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特别报导

看见慈济



COP21 Paris 2015

The Uphill Battle Against Climate Change

Protect Mother Earth for Our Very Own Future

# Reaching Out to the Suffering with Compassion



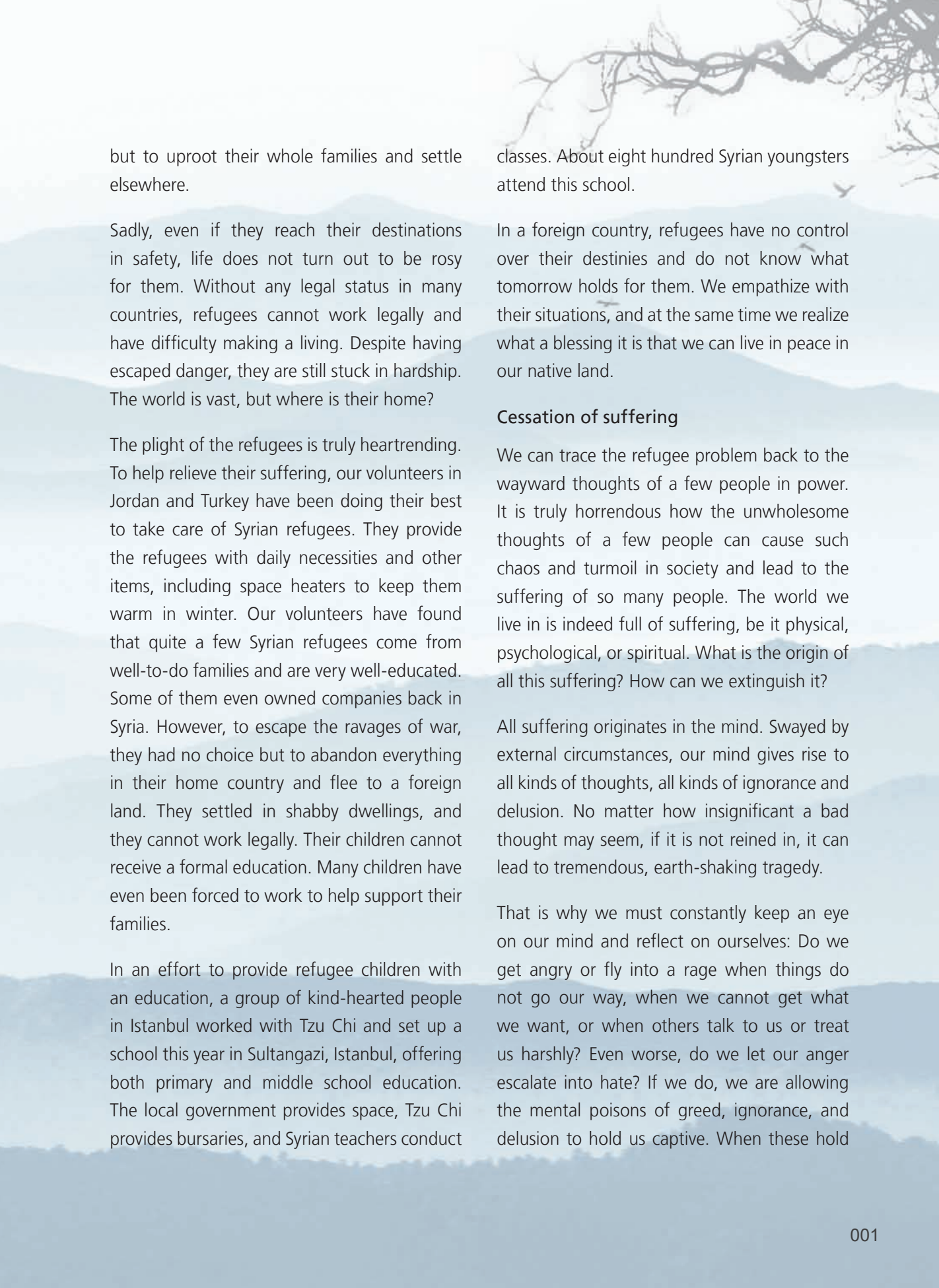
By Dharma Master Cheng Yen  
Translated by Teresa Chan

Excerpted from "Stay True to the Bodhisattva Path",  
Tzu Chi Quarterly (Winter 2015)

More than four million Syrians have fled their homeland since a civil war broke out there over four years ago. Whether travelling by land or by sea, they have risked their lives seeking refuge. They have been exposed to the elements during their journeys, have had little food to sustain themselves, and have had no access to medical care should they become sick. Some have drowned when their boats capsized in the sea during rough weather. Some refugees even suffocated to death in an overcrowded, closed truck trying to reach safety. These refugees' paths to sanctuary have truly been covered in blood. Yet, even though countless people have lost their lives before reaching their destinations, others are undeterred.

Similar tragedies have occurred not just to Syrians—the problem of refugees has long existed in the international community. Religious, racial, or political strife has led to wars in many countries, and legions of people have had no choice





but to uproot their whole families and settle elsewhere.

Sadly, even if they reach their destinations in safety, life does not turn out to be rosy for them. Without any legal status in many countries, refugees cannot work legally and have difficulty making a living. Despite having escaped danger, they are still stuck in hardship. The world is vast, but where is their home?

The plight of the refugees is truly heartrending. To help relieve their suffering, our volunteers in Jordan and Turkey have been doing their best to take care of Syrian refugees. They provide the refugees with daily necessities and other items, including space heaters to keep them warm in winter. Our volunteers have found that quite a few Syrian refugees come from well-to-do families and are very well-educated. Some of them even owned companies back in Syria. However, to escape the ravages of war, they had no choice but to abandon everything in their home country and flee to a foreign land. They settled in shabby dwellings, and they cannot work legally. Their children cannot receive a formal education. Many children have even been forced to work to help support their families.

In an effort to provide refugee children with an education, a group of kind-hearted people in Istanbul worked with Tzu Chi and set up a school this year in Sultangazi, Istanbul, offering both primary and middle school education. The local government provides space, Tzu Chi provides bursaries, and Syrian teachers conduct

classes. About eight hundred Syrian youngsters attend this school.

In a foreign country, refugees have no control over their destinies and do not know what tomorrow holds for them. We empathize with their situations, and at the same time we realize what a blessing it is that we can live in peace in our native land.

### **Cessation of suffering**

We can trace the refugee problem back to the wayward thoughts of a few people in power. It is truly horrendous how the unwholesome thoughts of a few people can cause such chaos and turmoil in society and lead to the suffering of so many people. The world we live in is indeed full of suffering, be it physical, psychological, or spiritual. What is the origin of all this suffering? How can we extinguish it?

All suffering originates in the mind. Swayed by external circumstances, our mind gives rise to all kinds of thoughts, all kinds of ignorance and delusion. No matter how insignificant a bad thought may seem, if it is not reined in, it can lead to tremendous, earth-shaking tragedy.

That is why we must constantly keep an eye on our mind and reflect on ourselves: Do we get angry or fly into a rage when things do not go our way, when we cannot get what we want, or when others talk to us or treat us harshly? Even worse, do we let our anger escalate into hate? If we do, we are allowing the mental poisons of greed, ignorance, and delusion to hold us captive. When these hold

sway, we feel discontent and bitter, and we fume and complain. As a result, bad affinities form between us and others, entangling us in a web of enmity.

When we cannot tame our thoughts, when we instead allow them to be manipulated by external conditions and rampage like a wild horse, we cannot think clearly or judge correctly. Conflicts can easily flare up this way.

We must therefore work on broadening our hearts and minds. We must not be so self-centred that a little frustration and unhappiness make us complain and give in to resentment. When our minds become unbalanced like this, we are bound to suffer.

Our life becomes shorter with each passing day. In addition, impermanence can strike at any time. We really do not know how much time we have. Faced with an ever-shortening, unpredictable life, we must really take care to think through the best path forward for us and do our best to give of ourselves while we are still healthy and able-bodied. Let us show care and concern for others, and share compassionately in the unhappiness of others. When we go among suffering people to give, when we learn and awaken to the truths of life through what we do, we will come to see the origin of suffering.

### Living out our aspiration


After learning the Dharma, we must take the teachings to heart and put them into practice.

If we can try our best to rid the needy of their suffering and help them get back on their feet, we bring happiness not only to them but also to ourselves. Helping others transform their hard life into one of happiness and seeing them break into smiles is a joyful experience. The more we give, the more we gain.

On the other hand, if we work on broadening our knowledge of the Dharma but never practice it, we are likely to grow arrogant. Then it is very easy for our knowledge to become a stumbling block on our spiritual path. When that happens, our aspiration to walk this path will fluctuate as we encounter unfavourable circumstances, and we can easily fall victim to all kinds of afflictions again. Please be careful not to sow the seeds of this vicious cycle.

The suffering in our world needs the loving-kindness and compassion of living bodhisattvas. When we can uphold the Dharma and go among the less fortunate to ease their pain, when we can guide people to see things in perspective and smooth out their entangled emotions of love, hatred, and resentment, we will be able to lead them to the path of stability.

Our volunteers aspire to be living bodhisattvas. When others suffer, we must reach out to them. To give with loving-kindness and relieve suffering with compassion—this is the pledge every one of our volunteers makes. Please hold firm to your vow so that we can bring peace and happiness to everyone. 慈



我们不知道辽阔是什么，  
我们只知道，  
洒一滴甘露，粒米成箩。  
我们不知道永恒是什么，  
我们只知道，  
饮一杯智慧的水，  
觉天地之广阔。

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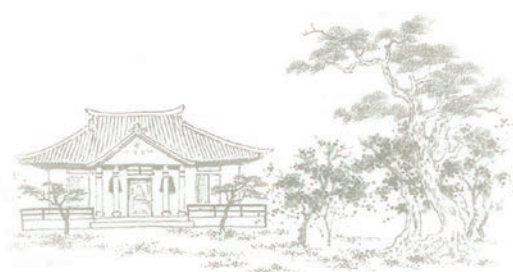
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# The Uphill Battle Against CLIMATE CHANGE

Source: Tzu Chi Monthly Vol. 589,  
Tzu Chi Taiwan website & Wikipedia  
Compiled and translated by Shuyin and Clara Fu

*The United Nations Climate Change Conferences (Conferences of the Parties - COP) are formal annual meetings of the parties involved in the United Nations Framework Convention on Climate Change (UNFCCC), which are held to assess progress in dealing with climate change and its negative effects on Earth. From 2011, the meetings have also been used to negotiate the Paris Agreement, which aims to strengthen the global response to climate change.*

*At the 21st United Nations Climate Change Conference (COP21) held in Paris, France, towards the end of last year, the Paris Agreement was finally reached on 12 December 2015 - 195 nations adopted the historic deal to limit global temperature rise to well below 2 °C before the Year of 2020. This is the first time that a common consensus on battling climate change has been reached among nations since the advent of industrialization and after almost two centuries of relying on fossil fuel for energy.*



*A night scene in Tokyo. Half of the world's population live in cities and they account for 70% of the carbon dioxide produced from the usage of energy. By changing our lifestyle habits, we can all do our bit to alleviate global warming. (Photo by Qiu Yao Yang)*





# Nations Unies

## Conférence sur les Changements Climatiques 2015

COP21/CMP11

### Paris - Le Bourget



At the COP21 held in Paris from 30 November 2015 to 12 December 2015, close to 40,000 politicians, academics, business leaders and representatives (from various sectors such as industrial, agricultural, manufacturing, media, and entertainment) attended some 600 rounds of discussions. As an NGO member, the Tzu Chi Foundation was invited for the third time running, and its volunteers shared about the organization's global efforts towards the vital green cause.

#### Joining the Effort to Combat Climate Change

Tzu Chi has been an interested and committed party since the days of the COP18 held in Doha, Qatar. The United Nations Framework Convention on Climate Change (UNFCCC) invited the NGO to be an observing party in

COP19 in Warsaw, Poland. UN officials had recognized Tzu Chi's practical experience in humanitarian, recycling and Earth conservation work, which can be applied in the area of climate change, and thus invited the organization to be part of the meetings. In COP20 held in Lima, Peru, Tzu Chi representatives from Taiwan and the US held meetings, signed off on the Faith and Science Declaration on Climate Change, and set up an exhibition booth at the event.

In COP21, with the assistance of Tzu Chi volunteers from Europe and France, the Foundation jointly organized a press conference with The Massachusetts Institute of Technology (MIT) and Seoul National University, on the topics of environment, humanitarian undertakings, creativity, and education. A video showing Dharma Master Cheng Yen speaking about the importance



*Tzu Chi hosts a press conference with representatives from other organizations at the COP21. From left to right: Scott Stuart, founder of United Planet Faith & Science Initiative; Dr. Din Syamsuddin from Indonesia's Centre for Dialogue and Cooperation among Civilizations; Debra Tseng, Deputy CEO of Tzu Chi USA; Dr Peng Chi-Ming, climate scientist and Tzu Chi volunteer. (Photo by Qiu Yao Yang)*

of man's co-existence with the Earth was also screened. Tzu Chi hoped to bring the Master's teachings about environmental protection into the climate change discussion. It further hoped that with the power of inter-faith efforts, the challenges that arise in our environment can be successfully met.

In the capacity of an invited NGO, Tzu Chi organized a total of four press conferences, a discussion session, and one live television interview in COP21. Volunteers from Taiwan, USA and Indonesia etc. spoke on Tzu Chi's environmental efforts and how the organization employs creative and practical methods in its worldwide humanitarian work.

On 2 December 2015, Tzu Chi representatives from Taiwan, USA and Sierra Leone were interviewed on COP21 Web TV where they

## Global Warming Our Present and Future



- Carbon dioxide is the main greenhouse gas that contributes to global warming. Concentrations of carbon dioxide in the atmosphere reached new highs in 2015.
- 2015 was the warmest year on record since scientists started measuring global temperatures. The global average surface temperature has risen almost 1°C over a hundred years.
- If greenhouse gas emissions are not contained and global temperatures continue to rise, coastal habitats will be swallowed by the rising sea waters, 30% of plant and animal species will face extinction, typhoons will increase in intensity and our sources of drinking water will decrease, resulting in large numbers of climate refugees.
- The UN Office for Disaster Risk Reduction (UNISDR) has pointed out that weather-related disasters in the past two decades had killed more than 600,000 people and inflicted economic losses estimated at trillions of dollars. It also warned that the frequency and impact of such events are set to rise in future.

introduced the award-winning multipurpose foldable bed developed by Tzu Chi. This product is widely distributed to disaster survivors during the Foundation's international relief operations.

The press conference on 4 Dec 2015 saw leaders from various faiths addressing the environmental issue together. They proposed a day of fasting at the beginning of every month to alleviate food shortages caused by climate change. Tzu Chi also formally invited the various faiths to support the annual Ethical Eating Day, which had its first run on 11 January 2016.



*Tzu Chi, together with UNESCO members, co-manned the booth exhibiting the Tzu Chi multi-purpose foldable bed and eco-blanket, with the UNESCO environmental team providing drawings by Filipino children illustrating their homeland destroyed by natural disasters. (Photo by Qiu Yao Yang)*

Dr. Kandeh Yumkella, who recently stepped down as Under-Secretary-General of the UN, pointed out the differences he had observed in the COP21. France had come with concrete proposals, while many MOUs were signed with the view to help the poorer countries get their sorely needed resources. He was very heartened to see the participation of many NGOs, including Tzu Chi, which shared about its global efforts in combating climate change.

### Green Practices to Adopt in Daily Life

Neither Styrofoam nor paper utensils were used at the COP21 venue and the rubbish collected for recycling was just a third of the previous year's. At the green lifestyle area, a charging port for bicycles and a hand juicer brought across the message that by making changes in our daily lifestyle, we can do our part to alleviate climate change.

The cooperation shown by France is especially heartening. On 9 December 2015, the country passed a "pioneering" food waste bill to ban supermarkets from binning unused food. The new law requires French supermarkets to donate food items nearing expiry, or to process

them into animal feed or compost instead of destroying and wasting the unused food.

Dr. Yumkella pointed out that the COP21 had already set the tone and direction for future conferences. Thus, he hoped that the 2016 COP in Morocco would bring about greater and even more practical proposals for implementation.

### COP21's Eight Areas of Consensus:



1. Limit global temperature increase to well below 2 °C before 2020
2. Future carbon dioxide emissions must be less than 1,000 billion tonnes
3. Net zero greenhouse gas emissions before 2050
4. Developed countries to support the efforts of developing countries
5. Invest in the research and development of low-carbon technologies
6. Global action plan to deal with climate change
7. Protect the forests and oceans as they help to absorb carbon dioxide
8. US\$100 billion a year in climate finance for developing countries by 2020

## Towards A Vegetarian World

More than 1,111 people at the COP21 lent their signatures in support of Tzu Chi's "111 Ethical Eating Day" campaign, which also allowed people from all over the world to register their support online. Ethical Eating Day, which falls on 11 January, is a day dedicated to bringing awareness with regards to the benefits of vegetarianism on the mitigation of climate change. Deputy CEO of Tzu Chi USA Debra Tseng explained that 11 January was chosen as the date of the initiative as many people usually make resolutions at the beginning of the year. If one could forgo meat for just one day a year, it would gradually be possible to extend it to once a month, or once a week, with the final goal of being vegetarian every single day.

French volunteer Julia Vrillaud was moved by Master Cheng Yen's teaching and was inspired to be vegetarian in order to save the Earth. She exchanged contacts with Tzu Chi volunteers and hoped that she would be able to influence others likewise in future. Meline Ingrid, a staff member of COP21, registered her name immediately and also invited her friends to do the same.

An environmental official from the Philippines stopped by Tzu Chi's booth and expressed his intention to show its eco-blanket (made of recycled PET bottles) to his department. Agreeing that vegetarianism is one way that one can help Mother Earth, he said the community as a whole must rally for the same cause.



## Climate Change Greatly Affects Health

The primary cause of global warming is human activity, most significantly the burning of fossil fuels to drive cars, generate electricity, and operate our homes and businesses. What is particularly alarming is that the resulting air pollution has led to a death toll outnumbering those collectively caused by AIDS, Malaria and Tuberculosis. Climate change, whether as a direct or indirect factor, is one of the top five causes of death in some countries.

