life.

Date : April 4, 2009 4:00 pm

Date: August 29, 2009 4:00 pm



SPECIAL EVENTS

Monthly Birthday Blessings

On the last Sunday of each month, there will be chanting of the Bhaiṣajyaguru (Medicine Buddha) Repentance and Offerings to the Buddhas. For those whose birth date fall within that month, you can participate

by joining in this chanting assembly and receive special blessings of good health and fortune. For more details, please contact our office.





CURRENT & UPCOMING ACTIVITIES

1) Dharma Service for Ching Ming Festival

Date: March 29 to April 5, 2009

Time: 9:00 AM – 4:00 AM

2) Bathing the Buddha Celebration

Date: April 26, 2009

Time: 8:00 AM-1:00 PM

3) Celebration of Guan Shih Yin (Akalokiteshvara) Bodhisattva Enlightenment

Date: August 9, 2009

Time : 8:00 AM – 1:00 PM

4) Ullambana and Sangha Day Celebration

Date: August 23 to August 30, 2009

Time: 9:00 AM – 4:00 PM

REGULAR ACTIVITIES: (8AM – 1:30PM)

EVENTS	TIME
Avatamsaka (Hua-yen) Sutra	Every First Sunday
Samadhi Water Repentance	Every Second Sunday
1-day Avatamsaka (Hua-yen) Retreat	Every Third Sunday
Bhaisajyaguru (Medicine Buddha) Repentance	Every Fourth Sunday
Diamond Repentance	Every Fifth Sunday





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The Avatamsa

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♥ THANK YOU