During her speech at the COP21, Director of Public Health and the Environment Department of the World Health Organization (WHO) Dr. Maria Neira stated that climate change and environmental problems are the greatest challenges faced by man in the 21st century. She exhorted all to do something about these challenges before it is too late. These words struck a deep chord in the heart

of Dr. Lin Ming-Nan, Vice Superintendent of Dalin Tzu Chi Hospital.

Dr. Lin and his colleague Yan Cai Ru joined the three-day Healthcare Climate Leadership Roundtable with representatives from 30 countries, and also attended the meetings hosted by Health Care Without Harm (HCWH).

HCWH is a long-time partner of Tzu Chi and currently, its Global Green and Healthy Hospital network has 626 members across 36 countries. In its 2020 Healthcare Climate Challenge, "mitigation," "resiliency," and "leadership" are the three areas in which hospitals have to work on to combat climate change before 2020.

### Our Diet Impacts Our Environment

In his talk about the relationship between vegetarianism and the environment at the COP21, Dr. Lin Ming-Nan especially highlighted that the amount of greenhouse gases emitted in producing 1kg of beef is 60 to 70 times more than that in producing 1kg of vegetables, such as carrots. Furthermore, the production of meat requires much larger amounts of water, fertilizers, energy, etc.

Dr. Lin explained that trees can absorb carbon dioxide but if they are felled to make way for the growing of crops such as soy and corn used in animal feed, the carbon dioxide in our atmosphere will increase. Livestock, especially cattle, further produce methane and other greenhouse gases in significant amounts. The butchered meat needs freezing, transportation



*In 2013, Super Typhoon Haiyan devastated coastal towns and seriously affected the lives of thousands. As global temperatures continue to rise, climate change will continue to bring on such extreme and disastrous weather events. (Photo by Qiu Yao Yang)*

over long distances, and defrosting before cooking, leaving even more carbon footprints.

Dr. Lin also noted that all the six Tzu Chi hospitals in Taiwan promote vegetarianism and by 2011, they had served up 2,543,679 meals, which is equivalent to an average reduction of 2,439,379kg of carbon dioxide emissions.

"Diet and lifestyle greatly impact our climate. To change the world, we must start changing our diet," he emphasized. "Master Cheng Yen often stresses that 'purity begins at the source'. We should not think that our efforts are insignificant. Every person can help to lower carbon emissions by conserving energy and reducing his wants. (Everyone can play a part in saving our planet)." 隨

# PROTECT MOTHER EARTH for Our Very Own Future

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Source: Tzu Chi Global English website &  
*From Austerity to Prosperity* by Master Cheng Yen  
Compiled and edited by Clara Fu

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*"As inhabitants of the Earth, we are nourished and sustained by Mother Earth who provides us our food and all the resources for life. If she is healthy and well, we will be healthy and well. Our fates are intertwined."*

— Dharma Master Cheng Yen



Global warming has led to an increase in the frequency of extreme weather events and disasters. The rise in global temperature is primarily due to an increase in greenhouse gases brought about by human activity. Despite the call by the United Nations to industrialized nations to cut down on greenhouse gas emissions, we have seen a continued increase in these emissions. If this goes on, our planet will continue to undergo destruction, jeopardizing the lives of all creatures, including us humans.

In addition, many of the material comforts that we enjoy in our daily lives come at the expense of environmental damage and pollution. As

the human population grows, the demand for resources becomes greater, leading to even more pollution and environmental damage. If we continue to pursue our current lifestyle of consumption, the Earth's resources will be depleted within a few decades.

What then can we do to conserve the environment and protect Mother Earth?

## **Environmental Protection Starts at the Individual Level**

For more than 20 years, the Tzu Chi Foundation has been relentlessly promoting the green cause. Its numerous volunteers around the world lead by example, using reusable

eating utensils and grocery bags instead of disposable ones, choosing a vegetarian lifestyle, and cherishing and saving Earth's resources. Not only do they keep their carbon footprints small, they also actively do recycling work in the community. These are people who love Mother Earth. They understand how our lives are intricately connected to Mother Nature and how our daily lifestyles impact the environment, so they make adjustments to their lives in order to better protect the Earth.

In fact, environmental protection is much more than mere recycling. It is a noble mindset that promotes high-quality green living as well. We can improve in our environmental efforts by living simply and reducing our desires. For example, we can cut down on purchases by buying only what is needed, make the most of every consumer item instead of constantly replacing them, and buy eco-friendly products whenever possible. We can also cook meals at home instead of eating takeaways. Doing so reduces the use of disposable packaging, which in turn decreases the volume and cost of waste disposal.

The prolific use of polystyrene and plastic packaging products increases pollution and harms the delicate ecosystems. No matter how many recyclables are reclaimed, the most effective strategy is to reduce the consumption of such products. Recycling is the last resort; reducing the amount of waste that we produce should be the first priority in environmental protection. By cutting down on consumption and reducing waste, we can all help to foster a better and healthier world.



*Tzu Chi's 5 R's to environmental sustainability*

### Conserving Water and Energy

As a result of the damage done to the environment, Nature's capacity to retain water has been greatly diminished. When it does not rain, we may face a water crisis. As water resources are limited and fast diminishing, more than ever, we need to conserve water.

Many Tzu Chi volunteers keep basins and buckets at home, which they use to collect used water. They save the water from washing vegetables and reuse it to water plants. They also save the cleaner, non-soapy water from the shower and use it to flush the toilet and mop the floor. We can also do the same in our homes by reusing water whenever possible.

To save on electricity, we must switch off lights and electrical appliances when they are not in use. Using less air-conditioning, taking the stairs instead of the lift are also ways to



*Following a vegetarian diet is not only healthier but also does less damage to the environment.*

conserve electricity. Instead of driving a car, we can take public transportation or ride a bicycle, which not only saves precious energy but also helps to reduce harmful emissions.

### **Go Vegetarian to Protect Our Planet**

Did you know that eating meat contributes to over half of the greenhouse gases? Livestock is a major threat to the environment. World Watch Institute has reported that 51% of greenhouse gases are attributed to livestock and their by-products. Farm animals produce enormous amounts of waste, such as excrement and methane gas. Scientific research has found methane to be much more potent in warming our planet than carbon dioxide. Due to the increase in human population, meat consumption has increased five-fold in the past 50 years, and correspondingly, the amount of greenhouse gases has also increased greatly.

By eating vegetarian food, our demand for meat will decrease, and greenhouse gases associated with raising animals will also decrease. Therefore, all Tzu Chi offices,



*Tzu Chi volunteers distribute eco-blankets made of recycled PET bottles to survivors of the Haiti earthquake in 2010. (Photo by Lin Yen-huang)*

schools and hospitals serve only vegetarian food. To help our planet and the whole of humanity, it is best that we adopt a vegetarian diet and encourage other people to do so too. It is actually not difficult to go vegetarian. Once we make the switch and get used to our new eating habit, it can go a long way toward protecting our environment and caring for the Earth.

### **Recycling Resources**

In many countries, Tzu Chi implements recycling programmes to educate people about environmental protection and to encourage them to do recycling. The aim, however, is not just to reduce trash and recover resources, but to raise environmental consciousness. While doing recycling work, volunteers witness the consequences of a consumerist lifestyle. The experience makes them reflect, and they start living a less wasteful lifestyle, curbing unnecessary consumption.

By keeping the recyclables clean and sorting them out in detail, they can be turned into high quality products. For example, the Tzu Chi International Humanitarian Aid Association (TIHAA) has developed the DA.AI yarn, which is made of used PET bottles collected by recycling volunteers. The yarn is then woven into eco-blankets, which are distributed to people in need during Tzu Chi's humanitarian aid missions.

By the end of 2015, Tzu Chi has set up more than 6,600 recycling stations/points worldwide with over 100,000 recycling volunteers involved. Earnings from recycling are also channelled to good causes. In Taiwan, recycling earnings fund Tzu Chi's Da Ai TV station.

### Green Buildings & Green Living

Tzu Chi also incorporates green concepts into its construction projects, such as in rainwater catchment systems and solar panels. Buildings constructed by Tzu Chi are designed to maximize natural air ventilation and lighting to reduce electricity use. Instead of non-permeable concrete pavements, the ground surrounding the buildings is paved with interlocking bricks laid on gravel so that rainwater can be returned to the earth.

The Jing Si Abode (Tzu Chi's HQ and the residence of Master Cheng Yen and her monastic disciples) is not only a fine example of green construction, but the people who work/stay there also live eco-friendly lives. To save power, everyone has to make do with fans during the hot summer months. In the winter,

they simply put on more clothes and shut the windows to keep themselves warm. Electricity is used sparingly, and rooms are often dimly lit.

The complex collects rainwater and stores it in an underground tank, to be used in the fields. People hand-wash their clothes instead of using a washing machine. There are no trash bins in the Abode. All discarded items are sorted for recycling and there is only one trash bag for non-recyclables in the entire complex. Food is never wasted; what is uneaten is kept and served at the next meal or made into compost.

As Master Cheng Yen often says, the work of protecting the Earth is akin to that of a farmer cultivating his field—it requires long-term effort. By focusing on our needs instead of our wants and living a simple, frugal life, we will be able to help decrease pollution and reduce damage to the environment. In this way, everyone can play a significant role in safeguarding Mother Earth, our one and only precious home. ☸



*Solar panels are installed on the roofs of the Tzu Chi Hospital complex in Taichung, Taiwan, to save electricity. (Photo by Lin Yen-huang)*

# New Classrooms in Nepal

*Malaysian Tzu Chi volunteers have helped complete more than a hundred prefabricated classrooms in the aftermath of the 2015 earthquake in Nepal. More are under construction.*

---

By Weng Shi Ying  
Translated by Tang Yau-yang  
Extracted from Tzu Chi Quarterly (Spring 2016)

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In the aftermath of the severe earthquake that devastated Nepal in April 2015, the Tzu Chi Foundation set out to build 158 prefabricated classrooms. The first 97 classrooms were built in the nation's capital, Kathmandu, and its suburbs. They were built mostly during the rainy season, from June to September. The construction of the remaining 61 classrooms (located in remote villages) started in October 2015 and was scheduled to be completed in March 2016. The rain had made it necessary to put off the construction in remote areas.

Li Ji Lang is a Tzu Chi volunteer from Penang, Malaysia. He and Zhang Ji Xuan, also from Penang, are responsible for planning and administering Tzu Chi's post-quake prefab



classroom project in Nepal. These classrooms are in high demand. Volunteers received requests for them from many school principals, but the disaster zone was too vast for the volunteers to cover. They surveyed and assessed schools primarily from a list that education authorities provided. Many requests, therefore, could not be honored.

"There are many community schools operated by private citizens in Nepal, in addition to the government-sponsored public schools and privately funded schools," Li observed. "The earthquake damaged a large number of them. There are simply too many for us to help every



*Students at the Bagiswori school press their palms together to greet Tzu Chi volunteers who are visiting them in a classroom that Tzu Chi provided.*

one of them rebuild. It's very frustrating." He added that this was his biggest regret.

### **Nothing easy about the prefabs**

The quake struck on April 25, 2015, and destroyed or damaged over 30,000 classrooms. As a result, classes were either relocated to other locations, or conducted in hallways or makeshift facilities, such as tents or shelters of bamboo and tarpaulins. Since education cannot be delayed, building prefab classrooms became one of the priorities in Tzu Chi's medium-term aid effort.

Li and Zhang arrived in Nepal in mid-May 2015,

about three weeks after the disaster, when the nation was still up to its ears in emergency response activities. "Even though the country was still in the heat of emergency response, we began looking ahead to medium-term aid projects," they said. "We wanted to rush so we could complete as many prefab classrooms as we could before the rainy season set in."

The volunteers from Malaysia had experience in constructing prefab buildings in their home country. After Malaysia was hit by severe flooding in 2014, Tzu Chi built 200 prefab houses for victims in the state of Kelantan. At the time, volunteers had to go through five rounds of modifications to make the buildings just right. They gained valuable experience in the process, which they could now apply to the building project in Nepal.



*Students attend a class held outdoors after the earthquake damaged their classroom. The canvas overhead was inadequate to protect them from the elements.*



*Volunteer Li Ji Lang (second from left) confers with Shanti Niketan School personnel on the building of prefab classrooms for the school.*

Even so, when the volunteers tried to apply their Kelantan experience, they quickly discovered that local factors got in the way. They had to make adjustments.

One challenge was to obtain building materials for the classrooms. “We considered sourcing them from Taiwan [where Tzu Chi is based], but we couldn’t make the shipping dates that we needed,” Li observed. Therefore, they could not adopt the Taiwanese designs.

In the interest of time and cost, volunteers decided to procure the materials locally and to base their design on what they knew firsthand: the Kelantan model. They started shopping around for materials. Large businesses tended to ask for very high prices, so they tried smaller ones, which offered a better value. Securing the materials they wanted turned out to be quite a challenge. In Malaysia, they had used polypropylene boards for roofing, but those were hard to come by in Nepal. Galvanized



*Zhang Ji Xuan (left) introduces Tzu Chi to Madhab Gautam, the chief of Patan Multiple Campus, where Tzu Chi is building prefab classrooms.*

metal sheets were readily available, but they would be unbearably noisy when it rained.

In the midst of these challenges, Basant Chaudhary, a local entrepreneur, connected the volunteers with reliable suppliers with whom they finalized the materials for the classrooms. They decided to use metal posts for the frames, cement boards for the walls, and galvanized sheets with polyurethane foam insulation for the roofs. With materials such as these, they could build classrooms in Nepal that would be as good as what they had built in Malaysia.

Some materials that they needed had to be imported from India. That meant high prices. For a while, a shortage in construction workers drove up their wages. These circumstances pushed up the cost of building the classrooms. Try as they might to negotiate better deals, the volunteers could not do any better. They just had to pay those necessary bills.

"I negotiated and talked so much every day that my voice became hoarse," said Li. "I'd be lying if I said I wasn't tired. But time was ticking away. Every time I saw children attending lessons in the hallways, I felt for them. I knew that we had to pick up our pace so that the classrooms could be completed as soon as possible."

### **More challenges**

Once the materials had been decided upon, work began in earnest. A group of Malaysian Tzu Chi volunteers arrived in Nepal with all the tools they would need to work on the project. "The first task assigned to us was to put up a demonstration classroom," Zhang stated. "Then we recruited quake victims to work for cash to help erect the rest of the classrooms." This way of encouraging personal participation put money in the pockets of local people while taking their minds off what they had lost to the quake, if only temporarily.

Walls for the prefab classrooms were to be made of cement boards fastened to metal posts using steel joiner plates. The joiner plates were a key component in the assembly of the prefab classrooms. Volunteers could not find a local company to make them, so they brought them in from Malaysia. One shipment of one and a half tons of joiner plates got stuck in customs. Local volunteers worked with customs and the ministries of education and finance to clear the goods. They finally succeeded, but two weeks were lost in the process, and the work schedule was irreversibly disrupted.

The Malaysian volunteers put their heads together to find a way to avoid relying on joiner plates from Malaysia. They eventually worked out a way in which two cement boards could be overlapped so that simple screws could fix both to a metal post. This eliminated the need for joiner plates altogether.

Another challenge was frequent power outages. Volunteers and local workers had to stop their work whenever an outage occurred because power tools like electric drills were useless without electricity. Power outages were a serious issue; the electricity went out just about every day. Unlike the joiner plate problem, no amount of human ingenuity could get around the blackouts.

Yet another thorny problem the construction crew had to contend with was the rain. It slowed things down. They had to pick up their pace whenever the rain stopped to make up for the lost time. Zhang was most grateful to the contractors for their willingness to work on a schedule dictated by the rain.

A final issue that troubled the volunteers was the quality of work, which was spotty at first. Fortunately after the project team worked on the issue, the situation improved and the quality of construction was brought up to snuff.

### **What's in it for Tzu Chi?**

Bagiswori College was one of the schools for which Tzu Chi built prefab classrooms. Principal Dhan Kumar Shrestha pointed out that many aid organizations had donated money or



*Volunteers and local people in a Tzu Chi cash-for-work program put up a classroom for the Bagiswori school.*

goods to his school, but none of them had donated any manpower. He remarked that Tzu Chi volunteers worked alongside local workers to assemble classrooms. They worked in the hot sun with them and would not even rest after sundown. Later, when he learned that these volunteers had come at their own expense from Malaysia and Taiwan, he was even more surprised.

The faculty of the school was well aware of the quality of the classrooms, and they knew that a lot of expense was involved. As a result, they kept asking the volunteers if Tzu Chi wanted anything in return. Li repeatedly assured them that there were no strings attached to the gift. When the faculty asked what they could do to help, Li said that if they wanted they could visit the people in the surrounding area forced to live in tents after the earthquake. He suggested that they could care for those people, talk to them, and find out what they needed.

“You may not be able to help them, but you can tell us about their situation. Based on the information that you provide us, we can extend care to them. In this way, you will be our volunteers, too,” said Li.

Volunteers gave Principal Dhan Kumar Shrestha a copy of *Jing Si Aphorisms* by Master Cheng Yen, which he has kept in his pocket ever since. His favorite aphorism is: “Talk does not bring about social changes. Action does.”

### **Tzu Chi volunteers**

Li Ji Lang and Zhang Ji Xuan have been instrumental in the implementation of the prefab classroom project.

Li first participated in Tzu Chi’s international relief work after anti-Chinese riots erupted in Indonesia in 1998. He helped in large-scale aid distributions that the foundation held in the aftermath of the riots. He volunteered in Iran after an earthquake hit the nation in 2003. After the horrendous 2004 South Asian tsunami, he helped out in Sri Lanka. Then four years later, when Cyclone Nargis devastated Myanmar, he took part in Tzu Chi’s emergency aid work there.

Li said that his participation in these international relief efforts was invaluable to him. What he saw in these disaster zones helped him understand with more clarity that life, fraught with changes, is impermanent and that death can strike at the drop of a hat. As a result, he often reminds himself to let go of attachments, such as to material wealth, and to accept that interpersonal relationships

do not last forever. This helps him cherish his relationships with everyone.

As for Zhang Ji Xuan, Nepal is the third foreign country in which he has volunteered, after Sri Lanka and Myanmar. This trip to Nepal was largely a race against the clock and the rain. Zhang and everyone else involved in classroom construction had to rush to build. He was often busy from morning till night and inevitably felt physically tired. Yet, despite his fatigue, he talked to teachers and students about the foundation.

He and other Tzu Chi volunteers also tried to get teachers and students involved in the project. For example, they asked them to lay the foundation with concrete and bricks before they started erecting the building. Zhang emphasized that these arrangements were not meant to save money, but to give the teachers and students a sense of participation. He remarked that the participation of the teachers and students at Bagiswori Higher Secondary School and College was the most touching.

"Before construction got underway, we held an information session at the school to help the students and teachers understand the entire process," Zhang said. "The engineering students worked with us on the construction, and they were active from the start. They apparently felt the urgency of the prefab classrooms the same way we did."

The faculty and students built a boundary around the construction site and poured concrete for the foundation. They wanted to



*Students at Zing Secondary School paint metal posts to be used for their classrooms.*

keep everything in good shape, so when it rained, they covered the cement boards and other supplies with plastic sheets to protect them. Even though volunteers brought their own meals to the work site, teachers still prepared drinks and snacks for them. Their thoughtfulness warmed Zhang's heart.

Zhang stayed in Nepal for a total of two months, during which time he traveled back and forth three times. For him, the Nepalese were friendly and open-minded, giving the volunteers more latitude to do things for them.

International aid projects have enriched Zhang. "People often view disaster victims from their own vantage points, so they feel sorry for their suffering," he said. "But perhaps the victims themselves don't feel as distressed as we think, because they have fewer desires. The reason we feel that they are in need is because we have many more desires than they do. We should learn not to think too much of material possessions. Being rich at heart is the most important thing of all." 隨

# CHARITY BAZAAR

## Starts the Lunar New Year on a Happy and Right Note

*To many Tzu Chi volunteers and supporters, Tzu Chi Singapore's annual charity bazaar is like a fixed appointment - no matter how busy they may be, they still want to do their part for its success. The organization also takes the opportunity to promote the benefits of vegetarianism and recycling to the public at this event.*

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By Tzu Chi Singapore Documentation Team  
Translated by Shuyin

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About 12,000 people visited Tzu Chi Singapore's charity bazaar held from 23 to 24 January 2016, next to the Pasir Ris MRT station. It was a bustling affair with the rise and fall of music and cheerful calls from vendors, which lent a festive, joyful air to all and sundry.

"Come, here's your hot coffee!" retailer Du Cheng Bao smiled as he handed over the beverage to his customer. A regular face for the past five years at the annual Tzu Chi charity bazaar, Du's piping hot coffee was served up in a hearty mug this year. He had heeded Tzu Chi's clarion call for waste reduction by doing



*Volunteers and local people in a Tzu Chi cash-for-work program put up a classroom for the Bagiswori school.*



The two-day Tzu Chi charity bazaar was a bustling festive affair. (Photo by Douglas Lee)

away with paper cups. With 33 mugs ready, he calculated that with approximate sales of 200 cups of coffee a day, he would avoid 400 paper cups being thrown away as waste over the two-day bazaar! He even said that after the event, he would store them away for use again next year.

Apart from exhorting visitors to “celebrate the Lunar New Year with kindness”, Tzu Chi also grasped the opportunity to promote vegetarianism and recycling at the event. Years ago, it started carrying out recycling on site and advocating that visitors to the bazaar bring their own shopping bags and utensils. In addition, through this special “green bazaar”, the fair hoped to see a reduction in the amount of rubbish produced. It also hoped to promote the concept of “eating till 80% full” in order to reduce the consumption and wastage of food and resources.

### Applying Green Concepts to Daily Life

“I remember that a few years ago, we did not provide shopping bags to customers and many of them were not used to it; today, however,



Tzu Ching Xiao Jia Chen (right) was the group leader in charge of promoting the recycling message to the public during the bazaar and had prepared many “props” in order to bring his message across. (Photo by Cai Wen Qian)

everyone arrives with their own shopping bag,” said Xu Yuan Xiong, one of the vendors at the bazaar.

The owner of a confectionary store, Xu has been supporting the bazaar over the last four years. This year, he sponsored 800 jars of New Year goodies. He had observed that the planning and logistics of the bazaar were systematic and properly done; also, every volunteer took his duties seriously. Thus, he felt more than happy to be part of the Tzu Chi team.

The recycling team involved in the charity bazaar made some positive changes this year. It strengthened its vital message of reducing consumption in order to support the green cause. They did this by displaying the slogan (which encouraged everyone to “consume till 80% full”) at the food stalls instead of at the dining tables. This helped to bring the message across at the point of purchase, even before the customers reached the dining tables.

A few teams of Tzu Chings (members of Tzu Chi Collegiate Youth Association) also busily

shuttled to and fro amongst the crowd with posters strapped to their backs advocating the same message. Lin Yi Shi said, "I'm really surprised that people respond so warmly to us. Some will stop and ask questions out of curiosity and some encourage us by saying that young people should do meaningful things like this. Some even requested to take pictures with us. We are overwhelmed (by the positive response)!"

Wang Yu Jiao, a member of the public, said that she would be changing her dietary habits to include more greens as adopting a vegetarian diet can both protect lives and save the earth. She was inspired by the words of Dharma Master Cheng Yen (founder of Tzu Chi) to save small amounts of money to help others in need, and wanted to return the three Tzu Chi "bamboo coin banks" which she and her daughter had filled up with donations for Tzu Chi.

"The 3Rs (Reuse, Reduce, Recycle) of recycling have been expanded to become the 5Rs in Tzu Chi, where 'Refuse' and 'Repair' are what the organization emphasizes on when it talks about 'purity at source' and 'extending the useful life of consumables,'" explained Tzu Ching member Xiao Jia Chen. Having taken on the role of promoting awareness of recycling to the public during the bazaar, he and his team had decided to present their message visually. One of the displays they had set up was a big bucket filled with water, which showed the huge amount of running water used in three minutes during a shower.

Two staff members and six students from the United World College of South East Asia

(UWCSEA) also dropped by at the bazaar to observe how Tzu Chi carried out its recycling and trash management.

Takamitsu, a Japanese student, was able to promote a "Thursday recycling day" at school after observing the Tzu Chi charity bazaar last year. The objective of his activity is to raise environmental awareness among his schoolmates and to encourage them to engage in recycling. Takamitsu was in the team responsible for washing plates at this year's bazaar, and he was amazed at the systematic efficiency in the way things were accomplished.

As the UWCSEA would be organizing a "Students' Day" event in April, he planned to do what Tzu Chi has done - set up a utensils washing area and do away with single-use (disposable) ones. He also saw the opportunity to spread the important recycling philosophy among students and their parents.

### **A Yearly Appointment to Create Positive Affinities**

Just like in previous years, the bazaar was demarcated into separate zones for (vegetarian) food stalls, festive goods, recycling awareness and promotion, Jing Si books and natural products, etc.

The bustling fair conducted in such an orderly manner also attracted many passersby. Filipino Noma brought along her grandson and greeted the volunteers warmly. She was familiar with Tzu Chi as they had received financial aid for her husband's laser eye surgery four years ago. "I'm so glad to see Tzu Chi volunteers



*Tzu Chi beneficiary Mr Li has mobility problems but decided to accept the invitation to do his bit for the event.  
(Photo by Feng Jia Qiong)*

here! Not only does the organization help the needy in Philippines, it also organizes a charity bazaar in Singapore; it's very commendable!"

More than 800 volunteers helped out at the charity bazaar which aimed to raise funds for the Tzu Chi Foundation's local charitable work every year. In particular, Tzu Chi members who normally did not have time to attend its activities made time to help out and catch up with fellow members.

To Tzu Chi beneficiary, Mr Li, helping others is a meaningful way to repay the financial assistance he received from the organization for his dialysis treatment. He accepted volunteer Zhang Ai Hua's invitation to help wash vegetables at the food zone. Though it was hard for him to sit still on a small chair due to the leg supports he was wearing, he remained cheerful as he worked.

When he first came in contact with Tzu Chi volunteers, he was distrustful and wary. After receiving sincere loving care from Zhang over the past year, he finally opened his heart to them. Since last year, he has volunteered to help out at the Tzu Chi Free Clinic once a week, and this year was his second year assisting at the bazaar. He described his volunteering experience as an opportunity for self-development and spiritual practice.

The bazaar occupied some 3,500 sqm of space on the piece of land beside the Pasir Ris MRT station and had 48 food stalls within its confines. Such a large-scale bazaar is rare, and managing the food safety aspects as well as the utilities supply issues was a big challenge. These efforts, as well as contacting the stall holders, had to be planned two months prior to the event. The event owed its success to the many committed volunteers, entrepreneurs, and the respective authorities.

The organizing team is made up of some four to five entrepreneurs, and Tzu Chi volunteer Wang Wei Xun has been the overall coordinator for the past nine years. Though he may have to deal with complicated details and differing viewpoints in his coordinating work, he has never thought of relinquishing his post and sees the responsibilities as a vital and meaningful part of his life. This is because the charity bazaar is a great platform for more people to get to know about Tzu Chi's missions. Moreover, it is also an avenue for many to do good and to form positive affinities with others. 愛

# Who's Coming Over for the NEW YEAR CLEANUP?

By Tai Kai Pik  
Translated by Shu Yin

*Before the Lunar New Year, many families were busy spring-cleaning their homes. However, this task was a difficult challenge for those plagued with physical or mental illnesses. Such was the case with Tzu Chi beneficiary Grandpa Jiang, who suffers from dementia and skin cancer. On 31st January 2016, 11 Tzu Chi International Medical Association (TIMA) members and 17 community volunteers arrived at the door of Grandpa Jiang, to help spring-clean his home so that he could celebrate Chinese New Year in a clean and pleasant environment.*



Grandpa Jiang's tiny apartment was filled with clutter before the cleanup. (Photo by Pua Poo Toong)



Tzu Chi Home Care Services nurse Nancy Tan presented Grandpa Jiang with Mandarin oranges and early Chinese New Year greetings two days after the spring cleaning. (Photo by Li Jia Yi)

"Greetings for the New Year; we wish you good health!" This hearty and loving New Year greeting by the Tzu Chi Home Care Services team made Grandpa Jiang break into a wide joyful smile. Just two days before, his home was in shambles. It was dirty and messy, and so uninviting that friends or relatives rarely visited. "Thank you all for your kindness, only you (Tzu Chi volunteers) can do this," said Grandpa Jiang gratefully.

Grandpa Jiang's one-room flat was cluttered with the items that people gave him as well as the items left behind by his deceased parents, so he would sleep on a thin mattress at a corner near the door. This situation was not conducive to his health, thus Tzu Chi volunteers decided to spruce up his house just before Chinese New Year.

### **Clearing Out the Clutter - Cleansing the Heart**

The volunteers started by first removing the clutter within the flat to the corridor, where they sorted the items for disposal. There were more than a hundred expired cans of food and other packaged food items, some with an expiry date dating all the way back to Year 2008! They also found 20 to 30 packs of toilet paper, some of which had bugs growing in them already. There was also a non-functioning refrigerator and a rotting wooden altar in his home.

Ye Ying Ling, a first-time participant in a home cleanup, was grateful for the opportunity to help out. She commented, "Many elderly folks have a lot of rubbish (in their homes) which



*Ye Ying Ling, a first-time participant in a home cleanup activity, helps with painting the flat. (Photo by Pua Poo Toong)*

requires help from others to remove as they cannot bear to throw away their things."

Zeng Ling Li (a new TIMA member) worked very hard that day carrying discards downstairs in the morning and helping to paint the house in the afternoon. Zeng had prior experience in painting her own house and said that she had initially thought it was just an ordinary cleaning exercise. But later, she found out that not only was the amount of clutter huge, the floors and walls also had to be given an extra coat of paint. She was glad that the volunteers could come and give Grandpa Jiang's home a revamp, which was very beneficial for him as he has poor skin condition.

For close to 10 hours, starting from 9am in the morning, the Tzu Chi team worked tirelessly to clear the clutter from Grandpa Jiang's house. The most challenging task was attempting to "beautify" the walls and floors of the flat.

Volunteer Wang Jun Xuan scrubbed away hard at the floors trying to eliminate the stains and dirt. However, even after many rounds of detergent and water jets, she could only do so much. She had no regrets in expending so much energy at the task so that Grandpa Jiang could finally enjoy a cleaner place he can proudly call “home”. She likened the stains and dirt on the walls and floor to the worries and troubles we carry in our hearts. Regardless of how difficult it can be, we should seek to purify our hearts and minds as soon as possible. Otherwise, it would be even more difficult to eliminate these afflictions in future.

Another volunteer, Zhu Gong Xi, borrowed a high pressure water jet from his company so that the floors, walls and ceiling could be cleaned more efficiently. Although he had



*Volunteer Zhu Gong Xi borrowed a high pressure water jet from his company so that the floors, walls and ceiling could more efficiently be cleaned of dirt. (Photo by Pua Poo Toong)*

lived with his family of six in a small apartment like Grandpa Jiang, he was shocked at the amount of clutter he saw in the one-room flat. “I believe that Grandpa Jiang would be very happy (with his home) after the cleaning,” he predicted.

### **Going with the Flow, Gaining Acceptance**

Grandpa Jiang had previously undergone brain surgery and needs the Tzu Chi medical Home Care Services team to attend to the small wound he still has. Nurse Nancy Tan started working on his case since late September last year.

When the team first started visiting him, Grandpa Jiang would sometimes decline to allow them into his home, saying, “I (still) have medicine, you don’t have to come.” When they gave him a month’s worth of medicine, he would finish all in two weeks. Worried that he would overdose on medication, they decided to change their schedule to visit him once every two weeks.

Grandpa Jiang is reticent about his life so the team tried to make small talk with him. They told him that he was free to approach them if he needed help. Seeing that he has skin cancer and yet uses harsh soaps to bathe, they also advised him to use milder types of soap on his skin. Subsequently, he bought a new mobile phone for himself and asked them to help top up its account value as well as to teach him how to use it.

As his home environment was a mess and very unhygienic, from October to December



*Tzu Chi volunteers spent nearly ten hours clearing and cleaning the flat. (Photo by Pua Poo Toong)*

last year, the team patiently and unceasingly persuaded him to allow them to clean up the place. But Grandpa Jiang repeatedly refused to let them discard anything or to spruce up his home. However, nearing the end of 2015, when he requested Nancy Tan to help him turn on his television set, only to discover that it would not work, the latter took the opportunity to ask him if he wanted a brand new one and also whether Tzu Chi volunteers could help clean up his flat.

“Why don’t we help you spring clean; you have many expired cans of food, the house is so messy and many of your lights are spoilt. Chinese New Year is coming soon, if we spruce up the place, you can have a clean environment to live in,” said Tan. Much to her surprise and delight, Jiang finally agreed.

“Do you (still) want to keep this card? And these old letters too.....” During the cleanup,

the volunteers would take care to seek permission from him for everything they wanted to throw away, including plastic bags that had cockroaches in them. Tan said that Tzu Chi would follow up by applying to the welfare authorities to have their workers clean Grandpa Jiang’s home regularly as his aching waist hampered his efforts to upkeep his home.

After cleaning and painting the flat, the volunteers carefully installed a shelf so that Grandpa Jiang could have a new altar, and carried in a new television set and mattress. Upon entering his newly scrubbed home, he remarked that it looked more spacious now. Pleased at the positive changes, Grandpa Jiang even performed a short display of Tai Chi for the volunteers before they left his home. No profuse thanks were necessary on the part of the elderly gentleman. His radiant and appreciative grin said it all! 🙏

# A NEW VENUE FOR Tzu Chi's Parent-Child Bonding Class

*On 28 February 2016, the first Tzu Chi Parent-Child Bonding Class of the year was held at the Singapore Hokkien Huay Kuan Cultural Academy Home. With proper classrooms and well-prepared lessons conducted by an experienced team, the young participants' learning was greatly enhanced.*

By Chen Yu Zhen and Deng Feng Mei  
Translated by Melissa Ng



*Young participants enjoy a group activity during the Tzu Chi Parent-Child Bonding Class held at the Singapore Hokkien Huay Kuan Cultural Academy Home. (Photo by Huang Zhe Ying)*

On the fine Sunday morning of 28 February 2016, the Tzu Chi Parent-Child Bonding Class attended the first lesson of the year. Families travelled across the island for the lesson held at the Singapore Hokkien Huay Kuan Cultural Academy Home. They were welcomed by the sight of a four-storey building looming into view which made one feel inspired to attain greater heights in

their learning. The culturally-rich institution, coupled with its spacious and tranquil compounds, also provided a conducive learning environment for the children.

## **In the Good Hands of Tzu Chi Volunteers**

Parents started streaming in at 8.45am with their children in tow. They were received by friendly ushers whose warm smiles calmed



*(left) Children in the “Resilience” class learn how to focus through activities like passing the ball. (Photo by Chai Yu Leong)*

*(right) Parents and children in an interactive sign language activity. (Photo by Chai Yu Leong)*

the enthusiastic children. The participants were then ushered to the reception area and subsequently the classrooms, where the teachers were waiting patiently. Thanks to the dedication and commitment of 103 volunteers, the programme ran smoothly for the benefit of 272 participants.

As it was the start of a new school term, newcomers were there to attend their first session, but their jitters were eased by the friendliness of existing participants. They were soon integrated into the classes. In addition to such positive interaction among students, excellent rapport between teachers and students built over the years could be observed in the classrooms.

The discussion topic for the day was “Gather the mind and be firm in your conviction”. To aid the young participants in understanding the abstract concept, teachers referred to the volunteer in charge of photography as an example. “Do you think she’s really focused on filming and taking photographs? Gathering the mind is akin to photography as it captures our mind, allowing us to focus,” a teacher explained.

### **Gathering the Mind, Understanding Impermanence**

Children from one class watched a video clip which depicted a mouse turning into a cat, followed by a dog, and subsequently a tiger. The teacher explained that the desires of the small mouse are just like the distracting thoughts in our minds; we too, often have too many wants and expectations. These lead our hearts astray and we forget our original potential. “If we guard our thoughts well, life will be joyful; the reverse also holds true and brings suffering,” said the teacher as she invoked the wisdom of a Jing Si Aphorism.

To help the children understand the meaning behind the Jing Si Aphorism – “If one cannot concentrate and focus, one will not succeed”, the teaching team conducted an interactive game as a form of experience-based learning.

Under a peculiar-looking fig tree in the basketball court, the teacher conducted an outdoor activity – the Basin Race. The objective of the activity was to allow young participants from the “Courage” class to experience what it meant to gather their minds. As the children

carried the filled basins in their hands while attempting to outcompete one another, they learnt that they had to be very focused on the task at hand.

In addition, teachers taught the young participants the concept of impermanence by playing a video about the Sabah earthquake which took the lives of three students from Tanjong Katong Primary School last year. “I feel that they are really pitiful as they lost their lives at such a young age. Therefore, I believe that we should treasure the time we have by being filial to our parents and focusing on our studies,” Zheng Hao Tian shared after watching the video.

### Gathering the Mind Through Tzu Chi Principles

Meanwhile, senior volunteer leader Sister Susi shared with the parents in the hall about how practising Tzu Chi principles helped her focus her mind. Having been through a difficult childhood, Susi started working at a young age. Due to her circumstances, she developed a headstrong character and could not get along well with others. Fortunately, joining Tzu Chi changed her life. She has since become more understanding and tolerant. She applies the principles she has learnt in Tzu Chi, allowing her to better communicate with her teenage children and to take things calmly in her stride.

Ms Liao Mei Zhen, a parent, was extremely touched by Susi’s personal recount. She attended the bonding session with two daughters. Her younger daughter, Huang Yi



*The “Basin Race” taught the young participants the importance of concentration. (Photo by Teoh Moh Sang)*

Jun, who used to attend Tzu Chi Great Love PreSchool, had been looking forward to attending the Parent-Child Bonding Class. She was so excited about the session that she woke up exceptionally early for it. Ms Liao strongly believes in Tzu Chi’s ideals in education and this spurred her to sign both her daughters up for the Parent-Child Bonding Class despite the distance from their home.

“Tzu Chi is able to apply profound ideology to the parent-child bonding curriculum, (the contents are) very applicable to daily life and is very beneficial in parent-child interactions,” Mr Wu Yi Jing, father of Wu Jue Min from the “Resilience” Class, shared. He was heartened to see his daughter become more sensible and well-behaved after attending the Parent-Child Bonding Class for three years. Although the new venue is not quite accessible for him, Mr Wu feels that the environment is more conducive for learning and is supportive of the move. ㊗️



*Tzu Chi volunteers doing their part to promote the recycling message among the masses at the Chingay Night Fiesta. (Photo by Chua Teong Seng)*

## Promoting Environmentalism at Chingay Night Fiesta

On the evening of 21 February 2016, 89 volunteers from Tzu Chi Singapore participated in the Chingay Night Fiesta for the first time. Together with two other charity groups, they promoted the recycling message to the masses at the Bishan-Ang Mo Kio Park, where the event was held. The volunteers hoped that their efforts would inspire everyone to maintain the clean and green image of Singapore, so that our reputation as a “Garden City” will continue to shine far into the future.

Apart from the displays of colourful floats and lively performances, Tzu Chi volunteers also stood out from the crowd as they stood at the side of a busy walkway in the park, exhorting everyone to do their part for the environment so as to preserve the beauty of our homeland. Three to a team, they shouted out a catchy slogan

to raise awareness among the public of the importance of sorting recyclables and not discarding items willfully.

They also set up a booth where they shared Tzu Chi’s “Ten-Finger Mnemonic” for recycling (which helps people to remember the different types of recyclables), and enthusiastically invited people to take part in the organization’s community recycling activities. Before the event ended at 9.30pm, the volunteers made haste to reach out to as many visitors as they could.

Recycling helps to conserve our natural resources, thus protecting our planet from further damage. The need to protect Mother Earth compels us to adjust our mindsets. If everyone has a mind to recycle and to live with less, our planet will then have the chance to be nurtured back to health. 🌱

*Tzu Chi volunteers spring-cleaned the Jing Si Books and Café before it opened its doors in April 2016. (Photo by Teo Moh Sang)*



## New Jing Si Books and Café at Sims Avenue

Situated along Sims Avenue, the Jing Si Books and Café opened its doors to the public on 1 April 2016. Apart from a range of books, CDs, DVDs, and other multimedia materials produced by Tzu Chi HQ's Jing Si Publications, the bookstore also offers a variety of lifestyle products, such as reusable eco-utensils, and all-natural, additive-free instant rice, powdered soup, multigrain/bean drink mix, handmade soap, etc. Most of these products are made by the monastic disciples of Master Cheng Yen. Instead of relying on public donations, the monastics support their livelihood by doing various works. "No work, no meal" is their motto.

On 12 March 2016, after the completion of renovation works, some ten volunteers did a thorough spring-cleaning of the bookstore. On 27 March, 56 bookstore volunteers

attended a training session where they learned how to serve customers with Tzu Chi's spirit. On the following two days (28-29 March), a team in charge of the Jing Si Books and Café in Selangor came to share with the Singapore staff and volunteers their experiences in store display and making beverages.

The interior design of the bookstore was created by a Tzu Chi volunteer from Johor Bahru, who had helped design a few branches of Jing Si Books and Café, and the store's furniture was partially sponsored by a generous Tzu Chi donor, also from Johor Bahru. Passers-by can have a clear view of the interior of the bookstore through the glass windows. With oriental-inspired décor infused with Zen-like ambience and creativity, it is a perfect place for families and friends to unwind and relax with a book and a drink! 隨

# Taiwan Earthquake Relief



*Tzu Chi volunteers give a gift pack and a letter of well-wishes from Master Cheng Yen to an elderly resident whose house was damaged in the earthquake. (Photo credit: Tzu Chi Taiwan)*

Over 110 people were killed and more than 550 injured in the magnitude 6.4 earthquake that rocked southern Taiwan on 6th February 2016, the day before Chinese New Year's Eve. Minutes after the earthquake struck, local Tzu Chi volunteers sprang into action to support and assist those affected. For several days in a row, there were about a thousand volunteers working tirelessly each day to provide relief. They also extended care and help to the valiant rescue workers.

As of 14th February, Tzu Chi volunteers had provided aid to close to 2,000 affected families. Besides distributing 23,527 piping hot meals to the rescue workers and earthquake survivors, they also gave out 1,839 eco-blankets, 660 multipurpose foldable beds, and emergency cash aid totalling over NT\$4 million (est. S\$169,000) to affected families and the injured.

On the evening of 11th February, Tzu Chi held a mass prayer vigil for the disaster victims. The event was attended by hundreds of earthquake survivors, relief workers, volunteers, as well as representatives from different religious organizations. It was hoped that the sincere prayers of so many could help ease the minds of the family members of those who had lost their lives to the disaster and also help those injured recover as quickly as possible.

In her letter to the disaster affectees, Dharma Master Cheng Yen said that Tzu Chi volunteers would continue to serve and accompany them in their difficult time. She hoped that the volunteers' care and love would help heal their emotional wounds, and that they could recover and gain inner strength from this tragedy. 隨

# Winter Supplies for Refugees in Serbia



*A Tzu Chi volunteer lovingly helps a little boy put on a winter jacket. (Photo credit: Tzu Chi Taiwan)*

Thousands of refugees fleeing from the unrest in their home countries pass through Serbia every day, on their way to other European countries, hoping to find a safe haven where they can settle down in peace. On their long, gruelling journey, they face harsh conditions, freezing weather, and a shortage of aid and shelter.

In response to the refugees' urgent need for life-sustaining warmth, a team of Tzu Chi volunteers from 12 countries and regions arrived in Serbia on 29 February 2016 with supplies of winter clothing and accessories, and began distributing the aid the following day. Also joining the group were a government official from Bosnia (which had received aid from Tzu Chi in the aftermath of a flood disaster), and more than 10 other Bosnian volunteers.

On the morning of 1 March, the volunteer team first went to the refugee rest centre in the town of Adasevci, where they personally gave the refugees the winter supplies. Over the course of 10 days, the team handed out more than 2,000 winter coats, along with gloves, scarves, hats, and socks, at Adasevci, and another refugee centre in Sid, a town close to the Serbia-Croatia border. Besides winter clothing, the volunteers also served hot meals and distributed 200 packs of baby diapers at the centre.

The refugees were greatly heartened by the aid and support they received from the visitors, most of whom had come from afar. The love and care from the volunteers had warmed their hearts and strengthened their resolve to rise up to the challenge in their search for new homes. 🙏



## THE *Blue-Sky-White-Cloud* UNIFORM

The beauty of a group comes from the beauty of every individual within that group. If each individual is neat, gracious and orderly, as a whole, the group will invariably look very beautiful and graceful too. Being neatly attired and having good etiquette and manners demonstrate our respect for others. Hence, all Tzu Chi volunteers wear uniforms when participating in Tzu Chi activities.

The Blue-Sky-White-Cloud uniform is worn by all certified Tzu Chi volunteers or commissioners. It consists of a navy blue polo shirt

with a Tzu Chi logo on the left side and white pants fastened with a black belt. New volunteers wear the same white pants with a plain grey polo shirt while trainee commissioners wear a grey polo shirt with a white collar. All the volunteers pay for their uniforms out of their own pockets.

Volunteers in Tzu Chi's trademark blue-and-white uniform have been referred to as "Blue Angels" by many people in countries that have received Tzu Chi's aid. Although, literally, the blue shirt and white pants represent blue sky and

white clouds respectively, the uniform actually has a deeper significance - the Master hopes that Tzu Chi volunteers can develop a heart as broad and vast as the sky and that their conduct is as pure as the white clouds.

Tzu Chi uniforms are also symbols of blessings, for it is a blessing to be able to serve and help others. It is also a reminder of the volunteers' commitment to serve willingly and joyfully, and to exercise self-discipline by always keeping their attitudes, thoughts, and actions in check. ☸

*In an age of war, conflict, and natural disasters –  
discover a book that is not only heartening but  
remarkably inspiring as well.*

# The Life & Teachings of Venerable Master Cheng Yen

■ Reprinted with permission of Mr Gary Ho, CEO of Tzu Chi Canada

## 10. The decision to return donations

**CHALLENGE** Should money intended for one purpose be used for another?

*“The one and only way to give others and ourselves peace of mind is to  
always act with sincerity, integrity, and trust.”*

### Background

Despite all the hard work put into finding the tract of land for building the hospital and the fact that the official groundbreaking ceremony had already been held, the construction project was back at square one. No one was sure when and where the hospital would be built. The Master faced another test: what to do with the hospital funds raised over the previous years?

The Master shut herself in a room and knelt in front of a statue of Kuan Yin Bodhisattva. After many days of pondering

without eating, drinking, or sleeping, the Master concluded that no matter how upset she felt, she must lift her spirits so that her followers would not worry about her. At that moment, she also decided that she must return every dollar of the money raised for the hospital to the donors.

### Challenge

It is almost unprecedented for a religious organization to return money to its donors. Many people believe that religious organizations have the right to manage the



donations they receive. Therefore, even though the Tzu Chi hospital might not be built, many Tzu Chi members felt the money could still be used for other projects.

Master Cheng Yen, however, insists that donations raised for a specific purpose can be used only for that purpose. Therefore, she reasoned, any money meant to help Tzu Chi build the hospital should certainly be returned. Without each donor's consent, the funds could not be used for other purposes. The Master explained, "We have a detailed record of each donation. Therefore, reimbursement should not be too difficult."

## Effects and Reflections

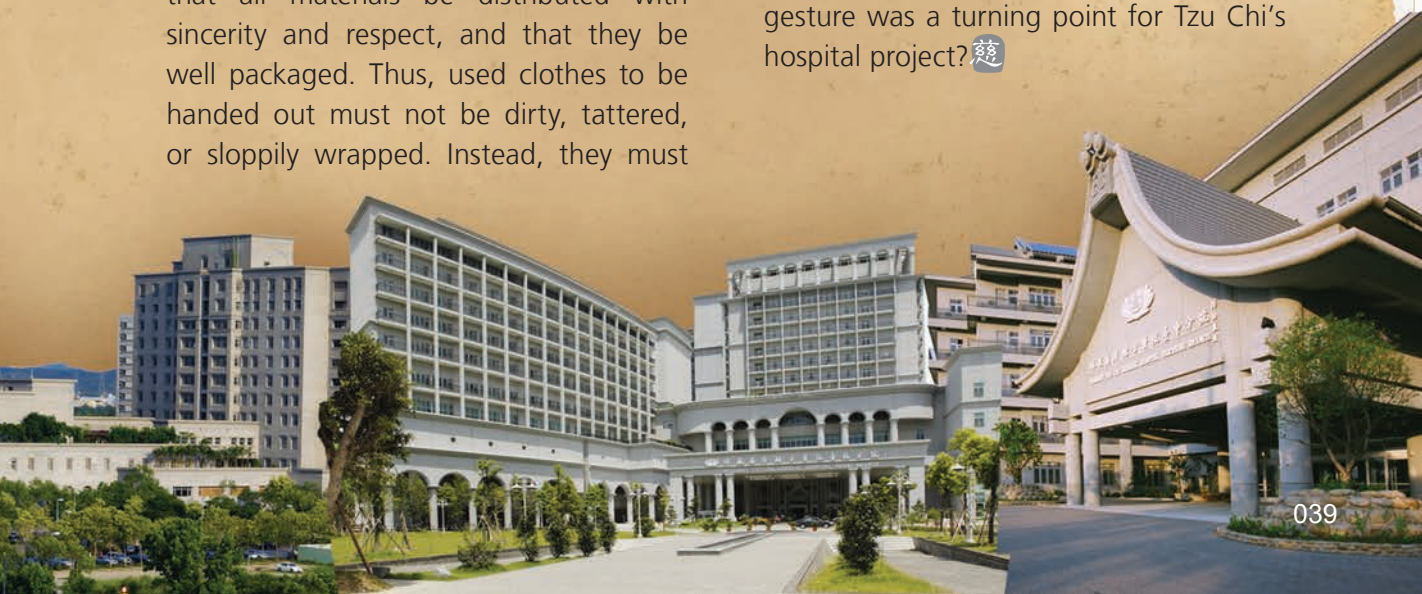
Master Cheng Yen repeatedly asks all Tzu Chi members to act with sincerity, integrity, and trust. Each donation is recorded according to its specific purpose, and because of such accountability, the Tzu Chi foundation is well trusted by the public.

Tzu Chi members offer help, not handouts, to the needy. The Master strictly requires that all materials be distributed with sincerity and respect, and that they be well packaged. Thus, used clothes to be handed out must not be dirty, tattered, or sloppily wrapped. Instead, they must

be clean and wrapped nicely so that the recipients would feel happy and respected. "What you do not want for yourself you must not give to others," said the Master. "You should always have a respectful manner when helping others. Put yourself in their shoes and ask yourself if you would like to receive ragged junk in the name of charity."

Similarly, during one of the early rice distributions to Tzu Chi aid recipients at the Jing Si Abode, some grains of rice fell out of holes in a few of the bags. A volunteer picked up the grains one by one and added them to the vat containing the rice for the Abode. A nun saw this and spoke to the volunteer: "I know you don't want to see the rice go to waste, but we shouldn't keep the rice in our own vat, because every grain was donated by some kind person for the poor." This is one example of how the Master and her disciples thoroughly live up to the principles of sincerity, integrity and trust.

When the Master decided to live up to her principles by returning the money to each donor, who could have predicted that this gesture was a turning point for Tzu Chi's hospital project? 隨



# 会合善力 造福人间



证严上人主讲

本会中文期刊编辑部整理

讲于2016年4月1日至18日

不去想自己力量够不够，  
尽己之力付出，也鼓励别人付出，  
会合人人善力，铺平人间坎坷。

今年4月30日、农历3月24日，慈济成立届满五十年；5月1日开始，迈入第五十一年。海内外慈济人一批又一批回到静思精舍朝山，他们口诵佛号、三步一拜，脚步整齐、队伍庄严，即使在风雨中仍殷勤精进、步步向前，虔诚祈求天下平安。

五十年来，慈济人就是秉持这念清净与虔诚的心，身体力行付出；虽然历经艰难考验，仍怀抱菩萨长情坚定走过来，让爱的能量广披寰宇。

放眼现今世界，天灾人祸频传，印证佛陀所说「世间无常，国土危脆」；警示我们更要发心立愿——口说好话、身行好事、心想好意，让天地间充满善循环。

法音宣流



人的心态，会影响大地生态。人心调和——人与人之间互信、互融、互爱，建立人伦道德，相互扶持、彼此勉励；才能让社会祥和，天地间风调雨顺少灾难。

烦恼覆盖，无明厚重，  
如醉如痴，认假为真，  
迷茫人生，造业无量。

《法华经·五百弟子受记品》中记载，五百比丘受记后，忏悔过去虽然信乐佛法，却无法完全体解佛心，只想自了生死，没有信心、毅力与勇气去度众生。

「譬如有人至亲友家，醉酒而卧，是时亲友官事当行，以无价宝珠系其衣里，与之而去。其人醉卧都不觉知，起已游行，到于他国，为衣食故，勤力求索，甚大艰难，若少有所得，便以为足。」

五百比丘自作譬喻，就像贫穷子到亲友家作客喝醉了，亲友看他落魄，放了一颗宝珠在他衣服里。这怀中明珠足以让贫穷子花用不尽，但他毫不知情，继续过着流离失所的困窘生活。

佛经用此譬喻教导大家，不要只是独善其身。心、佛、众生，三无差别。人人身上都怀有无价宝珠，就是真如本性；却被层层烦恼、无明覆盖住，而不自觉。如醉无明酒，如长夜梦游人，一辈子迷迷糊糊，懵懵懂懂。「如醉如痴」的人生「认假为真」——把酒、色、财、气、名利、地位，视为最重要的事，不断沉迷、追逐，也让身、口、意不断造业。

自古以来，人类不断开山挖矿，将矿石雕琢成价值连城的宝石，藉以炫耀虚华、显耀身分，满足空虚的心。心念常在贪、嗔、痴中，就会不由自主、糊里糊涂造业。

人生如果只着眼在自己身上，再多的物质也不满足，永远都在追逐中，实在很辛苦。短暂人生，要把爱扩大——发大心、立大愿为人群付出，能得到无量法喜，心灵永远富有无缺。佛陀在《四十二章经》中：「睹人施道，助之欢喜，得福甚大。」弟子问佛：「此福尽乎？」



意思是说，鼓励他人行善，自己的功德会减少吗？佛陀用蜡烛譬喻：「一炬之火，数千百人各以炬来分取，熟食除冥。此炬如故，福亦如之。」说明一支蜡烛能点燃千百支蜡烛，而自身的光芒并不会减少。

布施、传法的福报也是如此，不只要信受奉行佛法，来照亮身怀的宝珠，还要把光明带到每个黑暗的角落。人人得法明理，光光相照，世间就能大放光明。

人人都有能力付出，不要想「我的力量不够，如何帮助人？」要尽己之力付出，还要进一步鼓励人人付出，会合人人的善力，

在苦难的人间，铺出一条菩提大爱、觉有情之道。如此所获福德，无量无边。

无常人生，梦幻泡影，  
如露如电，过眼云烟，  
身非所有，唯能善用。

佛典中有则故事——

一位国王很疼爱小女儿，为小公主造了一座美丽的花园。小公主站在楼台上观景，看到流水在阳光照耀下出现七彩水珠，非常喜欢，要求父王将这些美丽的宝珠送给她。

国王明明知道不可能，但为了讨女儿欢心，下令部属要在七天内取得七彩水珠。大臣们为了活命，只好张贴告示，征求可以取得七彩水珠的人。

有位外地来的贤者，看到人们为此烦恼不已，表示有办法达成公主的要求。贤者来到皇宫，交给公主一个网子，请她把最美的水珠捞起来。贤人说：「水从高处流下，形成水泡。如果公主能够分析，这到底是水还是珠？我就有办法替您取来。」

公主一下网，水珠就破灭，一试再试，知道这只是水而已。贤人告诉她：「人生，就像这流动不息的水形成的水珠，幻化无常。」

公主闻言觉悟，于是将贤人留下，拜为老师，日后成为一位贤明理政的公主。

人生如露亦如电，不要认假为真。世间一切都是过眼云烟，即使是自己的身体，也只有「使用权」而没有「所有权」。人生，要照顾好一念间，念迷了，如酒醉之人心智迷失，是非不分、造作恶业，造成人间不安。

一念偏差，祸害人间；一念向善，也能造福人间。要开阔心量、明辨是非，对的事情，认真去做就对了。

以慈以悲，疼惜万物，  
启发善念，发挥善力，  
大爱无边，造福无量。

四月份全球地震频传，继缅甸、阿富汗之后，环太平洋国家包括日本、厄瓜多尔和东加王国，也接连发生地震。尤其日本熊本和南美洲厄瓜多尔，都是浅层地震，造成严重灾情。

强震频传，实在让人担心。但只是担心没有用，要忏悔——人类因为无明、妄念，不断开发、破坏，让地球遍体鳞伤，使地质更加脆弱，禁不起震动；还要虔诚抚慰——用具体行动爱护、疼惜大地。

慈济推动环保二十多年了，岁月催人老，许多志工从中年做到老年，以虔诚、无私的大爱，守护着大地平安。随着年龄老迈，身体难免退化，但即使举步维艰、弯腰困难，他们还是以单纯心坚持做下去，只为了让资源循环再利用，减少对大地的

破坏。这份甘愿付出的心，就是出于对大地的疼惜与爱。

人类为了追求私利，不断伤害大地，也为自己埋藏危机。只要人人少一分欲念、多一分爱，就能减轻灾难。

极端气候也威胁着人类生存。科学家预测2025年，也就是再过九年，全球八十亿人口中，将有十八亿人缺水。

今年圣婴现象发威，好几个国家陷入乾旱，导致严重缺粮，陷入生存危机。非洲马达加斯加有114万人受饥荒之苦，看他们挺着瘦弱身躯长途跋涉寻找仙人掌果充饥，实在令人不舍。

我们有幸生活在安定富足的国度，古云「晴天要积雨来粮」，要惜福、疼惜大地资源。饮食不要挑剔，也不要过度讲究食品外观而暴殄天物，惜福才能消除饥馑。以慈悲心对待万物，才能维持天地之间善的循环。

去年七、八月缅甸发生大水灾，农民即将收割的稻作尽付流水。许多人原本就贫困，必须借谷种来播种耕耘，待收成后偿还。经过这场大灾，不只无法偿还前债，也无米可以果腹，更无法再借谷种来耕种。

为帮助贫农度过急难，缅甸慈济人灾后陆续发放谷种，预计到今年五月，有一万多位农民受益。发放同时，慈济也走入人群「布善种子」，启发民众爱心。

岱枝镇瑞那滚村的农民乌善丁，去年领取慈济谷种时，得知慈济「竹筒岁月」缘起，聚小钱行大善，五十年来慈善足迹已遍及九十多个国家地区；他决定学习这份精神，存米助人——每餐煮饭前抓一把米存进米扑满，希望帮助比自己更需要的人。

乌善丁有志成为慈济志工，加入培训行列，有空就在村里挨家挨户推动「米扑满」。有户人家住处非常简陋，没有门也没有家具，夫妻俩在别人的田地当雇工，女主人却充满爱心，向乌善丁领了竹筒要来助人。

「粒米成箩，滴水成河」，这个只有104户的村庄，第一次捐米扑满时，合计累积96公斤米，足可供应256位贫民一日所需。

这就是爱的能量。对受助的人而言，得到了社会大众的关怀，纾解苦痛；对助人者来说，爱心扩大，心灵富有，心中的烦恼也就减少了，得到无量法喜。





《出曜经》记载一段佛陀在摩竭陀国时的故事——


一群猎人在森林中广施罗网，以各式各样陷阱捕杀猎物。有一天一只鹿掉入陷阱中，猎人们远远地听到哀鸣，争相围拢过来，找寻被捕获的鹿。但因为设的陷阱太多，彼此不知道位置，一一掉落其中，有人因此失去生命，也有人身负重伤。

一位伤者感受到猎物遍体鳞伤之痛，来到精舍向佛忏悔，决定不再伤害众生性命。佛说偈语：「犹如自造箭，还自伤其身。内箭亦如是，爱箭伤众生。」

人生苦难，来自于心灵的贪嗔痴。欲念如箭，就像自造陷阱、自做罗网，伤害众生的同时，也会伤害自己。

只求利益自己，难免会踏入陷阱。流转于无明，就像在茫茫长夜中看不清前路，愈沉愈深还不自知，实在危险。

社会祥和，要靠人心净化。但是净化人心谈何容易！佛陀在《法华经》中勉励大家，莫只是独善其身，要投入人群，发挥爱的能量。

期待人人发心立愿，以宽广大爱，为坎坷人间铺出一条平坦路。请大家多用心！

# 回眸 50

## 看见慈济

一步一脚印，慈济走过五十年。

如同容纳百川的大海，

来自不同社会背景、职业身份、宗教信仰的志工，  
付出无所求，在身体力行中，  
见证了「善的循环」力量。

慈济推动慈善、医疗、教育、人文四大志业；  
另投入骨髓捐赠、国际赈灾、环境保护、社区志工，  
此八项同步推行，统称为「一步八法印」。  
从台湾花莲克难起步，走向全球五大洲。

尽管岁月嬗递、人世无常，  
慈济人仍旧秉持「内修诚信正信实，外行慈悲喜舍」，  
以出世的精神从事入世的志业，  
让「大爱」成为历久弥新的普世价值。

知法脉之源头，方知传承的去向。

回首来时路，我们精选了五十则历史事件，  
邀请您一起用心品味，这份始终如一的发心与善行。慈

整理 期刊暨文史组

### 【延伸阅读】

全球资讯网  
「慈济五十·行愿之路」

大爱电视台  
「慈济50系列节目」

新加坡分会  
「慈济50专网」





1963

### 【深入法华境界】小木屋修行

1963年2月慈济基金会创办人证严上人赴台北求受三坛大戒，因缘皈依印顺导师慈座，获赐法名「证严」，字「慧璋」，承师训：「为佛教，为众生」。

5月返花莲，并在秀林乡普明寺后方五十公尺处建一小木屋闭门潜修法华经，因没钱买花果供佛，故每月抄一部《法华经》就燃臂供佛，回向众生，日子大约都在农历24日。

将近半年的修行生活，是证严上人一生中浸润法华教义的仅有时光，也在此发愿以法华菩萨道为终生依止。图中显示上人当年修行的小木屋，也是今日慈济世界的发源地。

### 【实践人间佛教】创立佛教克难慈济功德会

1966年2月，证严上人原来打算离开花莲移居嘉义妙云兰若，却受到三十位信众联署挽留。又因探病时目睹原住民难产妇人的一滩血，以及三位修女来访的因缘，促使上人发愿以「集合五百人就是一尊千手千眼观世音」的精神，建立一个菩萨网，随处闻声救苦。

5月，在普明寺正式成立「佛教克难慈济功德会」。慈济正好出现于美援停止的次年，以为这块土地有了举起自己的力量，在台湾慈善史上，是一个象征起跑飞跃的光点。

1966





1966

## 【小钱行大善】「五毛钱能救人」的竹筒岁月

1960年代，台湾社会普遍贫穷，尤其东部孤老的人口很多，令人不忍。当年，证严上人请人锯了三十个竹筒，每人一个，要三十位家庭主妇每天上市场买菜前，投五毛钱到竹筒里，当作慈济基金。当时，「五毛钱可救人」的故事，就在花莲菜市场里传开。

竹筒岁月所要表达的是「小钱行大善」的理念，让人人在投下「爱心」之前，能日日发好愿，积少成多。

2006年慈济四十周年时，慈济陆续完成慈善、医疗、教育和人文四大志业之年轮。证严上人呼吁全球慈济人「回归竹筒岁月」，落实日日启发善念的运动。



1967

## 【捐款征信】慈济月刊创刊

1967年7月20日《慈济》杂志创刊，搭起慈济和会员之间的桥梁，推动「诚、正、信、实」的慈善哲学，是慈济人文志业的第一步。翌年改为月刊，六年后改为十六开本的杂志形态，确定今日《慈济月刊》雏形。

《慈济月刊》是慈济人文志业先驱，一路伴随慈济志业脉动而成长，内容广获外界肯定，多次获得金鼎奖、卓越新闻奖以及社会光明面报导奖等出版业大奖。



1969

### 【百丈禅师精神】一日不作，一日不食

1968年，静思精舍启建；翌年5月10日，精舍完工，证严上人与弟子从借住的「普明寺」迁入，成立三年的「克难慈济功德会」终于有了正式会址。

精舍是常住众们修行的道场，秉持百丈禅师「一日不作，一日不食」的精神，无论做蜡烛、肥皂、豆粉、陶艺、香积饭，或是编书、导览、带营队，精舍常住众各司其职，每天在工作岗位上以出世之心做入世工作。

### 【难行能行】慈济委员合力推车，访贫救苦

图为1970年12月12日，证严上人率领委员至凤林探访黄阿恶祖孙时，不料游览车陷入山兴溪中，委员不顾天寒水冷，合力推车的景象。

慈济委员秉佛心、承师志，以慈悲喜舍之心，起救苦救难之行。

从早期委员怜悯贫病，开始访贫救苦的工作，正是抱着不惧艰难、不畏险阻的精神，无论山有多么高峻、路有多么颠簸难行，总是奋勇坚毅，一往无悔的迈步行前。早期委员这份难行能行、难忍能忍的精神，为来日的慈济人树立了「人间菩萨行」的风范，一直延续到今天。

1970





1972

### 【慈善结合医疗】成立贫民施医义诊所

经过六年的慈善济贫工作，证严上人体会到社会底层民众的苦难，也归纳出「贫」与「病」的恶性循环。如何止病防贫、不让小病拖成大病，才是最彻底的救济。

因此，上人借用花莲市仁爱街黄阿奶故事所有之「佛教居士同修会」场地，于1972年9月成立「慈济功德会附设贫民施医义诊所」，成为慈济医疗志业的开端。

慈善结合医疗，从根本终结贫病相生的恶性循环，开启了彻底的救济。

### 【娜拉台风】创立赈灾模式

强烈台风娜拉10月7日侵袭花东地区，八千多人受灾；慈济紧急成立赈灾小组，设立捐款专户呼吁大众发挥爱心伸援，展开七年来最大的赈灾。证严上人估算赈灾费用需要四十几万，为当时每月善款六倍。为了募款、张罗物资，上人奔波三个多月，并在勘灾途中心脏病发，所幸顺利度过难关。

慈济依房屋毁损程度、家庭人口数订定济助标准，在玉里、台东发放671户、棉被五百多件，赈灾总支出六十多万元；也从此更建立「勘灾、募款、造册、发放」的赈灾模式。



1973



1978

### 【善的循环】乐生疗养院「心莲」募款

1978年9月，证严上人亲访全台唯一收治麻疯病患的公立医疗院所新庄乐生疗养院，协助院内念佛会「栖莲精舍」整建瘫痪病房，每月补助看护费用与伙食费。

五年后院友主动要求停济，转而响应上人「福田一方邀天下善士，心莲万蕊造慈济世界」在花莲建院的号召，全盲院友宋金缘女士更发起「卖心莲」活动，以一朵「心莲」新台币一万元为号召，与金义祯、林叶（图）等念佛会成员，带动乐生院民捐献。「卖心莲」运动在台湾社会上引起很大的震撼与回响，到1986年，栖息精舍为建设中的花莲慈济医院，募得了超过新台币百万元的善款。

### 【迈向国际化】美国分会成立

1985年1月21日，慈济美国分会成立，是海外第一个慈济分支会。2001年5月升格为慈济美国总会，统筹全美慈济分支会联络处会务。

至2015年，慈济在全球52个国家、地区设点。慈济人在地奉献获得当地政府肯定，其中7国40个城市机构颁订「慈济日」。

1985





1986

### 【医疗制度改革】花莲慈济医院落成

从1979年5月的发想到1986年8月17日落成启业，花莲慈济医院经历找地、募款、两次动土等考验，汇聚了无数人的爱心，让急重症、贫穷者不必迢迢外送，能在地治疗、及时挽救生命。

慈济医院具有三项特色：一、不收住院保证金；二、无力负担医药费的病患，有慈济功德会补助；三、住院病患及医院员工一律供应素食。

当时台湾尚未实施全民健保。前两项措施预估将造成每年新台币四千万的亏损，证严上人因此成立「万人护院委员会」，以志工的大爱维护医院救人良能。

### 【教育志业的起点】慈济护专创校

慈济医院启业两年间，新颖的硬体建筑与精良仪器，大幅提高东部医疗水平；然而再好的医院，也需要良医、良护，才能发挥救人良能。配合三年后将有六百病床的慈济医院要求，以及提高东部少女的就学、就业机会，慈济启建护理专科学校。

在所有慈济人以爱孕育并怀抱期许下，1989年9月17日护专诞生，第一届新生只有一百多人，开学典礼却有两万人前来观礼。而慈济护专，正是教育志业的起点。

1989





1990

### 【开启环保法门】台中新民商工进行公益讲座

有感于环境污染日益严重，1990年8月23日，证严上人在台中新民商工进行公益讲座（图）时，听到众人热烈鼓掌，恳切呼吁大家「用鼓掌的双手做环保」，珍惜资源，回收再利用；就此开启慈济「环保」法门。

1991年4月，上人在「预约人间净土」系列讲座中，再次公开呼吁环保的重要性。长达两个月半的全岛性宣导，被《远见》杂志誉为当年台湾最大的群众运动。

### 【环保志业全球化】第一辆慈济环保车

1991年，板桥慈济志工陈蕙民（右三）标会购入大台北地区第一辆慈济资源回收车；「环保一号」上路短短十个月，回收所得就突破百万新台币。

翌年起，慈济环保志业从台湾扩展至全球。截至2015年，其中14国家地区共有设立6,646环保站/点，环保志工多达102,993名。

2002年起，回收资源变卖所得捐作承担慈济大爱电视台四分之一营运支出，达成「垃圾变黄金，黄金变爱心，爱心化清流，清流饶全球」的理想。也因为「做环保」等同于「做善事」，激励更多有心人投入。

1991



1991



### 【海外弘扬真善美】美国慈济月刊创刊

1991年，美国慈济月刊创刊，为海外慈济刊物之滥觞。在海外，包括美国、加拿大、日本、马来西亚、新加坡、巴西等地，陆续出版《慈济世界》等在地慈济刊物，报导当地慈济会务、好人好事，作为各地慈济人交流联络的管道。

慈济人文志业出版‘Tzu Chi’英文季刊，每季发行量超过一万三千本，于美加、纽澳、星马、南非等全球五大洲流通。

### 【首次国际赈灾】波斯湾战争与孟加拉飓风

1991年元月美伊战争爆发，为济助在波斯湾战火中失去家庭的孤儿，慈济美国分会在华人社区发起爱心捐款；四月，强烈飓风「哥奇」袭击南亚孟加拉，造成十四万人死亡，慈济美国分会发起劝募活动，证严上人呼吁台湾人响应。这是慈济慈善触角首度延伸国际。

截至2015年，慈济全球人道援助国家多达92个国家地区。

1991





1991

### 【开拓两岸不悔情】援助中国大陆

1991年夏天，中国大陆华东、华中世纪水患，两亿多人受灾；尽管两岸已结束敌对状态，仍有许多台湾人反对援助大陆；证严上人认为，在受灾民众最需要的时候，这分无私大爱可以化解隔阂，在两岸人心搭起桥梁。

大陆赈灾小组提出一个目的（救灾）、两个原则（直接、重点）、三个不为（不谈政治、不宣传、不传教），成为慈济国际赈灾的原则。这些原则化解了中国政府的政治顾虑。中国大陆当局破例，让灾民拥有私人使用权状。图为住房的动土仪式。

当时总计发放六万余人米粮、冬衣、种子，援建63个社区、3107户住房、十一所敬老院以及十三所学校。

### 【非洲种子发芽】南非联络处成立

1992年1月26日南非联络处成立，慈济踏上非洲，展开济贫工作，至2011年接引超过五千多名祖鲁族成为本土志工，投入爱滋病患与遗孤关怀。

以南非为基地，慈济志工陆续在赖索托（1995）、莫山比克（2007）和辛巴威（2007）成立据点。近年来，四国志工也跨国关怀史瓦济兰与波札那，让「黑暗大陆」有了一道光芒。

1992



1994

### 【1993开拓骨髓捐赠风气】成立「台湾骨髓捐赠资料中心」

1993年9月6日，台湾卫生署召开「骨髓捐赠资料库」专案会议，由于台湾捐髓风气未开，而且维护骨髓库所费不貲；会中专家学者及各大医院代表，建议慈济担当重任。证严上人积极向医界人士确认捐髓「救人一命，无损己身」后，毅然担起这项使命。10月12日上人展开全台环岛行脚，呼吁大众响应骨髓捐赠。

20日，慈济耗费巨资成立「台湾骨髓捐赠资料中心」，推动非亲属间的骨髓捐赠。1995年7月，成立不到两年的慈济骨髓库，招募到十万名志愿捐髓者，成为当时全球最大的华人骨髓库。

### 【首例跨国捐髓】新马台志工联手接受

1994年9月26日，由新加坡、马来西亚和台湾三地接力，完成进行第一起「非亲属」跨国骨髓移植手术。

居住在马六甲的少女吴素蓓罹患「严重型再生不良性贫血」，需做「骨髓移植」。吴家在台湾找到合适的捐赠者——陈雯琪。

台湾代表带着延续生命的种子抵新（图），在新加坡完成移植手术。然而，由于之前已有肺部问题，术后第71天，吴素蓓因肺炎并发症不幸往生。新马两地的慈济人在手术前后，多次前往医院关怀探视吴素蓓及家属。

慈济骨髓库是全球唯一以志工体系为主推动的骨髓库，对捐髓者提供全程陪伴、全人照顾、全家关怀，共同成就救人美事。



1994



1994

### 【养成良医】慈济医学院开学

经两年的筹备，慈济医学院于1992年3月动土、1994年10月开学（图），2000年升格慈济大学。

慈济医学院「慈诚懿德」关怀制度，引导学子懂得付出关怀；「生命教育」的服务学习，建立为人群付出的使命；跨国校际合作，充实多元文化的学习；而「无语良师」、「大体模拟手术」以「死」教育「生」的生死教育更独步全球；都是慈济教育志业独具的人文。

### 【无语良师】自愿大体捐赠

1994年年底，林蕙敏女士致电慈济医学院，自愿成为「遗体捐赠者」。证严上人赞叹林女士的善行，引起许多人的共鸣。1995年年底，慈济医学院成为台湾第一个教学大体全部来自「当事人自愿捐赠」的医学院。

慈济医学院称发心奉献遗体者为「无语良师」，并结合解剖教学与医疗人文教育，独创「大体礼敬追思」仪式——从接大体、家访大体老师家属、启用、教学、入殓、送灵、火化、追思、入龕。完整的流程也让学生习得对人的关怀与尊重。

此做法影响了台湾各医学院，将此人文引入校内，「大体老师」成为台湾医学院师生对「遗体捐赠者」的共同称呼。



1995



1996

### 【建立社区志工制度】贺伯台风赈灾

1996年，贺伯台风重创全台，大水淹没城镇，民众攀坐阳台，等待救援。高雄三民乡山崩路断，志工和当地居民在临时便道上排成长龙，以接驳方式将物资送入灾区（图）。

慈济大区域调动人力、物力投入救灾；然而交通几乎瘫痪，行程受阻。证严上人深刻思索，如果能把每一个社区的慈济志工组织起来，在地动员就近支援，不是更能掌握时效展开救援吗？人力资源如何妥善调度、净化人心工作如何突破人际疏远，唤起「敦亲睦邻、守望相助」的最高效率？他心中浮现一张新蓝图，「社区志工」的思维，崭新提出。

### 【志为人医】人医会成立，跨国义诊服务

1996年10月12日「慈济医事人员联谊会」成立（1998年改称「国际慈济人医会」），结合医疗与慈善，定期到医疗贫瘠地区义诊、往诊及健检等。自此，人医会在全球各国陆续成立。在灾难现场，各国人医会志工团队，不分国家，前往灾区义诊。截至2015年，人医会在49国举办义诊，嘉惠超过253多万人次。

图为2002年4月印尼万丹省当格朗县义诊现场，花莲慈济医院张耀仁副院长（左）与新加坡人医会冯宝兴医师（右）合作无间，成功完成手术。



1996



### 【深入苦难处】援助朝鲜

朝鲜自1994年起连续六年遭受大雨、干旱与海啸，导致严重粮荒。慈济1997年12月首次捐助冬衣与民生用品，1999年3月到7月，以当地农作物阶段性施肥要求，分批致赠化学肥料，使重点农业生产地量大增；紧接着又援助四万多个家庭两个月大米。

1997年2009年间，慈济九度伸援朝鲜。由于国情特殊，以往国际组织仅能在港口进行简单的捐赠仪式；1999年1月朝鲜有感于慈济五度援助所展现的诚意与尊重，破例允许农民集会，亲领慈济志工致赠的大米（图）。

### 【跨宗教的长情大爱】援助阿富汗

1998年2月，阿富汗发生芮氏规模6.1地震，造成近五千人死亡、千余人失踪、三万人无家可归；位于海拔五千尺的灾区大雪纷飞，用塑胶布临时搭起的收容所抵御不了酷寒，居民生病又缺乏药物治疗，死亡人数剧增。

慈济与洛杉矶骑士桥国际救援组织合作，提供灾区急需的一千三百七十公斤药品（图）。巴米扬省没有飞机跑道。居民连夜徒手产开积雪，让救灾直升机降落，迎接四个月来首次外界援助。

五月慈济再次前往捐赠药品、发电机和听诊器。两次援助的药品至少可供应一万三千人使用。首次的成功开展了日后的合作关系。





1998

### 【踏上中南美】乔治风灾赈灾

1998年飓风陆续重创中美洲诸国，造成数万人死伤、上百万人无家可归。慈济以宏都拉斯、多明尼加为援助重点，多次发放粮食和医疗物资，并举办义诊、协助灾区防疫。

慈济发起「情牵中南美，衣靠有情人」募衣活动，九天内在台湾募集超过三百万件衣物；五万人次志工投入整理装箱，运往宏都拉斯、多明尼加、尼加拉瓜、瓜地马拉、萨尔瓦多、海地六国，致赠飓风受灾民众（图）。乔治风灾赈灾促成慈济多明尼加联络处成立，是加勒比海地区第一个慈济据点。

### 【清流绕全球】大爱台开播

1995年，台湾有线电视法通过，为了「净化人心，祥和社會」，慈济亦开始电视转播，12月起在有线电视频道播放「慈济世界」，并透过卫星传播全亚洲。

1998年元旦，「大爱卫星电视股份有限公司」开台，将慈济人文志业推向一个新纪元。创台之初，大爱台先后租用内湖、南港等场地作为台址。2005年元旦，位在关渡的人文志业中心大楼落成，终于有了专属的传播基地（图）；节目制作方式也领先全台各家电视台迈入数位化，从拍摄到后制全程「无带化」。

1998





1999

### 【安心、安身、安生】921大地震

1999年9月21日，台湾南投县爆发芮氏规模七点三强烈地震。暗夜中，慈济人力、物力迅速集结，在各个灾区现场供应食物、饮水，抚慰人心；天亮后，各地慈济人透过扎根颇深的社区系统，开始发放慰问金。

这是慈济社区志工已发挥慈善工作最具代表性的实例。从「安心」的急难救助，到「安身」的组合屋兴建，以至「安生」的希望工程与长期关怀，证严上人以三阶段救灾工作，层层铺展爱的布局，也奠定了慈济灾难救援最完整的基础模式。

### 【品德教育、生活教育、全人教育】教育完全化

2000年8月30日，花莲慈济大学附属中小学创校开学，实现慈济从幼稚园到博士班的「完全教育」理想。

慈济教育志业体办学的共同理想和目标，是以「慈悲喜舍」为校训，以「尊重生命、肯定人性」为宗旨；以「品德教育、生活教育、全人教育」为目标的优质教育。

目前台湾有多所慈济学校；在海外则有泰国清迈慈济学校、马来西亚幼教体系、新加坡幼教中心、美国慈济大爱小学，以及美、加、澳等国的慈济人文学校等。

图为马来西亚幼教学生前往关怀照顾户，体验生命教育。

2000





2000

### 【净化人心的社区客厅】全球首家静思书轩启用

2000年8月11日，全球第一家「静思书轩」，在马来西亚檳城成立，是结合咖啡香、书香及心灵讲座的复合店。截至2015年11月，静思书轩已在全球包括马来西亚、台湾、印尼、纽西兰、美国、中国大陆、菲律宾等国家地区，设立了108个门市。

静思书轩除了志工值班，也设有小志工值班制度，让年幼的孩童有付出的机会。书轩书架上的每一本书或产品，皆是为了「净化人心、提升心灵、缔造祥和和社会」的理念而努力。静思书轩期许成为净化人心的「社区客厅」，提供繁忙的社会大众一个与心灵对话的空间。

### 【爱洒人间运动】美国911事件

2001年9月11日，美国四架客机遭劫持，撞击纽约世贸双子星大厦以及华府国防部，两栋百层世贸大楼崩塌，总计造成四千三百人罹难。

次日，慈济进入世贸双子星挖掘现场，为救灾人员供应饮水与医药用品，随后的应急金发放工作持续到12月28日为止。慈济是唯一的外国慈善团体，更是唯一现场提供紧急救助金之团体。

桃芝、纳莉台风相续重创台湾，加上「九一一事件」，慈济于10月13日发起全球「爱洒人间植福田——一人一善远离灾难」募心运动，希望凝聚祥和的善念，以爱止恨、以善止灾。图为美国慈济人在纽约市陪伴911受难者家属一同祈祷。

2001





### 【祥和社會】紅溪河「愛的奇迹」

2002年元月印尼遭逢世纪水患，首都雅加达百分之八十淹水，有「雅加达黑色心脏」之称的红溪河严重泛滥，沿岸搭违建而居的居民几乎一整个月泡在水中。

印尼慈济人依证严上人指示进行抽水、清扫、消毒、义诊、建屋等「五管齐下」方式援助，连续四个月发放食物、民生物资、义诊后，展开大爱村兴建。图为慈济人勘察红溪河的情形。

2007年，雅加达省长苏迪约索宣布将整治的河段，更名为「慈济红溪河」，以感谢慈济。红溪河因1740年荷兰人屠杀当地华人，血染「红溪」而得名，两百多年后，溪化成清流，也在印华种族之间，搭起善的桥梁。

2002



### 【无用化大用】临床模拟手术教学

2002年，慈济医学院突破传统解剖学限制，与慈济医学中心外科医师团队合作，运用急速冷冻储存的遗体，为六年级医学生开设「临床模拟手术教学」课程；2006年「模拟医学中心」成立，让即将进入外科实习的医学生，可在此学习多项基本临床技能及基本手术技巧，并针对住院医师进行「进阶模拟手术教学」。

学生们在近乎真人的无语良师上，划下「医学生的最后一刀，医师的第一刀」。此后，医师的「第一次」可以不用在真实病患的身上冒险，也可以在没有成败压力下，反复练习各种术式；对医者、患者都是一大福音。图为医学生在手术室学习解剖的场景。



2003

### 【开启斋戒运动】非典型肺炎急难救助

2003年3月，非典型肺炎（SARS）疫情笼罩全球，3月14日台湾出现第一期病例，疫情逐日升温，人人自危。全台慈济分会陆续设立「防疫送爱协调中心」，至六月中旬，累计动员志工一万四千多人次，持续供应八十七所机构和隔离者医用物资和素餐（图）。

5月，慈济推动「同心共济弭灾疫」行动，除编制「自爱爱人」防疫手册，并发起「五月斋戒」行动。慈济人的斋戒行动没有后因为SARS退烧而截止，持续推广至今不停歇。

### 【以病为师、以人为本】诺文狄跨国医疗个案

慈济医疗志业随着慈善志业发展遍布全球，因此发现许多复杂罕见的病例。

2004年3月，印尼巴淡岛五岁男童诺文狄，因脸上巨型肿瘤严重影响呼吸及视力且危及生命，由父亲及新加坡慈济志工陪同前往花莲医院治疗。

慈院结合小儿、整形、耳鼻喉、麻醉、影像等十科医疗团队，确诊为「巨大型齿垚质瘤」，全球不到百例，而诺文狄是全球年纪最小、肿瘤最大者。慈济医院为诺文狄施行五阶段肿瘤切除及整形手术，陪伴诺文狄度过三个月半的疗程（图）。

医疗团队用心、用爱为病患拔苦，并针对罕见病例进行研究，落实「以病为师、以人为本」的精神。



2004



2004

### 【长期驻守陪伴】斯里兰卡海啸赈灾与义诊

2004年12月26日，印尼亚齐外海芮氏9.1强震引发海啸，造成印度洋沿岸十二个国家伤亡惨重。慈济医疗志工驰援斯里兰卡，在汉班托塔重灾区成立义诊站，持续将近三个月，服务超过三万多人次。在地民众投入医疗志工行列，协助翻译、挂号、卫教、带动团康，让受灾民众暂忘悲伤，远离心灵阴霾（图）。

2006年11月，649户机能完整的大爱村启用；2008年1月国立慈济中学启用，长达三年，涵盖安心、安身、安生等层面的整体重建计划告一段落，慈济在汉班托塔成立办事处，长期招聘志工从事访贫工作，延伸慈善服务。

### 【慈悲科技】研发环保毛毯

2004年8月13日，「国际慈济人道援助会」成立，分食品、衣着、住屋、行输、资讯与智库六个协力组，支援赈灾行政与研发赈灾物资；所开发的赈灾用品以环保再生为诉求；宝特瓶制成的环保毛毯，是首项开发成功的赈灾物资。

2008年12月4日，「国际慈济人道援助会」五位实业家志工，共同出资成立「大爱感恩科技公司」，除承担慈济环保毛毯再制生产，并致力研发各种环保产品，为全台环保志工的爱心打开上市通路，销售盈余全数捐赠慈济基金会，是全世界罕见的「营利之非营利企业」。

2004





2006

### 【提高佛教的国际形象】佛诞日、母亲节与慈济日三节合一

每年农历三月二十四日是慈济周年庆。随着慈济国际化，在1996年的三十周年庆，证严上人宣布每年阳历五月的第二个星期日（母亲节）为「全球慈济日」，固定于这天回台寻根。

随后，台湾政府把国定浴佛节定为阳历五月第二个星期天。慈济自2000年把佛诞日、母亲节与慈济日集三节于一日，称「三节合一」。

2006年起，本会呼吁全球慈济据点回归当地同步浴佛，提高佛教的国际形象，同时传达人人要感念佛恩、父母恩、众生恩。

### 【海外首个大爱台】印尼大爱台开播

2007年8月，印尼雅加大爱电视台正式开播，是海外第一个大爱台，24小时播出净化人心的节目，全部印尼语发音。不论是戏剧、儿童、医疗或是新闻性节目，坚持以净化人心为目标。

2007



2008



### 【米扑满】抢救「世界粮仓」缅甸

2008年5月2日，缅甸遭受纳吉斯热带气旋重创，超过十三万人罹难、失踪，数百万人无家可归。

缅甸军政府严格限制外国救灾团体进入，慈济锲而不舍透过邻国多方设法，五月十日进入缅甸勘灾，九天内提供超过一万两千人生活物资，六月中取得缅甸政府的邀请函，参与灾区援助及重建工程。

为了「抢救世界粮仓」，慈济提供每英亩稻田一包肥料及两箩稻种，协助七千多户受灾农民复耕。

2010年5月，慈济开始发放改良的稻种「福种」给2300户农民。接受过慈济「福种」的农民，效法慈济「竹筒岁月」精神，天天存「米」助人（图），将爱再传播出去。

### 【建筑希望工程】四川大地震

2008年5月12日，中国四川省发上芮氏8.0强震，造成八万多人罹难、失踪，近三十万人受伤，是中国历史上破坏力最强的地震。

灾后50小时，慈济志工抵达重灾区勘灾，医疗团驻守灾区108天，慈济服务站持续陪伴受灾乡亲89天，引导他们藉由服务乡亲走出心灵阴霾。

随后，慈济援建十三所中小学、九十一户永久住房和两个社区服务中心。十三所希望工程学校，历经两年半的设计与施工，2011年春天已全数完工启用。迁入采光良好的宽敞教室，孩子们不用再忍受寒风读书，在坚固新颖的校舍前，人人露出灿烂的笑容（图）。

2008





2010

### 【慈济登陆】江苏省苏州市静思书院挂牌

2008年，慈济成为中国大陆第一家由境外非营利组织成立的全国基金会。2010年8月，慈济正式在江苏省苏州市静思书院挂牌运作（图）。

### 【国际NGO】成为联合国一份子

2010年，联合国于纽约时间七月十九日，召开经济社会理事会大会，会中正式通过「佛教慈济基金会」(Buddhist Tzu Chi Foundation)成为「联合国经济社会理事会非政府组织的特殊咨询委员」(NGO in Special Consultative Status with ECOSOC)。美国慈济基金会纽约分会执行长张济舵（图）出席这项大会，并将这项好消息传回慈济台湾总会。



2010



2010

### 【素食救地球】推广「一天五善」和「蔬国护照」

2010年4月，因应世界地球日四十周年，慈济发起「一天五善，力行减碳」运动，呼吁民众力行「素食、省水、省电，携带环保餐具，改变交通方式」五件善事，每日减碳1.53公斤以减缓地球暖化。

慈济大专青年联谊会全台大串联，发起「时代青年千万素，减少百万CO<sub>2</sub>」运动，并发行「蔬国护照」，希望汇聚十万位青年响应蔬食运动。除台湾外，马来西亚、新加坡、印尼、美国等海外慈济人也热烈响应，鼓励民众舍肉就素达「百万餐」之多。

图为美国志工积极推广「蔬国护照」，与当地的节庆活动结合，广邀社区民众茹素。

### 【开启忏悔法门】「法譬如水」经藏演绎

慈济于2011年慈济成立四十五周年时，在台湾开启「忏悔法门」，广邀社会大众参与「法譬如水润苍生，广行环保弘人文」经藏演绎，透过斋戒、忏悔、引入发心，形成一股净化社会的力量。

为深入《法譬如水》经藏义理，各地发起读书会精进共修，互勉「涤心垢、除习气」，让善的清流普及全球。

随后，香港、新加坡和马来西亚志工沿用同样的模式，展开「法譬如水」经藏演绎。图为台湾经藏演绎画面。



2011

2013



### 【以工代赈的典范】海燕风灾赈灾

超级强台风海燕台风重创菲律宾，重灾区独鲁万市被联合国形容为「弃城」。慈济基金会引用国际救灾经验，在菲国灾区推动「以工代赈」，接引三十万人次受灾乡亲，用自己的双手投入整建自己家园。

慈济展开史上规模最大的「以工代赈」，带领灾民从求助到自助，短短一个月内让「弃城」从废墟中重生的改变，获联合国人道救援网页头版、美国华尔街日报报导台湾慈济的赈灾经验。图为慈济志工对受灾乡亲做「以工代赈」的行前叮咛。

### 【大型飞安事故关怀】马航MH370失联

1994年4月26日，华航在日本名古屋空难，264人罹难，日本和台湾慈济人接力关怀。自此，在部分大型飞安事故的灾难现场，都可以看见慈济人关怀的足迹，成了家属和急难搜救队伍，背后默默支持的力量来源。

2014年3月8日，马航MH370失联。马来西亚与北京慈济人立即启动关怀，在机场陪伴乘客家属，负起抚慰和沟通桥梁（图）。

2014





2015

## 【回到佛陀的故乡】尼泊尔大地震赈灾

2015年4月25日，尼泊尔发生芮氏规模7.8的强震，建筑倾圮、伤亡甚重。4月28日至8月20日，慈济志工动员312名志工展开十一梯次的「尼泊尔援助关怀」急难救助，发放物资予105,526人(图)。

在尼泊尔深根慈济四大志业，是此次赈灾团的首要任务，目前已经建立起在地的基本支援和访视系统；医疗部分，则是组织了当地的医生护士，展开义诊与往诊；甚至有许多年轻人陆续投入人文真善美志工，记录当地人文轨迹；教育方面的进度是组成教师联谊会，和五十八校的教师交流，而为在地学生盖的109间简易教室也一一启用。

## 【消灭心中仇恨的种子】全球难民关怀

2010年底，北非地区掀起茉莉花革命，连带导致叙利亚内战兴起，激烈战火中民众流离失所，有三百多万人逃离国外，其中半数儿童；邻近国家仅土耳其就有一百多万叙利亚人滞留其间，其中更有不少人从叙利亚到希腊，准备转进理想中的欧洲国家。

一念悲心不忍难民苦，慈济志工接获求援讯息、经由访查评估后，适切地提供需要的援助，包括居家关怀、物资发放、医疗援助、教育补助等，一次次的人道援助行动，带来一道道的光亮与希望。

土耳其慈济人协助为难民孩童提供就学机会，希望通过教育，化解难民心中的不解与怨恨(图)。

2016



# 塞尔维亚难民关怀 爱不孤行

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「我希望战争结束。

希望，你在哪？

你很快会来到吗？

来到叙利亚和它的孩子们身旁！」

滞留在塞尔维亚的难民

在祈愿祝福卡写下内心的盼望。

颠沛流离的路上有爱相伴，

但愿难民有更多走下去的力量。

全球非法移民议题在2015年达到高峰。根据联合国难民署 (UNHCR) 估计，2015年前七个月的非法移民约有三十万人，已经超过前一年的全年总和二十八万人，而贫穷与战乱是非法移民奋不顾身逃离家园的原因。

2010年底，北非地区掀起茉莉花革命，连带导致叙利亚内战兴起，激烈战火中民众流离失所，有三百多万人逃到国外，邻近国家仅土耳其就有一百多万叙利亚人滞留其间。不少人从叙利亚渡过爱琴海抵达希腊，其后取道马其顿至塞尔维亚，徒步万里路，准备前往理想中的欧洲国家。

无论经由水路或陆路逃难，都非常艰辛，不是穿越烽火，就是面对恶劣海象，步步险峻。即使侥幸活着逃到他国，难民身分衣食无着、住宿无处，受尽寒风雪冻。

由于欧洲难民潮数量庞大，使得作为中继站的塞尔维亚 (Serbia) 不胜负荷。2015年底



志工设法为难民找到适合的衣物，在为难民孩童准备冬衣时，也贴心为他们穿上，让笑容在彼此脸上绽放。摄影/ 萧耀华

慈济接获台湾外交部发函，说明塞尔维亚希望慈济对过境难民伸援。于是德国慈济志工会合了十一个国家地区的志工，分别从英国、法国搭机，或从德国以长达十小时以上的车程，跨越五国，发放御寒物资和热食，接力献上关怀。

由于难民急需保暖衣物，慈济志工发放了逾千件的冬衣，以及手套和围巾等保暖用品，自2月29日起展开34天的陪伴。曾在水患时受到慈济帮助的邻国波士尼亚，也在马沙奇尼(Predrag Marinkovic)议长的率领下，有十多位志工跨国前来协助。

### 沉着接变化 亲手发放御寒衣

在希腊与马其顿(Marcedon)边界，有上万难民急欲过境马其顿，然而每日放行仅二百到五百人不等；而另一边从马其顿到塞尔维亚，也仅有约一、二百人通关。三月初马其顿突然封锁边界，难民无法通过塞尔维亚，滞留在希腊和马其顿边界，进退不得。面对



突如其来的变化，慈济志工没有放弃发放任务，随时准备接变化球。

原订十天内完成的冬衣发放，临时改由兵分两路，一队留守在希德(Sid)的难民营发放，另一队前往阿德塞微西(Adasevic)中继站关怀，由于难民情绪高涨，志工是先以抚慰关怀，再开始发放工作。

拿起一件件厚外套，志工让孩子们挑选自己所喜欢的，这是在逃难中难得的开心事，但也有许多人饱受颠沛流离之苦，深感前途茫然，郁郁寡欢。志工献上拥抱，传递爱与关怀。



塞尔维亚难民委员会委员长库西克(右)邀请十多个慈善团体召开会议,慈济志工正式向难民委员会与慈善组织介绍香积饭,建议提供热食予难民。图片提供/慈济基金会

在希德难民营,志工每天总是赶在难民开始排队前,就到达仓库整理物资,看到外面环境有些脏乱,波士尼亚志工更是主动协助环境整理。几天下来的发放,难民对志工的信任也逐渐增加。

「我想难民现在最需要的是勇气,才能支持他们新的环境,开创新的生活,他们远离家乡,需要我们的接纳跟帮助,才不会让他们感到孤单。」来自斯洛伐克的彼得默克斯医师,更是从家乡搭了十四个小时的火车前来,希望能为难民贡献一分力量。

除了毗邻克罗地亚(Croatia)接壤的希德难民中心,志工更进一步奔波三百四十公里,前往另一端的边界,即难民从马其顿进入塞尔维亚的第一站普雷色沃(Presevo),了解难民的需要及所面临的困境。

普雷色沃设有塞尔维亚最大的难民中心,滞留者大多是无法取得准许证,不能继续前行的难民。中心内缺乏良好的淋浴设备和热食,虽然有NGO组织在此提供必要的生活用品和食物,但大都是面包和干粮。一到晚



看到慈济人介绍关怀难民的影片,难民Arfan Omar却发心捐出五欧元,他身上仅有二百零五欧元,以及从叙利亚带出来的五百叙利亚镑,他说:「虽然我能力有限,但我会去告诉更多人关于慈济的爱。」摄影/王素真

上,伙食站大排长龙,因为这是难民营里一天唯一的一餐热食。

截至3月17日,慈济总计发放2830套冬衣、冬帽、手套、围巾与袜子,另有二十包儿童纸尿裤与四箱卫生棉。

## 热食暖人心 真诚互动惜福气

冬衣开始发放后,三月初边界封闭,难民停滞塞尔维亚。因而难民委员会希望慈济志工能协助解决食物供应问题。碍于法令限制,志工无法亲自烹煮食物,仅能采购食物调理包,加热后提供给难民。

起初对于热食供应,难民非常期待,在寒冬中不仅温暖了难民的胃,也让他们暖入心。然而吃了几天相同的口味之后,加上无法继续前行,停滞在塞尔维亚,心情低落胃口不佳,有些人没吃完就丢弃的情况发生。德国志工陈树微等人看到吃不完的食物感觉很可惜。因此,决定不再供应调理包热食,另想办法。当地物资逐渐短缺,采买也不便,必须有解决方式,慈济志工遂询问是否可以提供香积饭给难民。



在志工的引导下，孩童不再拿石头扔小狗，而是拿面包喂食；志工喜见孩子心中多了一份怜悯众生的爱心。图片提供/慈济基金会

「香积饭的研发是为了国际赈灾或急难救助使用，便于运送，不必烹煮就能让人吃饱，又兼具卫生、安全与营养的粮食，只要煮好开水加入饭中，约二十分钟就可食用，方便又省时……」志工向难民委员会人员介绍并且示范泡煮香积饭，得到允许，未来每天提供二千份香积饭。慈济紧急从台湾空运两公吨香积饭，于当地时间3月17日送抵塞尔维亚。

香积饭供应的效果不俗，垃圾和厨余因此大大减少。19日，志工邀约难民委员会成员和阿富汗、叙利亚、伊拉克的难民一同认识慈济的精神和志业，更让他们学着如何调理香积饭。宗教处同仁陈祖淞示范如何让香积饭口感更好，并分享「惜福」的观念，「粒粒米饭都是来自师父与慈济人的爱心，希望大家在食用时珍惜食物，吃多少取多少。」

3月15日中午，难民委员会委员长库西克邀请十多个慈善团体召开会议，委员长先感谢各个慈善组织的付出，目前塞尔维亚总共有2200位难民，希德三处有850人，各个慈善组织长时间的陪伴与关怀，让难民感受到爱一直都在。

委员长三度感恩慈济，赞扬慈济志工很快地注意到难民所需，马上提供难民热食。他说：「我要对慈济致上我最深挚的感谢，过去都没有团体像这样帮助难民，五年来不曾有过。」

### 未来不可知 把握当下传温情


慈济志工在塞尔维亚的关怀难民行动，逐渐对难民产生潜移默化的影响。难民营里有叙利亚人、阿富汗人和伊拉克人，彼此的语言和生活习惯殊异。由于大多数难民都希望能前往德国，因此志工也教孩子学习简单的德文，还读阿拉伯文的静思语给难民小朋友听，教导他们其中的道理。不只是志工以手语带动难民，难民也教导志工跳阿富汗的传统舞蹈。

慈济志工特别选用英文版的〈普天三无〉，配上与难民的互动及爱洒的画面，与难民分享，希望能疏解他们内心的彷徨和怨恨。难民青年和外籍志工也发心将歌曲〈一家人〉翻译成阿拉伯文和波斯文，希望爱的力量能藉由歌曲传开。

一名小弟弟学着慈济志工在发放时微笑、感恩、鞠躬，而难民朋友也回以鞠躬。小弟弟看到其他小孩子未将食物用完，他不舍食物被浪费掉，于是把食物的盒子慢慢盖起来，请另一名小朋友惜福，珍惜这得之不易的食物。

在营区，许多孩童看见小狗，总拿起石头对着小狗丢，志工见之不忍，引导孩童亲近小狗，爱护动物。孩童学会拿面包喂食小狗；志工喜见孩子们的心中多了一分悲悯众生的爱心。

滞留在希德地区的八百多名难民，被分配到三个地点，有了暂居之所。3月25日，慈济志工为难民们举行一场圆缘爱洒祈福会，除了与大家进行团康与手语带动，同时制作祈福祝福卡，邀请难民们将心中的愿望写下来，不仅是祝福自己，同是也祝福大家都能找到安身立命之处。一位难民妇女会后说：「我今天学到很多东西，我学到付出耐心、爱和希望，困难的日子已经过去了。」

欧洲慈济志工在塞尔维亚的难民关怀行动暂告一个段落，四月起难民营的香积饭供应，将转由难民委员会负责烹调供给。难民委员会委员Nebojsa Sekulic说：「自从一个月前，慈济进来帮忙后，所有事情都改变了。我看到慈济人带来欢乐与喜悦给心灵受伤的难民。虽然其他团体也有给物资，但是慈济人是除给予物资也一直陪伴、和小孩玩乐。我真的很想找一个比谢谢更好的字来替代我心中想表达的无限感恩。很希望每个人都会像慈济人无私地付出。」

行经小札

## 在塞尔维亚 埋下大爱种子

撰文 郑素萍(新加坡)



摄影/ 林振毅

「你 要去塞尔维亚吗？」我几乎马上就答应了喜洲师兄的邀请，纵然对于人身安全和家人反应仍有顾虑，却听到自己坚定的心声：想去！

虽然不知自己可否帮上忙，但希望能够做的都想用心去做，去学和付出。力量无论大小，能付出就是有福，自己要把握当下，走入苦难处。

3月12日到19日的难民关怀行程，我与三名新加坡志工自费自假，前往塞尔维亚汇合欧洲志工。德国志工树薇师妹带我们走访难民中心，克难窘迫的环境让我感到震撼。难民普遍住在帐篷里，以毛毯作间隔，还有一些家庭睡在地上，小孩也不少，其中就有一个才出生一个月的Andy。物资缺乏之外，婴孩奶粉也不足，大人一般上靠慈善组织发放的面包、奶酪和罐头来果腹，而泡面是难得的奢侈品了。17日我们还临时增加了南部难民中心勘察与关怀的行程。

跟难民互动数日，他们对我们越来越熟悉，见到我们都会露出笑容，小孩也会自动跑来和我们做游戏。天真的孩子一看到我们分派糖果，就蜂拥而来，我们教他们排队，他们都会说谢谢。

15日难民委员会召集了十多个国际慈善组织参与会议，委员长汇报了国际间难民安置计

划的变化，这些难民很有可能需长期滞留到年底或明年初，因此塞尔维亚正规划建设一个软硬件较完备的难民安置中心，包括医疗、煮食空间、上网设备、德语教育等等。事实上，「火车何时会启动前往德国？」是我常听到的问题。难民每天都怀抱希望，期待早日到德国去与家人团聚，若他们知道计划有变，要如何接受呢？

每天发完热食，我们向难民嘘寒问暖，听到了很多离别的故事。无论如何，我都希望能把握短短的相遇，拍拍他们的肩膀，摸摸他们的手，给予他们安慰。有一名带着两个分别是一岁和五岁幼儿逃难的叙利亚妈妈，告诉我们孩子的爸爸还留守国内。前路茫茫，一家人分隔两地，何时能相聚？我想，这需要多大的勇气才能做出如此决定。还有一名父亲问我，是否可以把他带回新加坡或台湾，我默然无言。

每天熏法香，从上人的开示中得知因果果报，了解众生的苦起于无明烦恼。各人依、正二报不同，皆因自己造作，然而佛陀慈悲，不忍众生苦。何况苦难人今生带业来受报，又无法造善因，何时才能见到光明呢？

虽然我们的付出是一刹那，却也希望能启发苦难人的爱心和善念，在他们心田种下大爱种子，期待有一日会萌芽茁壮。🙏



摄影/ 蔡长盛

# 静思书轩启业

## 狮城传人文香

撰文 吴佳翰、郑振昌、符采君

阔别八年，静思书轩重新在狮城启业。  
在位于芽笼东的沈氏大道旁的23坪店面，  
有书香、茶香和人文香的接待，  
希望让民众找到一个心灵沉淀的好去处。

**新**加坡第一间位于牛车水的静思书轩，在2007年年底，因为物业归还业主而结束营业。这几年来，慈济志工都不放弃物色适合地点让静思书轩重新营业，直到2016年初，终于在沈氏大道(Sims Avenue)一带找到合适的店面。

走近书轩，民众就可透过落地玻璃橱窗，感受其中的人文美。橱窗摆放着精致的茶具、

环保餐具、书籍等，最显眼的莫过于台湾著名摄影师阮义忠拍摄证严上人的摄影集《恒持刹那》。

拉开木制把手，慈济基金会创办人证严上人正在看报的图，映入眼帘。左边矮柜陈列着净斯用品，而贴墙的高柜则摆放着琳琅满目的静思法品。23坪的书轩设有25张椅子和八张桌子，让民众能静心阅读。其中一张桌子

是西式料理台，供净斯食品烹饪教学示范。料理台后方正是一幅静思精舍师父的「自力更生图」。

证严上人和精舍常住师父们奉持「一日不作，一日不食」的戒律，以劳作来维持生活。静思法品是上人与慈济的出版品，而净斯禅品是常住师父生产的食品和用品。

「上人无法亲身前来新加坡，只能通过书籍和产品，让更多人了解慈济的大爱精神。」店长廖婕莹说道。因此，团队把静思法品摆放在门市的入口，同时也把新加坡慈济简介和期刊放在结帐处，让民众能随手索阅。

### 经验传承 好人文盼广传

2014年，社区组长邱志豪发愿要在新加坡东部重新设立静思书轩，要在这地小人稠的土地上，推广静思法品、净斯禅品，还能藉此凝聚社区志工。寻觅多时，邱志豪找到位于芽笼东繁忙地区，大牌134一楼的店面。芽笼东地区设有很多佛教道场和素食馆，人流量多。书轩前就是巴士亭，距离阿裕尼地铁站仅有五分钟步行距离，交通十分方便。

筹备过程中，筹备小组苦于经验不足，分别于2015年12月和2016年3月两度前往马来西亚新山的两间书轩，实地学习经营模式。不仅如此，负责绘测多间静思书轩的新山支会志工陈美珍，也担任起新加坡书轩的室内设计师；桌椅橱柜则由新山支会的会员，以半卖半送的价格护持。

「因为我们都不管来自哪个国家，都是互相扶持，互相地法亲关怀。」静思书轩新山店的常驻志工王绥珠说道。



2016年3月5日，筹备小组来到静思书轩（新山店），向新山团队再度取经。摄影/ 陈志财

店长廖婕莹还于一月远赴台湾关渡人文志业中心的书轩实习一周，并与静思书轩营运长蔡青儿互相交流，过程让她领悟到：「经营静思门市不只有专业而已，更要结合人文，这个静思服务精神要扎根、带动，积极做就对了！」

三个月的筹备虽然忙碌，让廖婕莹压力不少，但她坚信静思书轩是一个让志工成长的平台。「因为以前静思产品只有在静思堂的静思小筑才有售卖。然而，许多人住得离静思堂比较远；现在走入社区，希望能很扎实地推广。」

从台湾与马来西亚两地汲取精随，志工对静思书轩有了更深刻的概念。因此橱柜摆设和装潢布置，志工都细细考量，让每个角落都具有巧思。装潢期间，志工更是每天为装潢工人准备美味的下午茶、点心与水果，让工人能在愉快的氛围中工作。

### 社区客厅 学习待客之道

3月12日，十来名志工趁着橱柜安装的最后一天进行大扫除，27日下午静思书轩则举办了人文值班志工培训，共有56名志工参与。课



3月12日，十来名志工趁着橱柜安装的最后一天进行大扫除，合力把装潢工程与橱柜摆设中的灰尘与污渍抹除。摄影/ 张谋胜

程目标在于让人文值班志工更深入了解慈济的礼仪之美、待客之道，还有书轩运作模式，期盼他们能用心接待每一名民众。

廖婕莹和两位人文推广干事许丽贞与邱旻蕙承担了讲师。他们参考了来自檳城、雪隆和台湾的课程资料，拟出适合本地志工的课纲，更通过情景模拟，三人分别扮演顾客、志工与职工的角色，让志工能了解如何服务客人。从客人一踏进书轩到结账离开，每一个步骤都讲解得仔细。随后讲师还请学员轮流示范，并从旁提醒。

「我愿意接受挑战！」学员陈宝财坦言，以前觉得端茶服务客人是女性的工作，如今报名人文值班志工，面对形形色色的顾客，除了轻声细语，还要注意细节，尤其是要摆盘时，更要做到无声，这些都考验着陈宝财。同样是从事餐饮业，身为老板的他，以前总是习惯服务生端茶递水给他，认为这一切都是理所当然的。陈宝财体悟了为他人服务并不简单，需要学习很多细节，但他愿意放下身

段，更深信从服务中可以调整以往不够细心的习气。

来自马来西亚雪隆的静思团队，特地在28日和29日南下新加坡与志工分享经验，协助书轩布置和教授调配饮料良方。新加坡志工和职工分成两组：志工向雪隆合心人文干事田金香学习布置摆设，而廖婕莹和另一位职工陈淑芬则负责向雪隆职工叶慧贞学习冲泡饮料。

「看到书轩还没有完全准备好，我有点着急。因为我觉得书轩都是我们的家，就决定留晚一点，尽量把它布置得很好。」田金香说道。橱窗摆设、货物上架、讲座规划等都需要时间讨论与调整，雪隆团队也因此延迟回国行程。

静思书轩于4月1日启业后，吸引了不少人文爱好者前来光顾，其中包括新加坡国宝级艺术家陈瑞献。不少志工更是挪出时间或请假值班，用心守护这一个接引民众认识大爱精神的「社区客厅」。

慈

## 教育 新场地 亲子快乐学习去



摄影/ 黄璿莹

「哈啰、哈啰？」课务老师问孩子。「喂、喂！」孩子齐声回复，并立即安静下来，隔了数月再见面，彼此的默契不减。2016年的2月28日，快乐亲子成长班在新场地——新加坡福建会馆文化学院正式开课了！有了正规的课室和户外场地，课务团队用心设计了动态与静态课程。

配合课程主题「摄心——晓了无常，坚定信念」，课务团队以故事和时事来引导思考，并透过有趣的户外游戏「手捧水盆竞走」，让孩子体验「摄心」。郑皓天从游戏中领悟到：「上课要专心，功课作快而不专心就会乱；考试时粗心而没仔细看考题，就会考不好。」

毅力班吴觉愍的父亲吴毅进说：「慈济以深奥的道理导入亲子教育，很生活化，对亲子互动有极大的帮助。」参与了三年的亲子班，吴觉愍让爸爸看到了她的懂事与乖巧。来到新地点上课，虽然交通没有那么便利，但吴毅进觉得整体环境比较合适，对于孩子的学习也更理想。

【陈玉真、邓凤梅/报导】



摄影/ 张谋胜

## 妆艺嘉年华 志工沿途倡环保



摄影/ 蔡长盛

「这里是我家，环保靠大家；家家做环保，环境更美好！」慈济志工排成一列，向熙来攘往参访妆艺夜间嘉年华的民众，宣导「垃圾不落地」和资源分类。

2016年2月21日，慈济应主办单位新加坡人民协会之邀，首次参与，和两个义工组织于碧

山—宏茂桥公园向民众推广环保，尤其希望年轻一代能继续维护新加坡的干净整洁。

除了沿途宣导，志工也在会场设立摊位与民众分享「环保十指口诀」和介绍慈济。尽管民众反应各异，志工依然不懈地撒播环保种子。民众王安妮说：「大部分年轻人都喜欢有娱乐表演的场合，所以在这里宣导，可以让来看表演的年轻人了解环保，他们才会开始做环保。」

八岁的邓家乐被「环保十指口诀」的道具所吸引，他说愿意为地球出一份力。经过志工的解说，他了解到环保就是把没有用的东西变成有用，也知晓了可回收的资源。

【庄颖盈、郑倩婷/报导】

## 人文 医院设摊 推广健康环保

配合3月17日中医节，陈笃生医院综合医学针灸中心举办针灸日活动，同时邀请慈济参与设摊，推广天然营养的香积饭、五谷粉，以及环保餐具、健康相关的书籍等。

活动协调员陈嫦音医师，也是慈济人医会成员。她认为，慈济所推广的天然、无农药的食品，适合让病人或是生活忙碌的医护人员使用，而环保餐具则能让医护人员在外带餐食时，避免使用即用即丢型的餐具。为了让慈济能够进入医院设摊，陈医师可是花了三周时间和院方不断沟通，最终在前一周获得批准。



摄影/ 蔡长盛

除了展售素食与健康的书籍，现场也推广《静思语》。早上九点设摊起，摊位的人潮络绎不绝，多为病人与家属。他们在购买产品后，均表示愿意到即将在四月正式营业的静思书轩，继续支持。

【吴佳翰/报导】

## 慈善 志工勤陪伴 新芽展希望



慈济基金会（新加坡）于3月19日在静思堂举办2016年新芽补助金颁发典礼，共有261名学生和七位学校代表出席。此次为今年第二梯次的颁发，补助刚升上中一的清寒学子的餐食和交通费，希望减轻学子家庭的负担，让他们可以突破困境，专心学习。

经常参与新芽家访的志工带来了戏剧《知福·惜福·再造福》，也呈现了两首歌曲「路要自己走」和「一家人」，熟悉的脸孔和温馨的表演，触动来宾的心弦。

志工张丽萍在四年前因新芽家访而走入慈济。透过家访，看到孩子忍饥挨饿，她很心疼，从此不错过一年两梯次的家访，希望透过近距离接触，能更了解孩子的家庭背景。张丽萍也发现，案家不只缺乏经济支援，更需精神上的关怀和鼓励，「每个孩子都不能放弃，希望把他们引导得更正念正向，去面对未来的挑战。」

典礼的尾声，志工以手语歌曲「一家人」带动，希望大家像一家人般不分彼此，提起信心迎接每一天。第一位站起来投入手语比划的家长爱莎（Aishah）说：「这是我第一次出席新芽助学金典礼，慈济的付出让我很感动。」

今年新芽补助金计划两个梯次的颁发，共有1342名学生受惠，而全岛共有58间中学参与此项计划。

【李珍莹、符采君、林丽芳、姚慧欣/ 报导】



摄影/ 王玲凤

## 环保 环保风 吹入国际学校

新加坡东南亚世界联合书院(UWCSEA)东部校园一年一度的家庭日。学生环保团体「绿手指」(GreenFingers)在慈济志工的陪伴下,吸取了慈济义卖会的经验,开始学习落实绿色园游会的模式。

了解慈济「清净在源头」的理念后,学生环保团体「绿手指」(GreenFingers)事先与摊主沟通,拒用宝丽龙,并架设洗碗区和资源分类区,事前还寄出了多封电邮,鼓励与会者自备餐具。此外,绿手指还想出了两个新点子——以香蕉叶代替免洗餐具和流动回收桶。

学生推着流动回收桶,学生穿梭在人群中收集已用过的香蕉叶和回收物,甚至到餐桌区,协助访客处理桌上的「垃圾」。「我不认为这是一个丢脸的工作,我很喜欢这样做。这是我们要做的事,一种义务,所以要负责任。」学生芭芭拉(Barbara Ureta)发现大部



摄影/ 陈三峇

分人都很愿意帮忙一起收拾,甚至引起一些家长主动询问,希望理解更多。

推动环保不遗余力的书院,在校园内设置了回收桶、堆肥制作区等,教职人员也经常自备环保餐具。2014年,该院邀约慈济带动学生自发地推动环保。自此慈济志工定期进入校园,在手机上设立沟通平台,与「绿手指」和指导老师戴安娜交流经验。学生也多次组团参访慈济环保教育站和观摩义卖会等,深入了解慈济的环保理念。

【吴彩凤、何欣苓/报导】



摄影/ 陈三峇

## 人文 知行合一 培育文史志工



摄影/程丽霞

「观察力是人文真善美志工的基础，需要学习『六到』——看到、听到、闻到、尝到、触摸到与感受到。」慈济新闻编辑吴佳翰讲解道。

2016年3月26和27日，人文志业发展室与人文真善美干事分别在新加坡静思堂和教育站举办两天的人文真善美通识课程，作为2016/2017年培训制度的入门课程。课务团队参考过去经验，重新制定两年一阶的培训制度，希望

透过一系列人文结合实务课程，让志工在欢喜付出的同时，也丰富自己的心灵，准备在两年后成为一名能够独立作业的人文真善美志工。

强调从做中学，摄影课务组组长王绥喜鼓励学员：「多参与慈济的活动，去体验、去感受。这种亲身体会是一种无声的学习，比讲师说十遍还有用。」

通识课程的设计，除了说明人文真善美的承担与使命、出勤礼仪与作业，也介绍了

图文影的运用。第二天课程更善用环保教育站的地理环境，设为学员实作的题材，让学员通过观察学习做纪录。

51名发心承担文史记录的志工报名参与课程。其中对写作兴趣浓厚的陈润娇，在年轻时曾担任学生记者，上课后却发现「要做一个人文真善美志工不是这么简单，需要注意很多细节。」她期许自己要多读多写，希望继续完成当年做记者的梦想！

【吴彩凤、何欣苓/报导】

## 环保 宏茂桥新点 基层倡环保



摄影/ 黄思妮

「今天你还有其他事吗？要不要留下来和我们一起『玩』？」居委员会主席罗美荔遇到把资源带到环保点的居民时，都亲切地邀约他们留下来做分类。

经一年多的洽谈和筹备，慈济与杨厝港第七分区居民委员会（Yio Chu Kang Zone 7 Residents' Committee）携手在宏茂桥大牌624开设新环保点。4月10日正式开跑前，慈济志工与居委会成员，两度到临近组屋区倡导环保，也提醒居民们在家整理和分类回收物后，才送去环保点。

原本空旷的组屋底层空间，经志工规划，设置了各个资源分类区及环保看板区。桌上也摆放了大爱感恩科技的展示品、环保物样品及静思人文产品。志工洪德谦还改良制作了一套「便携式环保回收架子」，既可折叠起来变成桌子，也能充当分类袋的架子。套上

透明袋子后，能让人一目了然，主动地把回收物放入正确的分类袋里。委员会成员分散在各个分类区与居民一起做分类，大家说说笑笑、边做边学。突然，从杂乱的回收物里跑出来的蟑螂，把居民吓着了。「我们在家就应把回收物清洗干净，就不会滋生蚊虫了。」一旁的志工把握机会分享环保理念。

开幕嘉宾贸工部兼国家发展部政务部长许宝琨医生，莅临环保点给予鼓舞。居委会当天也贴心地派发环保餐具给予居民，鼓励居民时时把餐具带在身边，避免使用免洗餐具，期许大家从日常生活中的小动作开始做起，减少资源的消耗。「虽然今天居民人数不多，不过我们会给予全力的配合，积极在社区倡导，让居民踏出第一步，一起来做资源分类。」罗美荔有信心地说道。

【王佳怡/报导】



摄影/ 郭慧清

# 对的人要向 错的人道歉

有一次随师时上人谈到为何「对的人要向错的人说对不起」：「别人虽然错了，但是他不想修行、不想改过，我们对他说对不起，是为了我们要修行，要修得心宽念纯。」所以，主动跟不对的人道歉，他才不会跟你牵扯不完，也会因彼此断恶兴善而从此止息纷争。



## 刘济雨

事业成功的台商。  
一九九三年皈依证严上人座下。  
二零零一年结束马来西亚制衣厂事业，担任全职慈济志工。

曾任慈济马六甲分会、慈济新加坡分会执行长。

目前已回归证严上人座下，协助奔走于国际赈灾与多个国家的慈济会务。

在人群中修行，道理很明显的事情何必去跟别人争论？公道自在人心，忍一口气是海阔天空，争一口气会祸事临头。文殊师利菩萨也说：「于一切之法，无言、无说、无示、无识，而离诸问答，是为入不二法门。」意思是说：一切真理没有言语，不能说明，无法表示，更不必去辩解争论。生活中，人事纠缠及人我是非无可避免，也经常看到受委屈的志工向上人倾述，希望上人能体解其冤屈而给予适时的肤慰。然而，上人却以正向激励的教法给予慈示：「对的人要向错的人道歉。」我们经常以世俗观去看人生百态，也习惯以主观及定见去看事情，因此看不到真相与实相，以致陷入迷茫与迷思之中而成为心智成长的障碍。



摄影 / 王绥喜

有一位非常发心的志工组长，经常以自己的我执与我见去主导活动，然因其个性十分任性与率性，如此的行事风格自然造成许多志工们深受其扰而不知所措。要听他的话嘛，好像这是他自己的定见而非正见；不听他的话，这个区块又是他负责的，因此志工们无所适从。在这个过程中，有另一位志工干部常常以自认为之正义感为众仗义执言，虽然理直但却气壮，结果令这位组长反弹更大，于事无补也彼此伤了和气。

之后，有一次这位仗义执言的志工干部返回精舍，早已了解整个事件来龙去脉的上人一见到他第一句话就说道：

「唉！不要去断人家的慧根。」当时我在一旁心想，那些志工们都是受影响者，上人怎么不担心这些志工会被那

位组长断慧根？彼时，对智者如此的慈示百思不解。而之后的慈济工作中更是经常看到类似如此的事情，然而上人依然是教育那些自认为是对的人，或自认为受委屈者自己要先改。慢慢接触佛法也体解上人的教化之后，才真正体悟觉者的德行涵养与佛法的真理大纲，它告诉我们：想要成佛的人就要自己先改，想要解脱的人也是要自己先改，想要解除烦恼的人也是要自己先改。懂得先改变自己的人才因放下而度脱此身，不懂得放下的人只好继续与乱境纠缠不已，这就是「君子务本」的道理。

### 法要活用才能绝妙应机

对错不是绝对的，而是相对的，所以才说「对在哪里？错在哪里？一切只是观念而已。」佛家说「一念转三千」及「三

千一念由心牵」、「一念含容三千界」等等，一切的境界现前都是自性的显现，对错及净垢的境界判定也都是由自己的念头在主宰着。昨天我们自认是对的決定，今天可能又觉得不太对了；今天坚持认为自己是對的，明天事过境迁，心情沉淀过后方觉别人也是没错。观念不同，想法就不同，想法不同，则心态也不同，心态不同，则做法就不同，做法不同，言行造做的表现也会不同。对错的认定及其所造成的不同结果何尝不是如此，所以心念必须超然，站在制高点才能宏观一切，钻在牛角尖里自然是不见天日。

法要活用，才能绝妙应机，一旦起妙用，才能印证「无量法门，悉现在前，得大智慧，通达诸法」。有一天，我在精舍看见一位委员对参访的一群志工们提醒说道：「请大家不要把脚踩在水沟盖上面！」我当时有点纳闷，因为我看见很多人在行进间踩上沟盖而没发生什么声响与异状，这些有沟盖的排水沟又是在人来人往重要的通道两边，当初为避免有人不小心踏进水沟，以及美观与实用的考量，所以才加上水泥盖，如无沟盖或有沟盖却不能踩，则人人需跨越其上，这的确会予人不便。

然而事出有因，几年前沟盖刚铺好时，有些沟盖底座有缝隙，造成踩上去会发出声响，未免人多时大家都踩上去会造成噪音此起彼落而影响道场的宁静，因此当时志工们的确有「脚不要踏上水沟盖」之默契。如今盖底全部加放垫子，踏上去自然不发声响。所以，「水沟盖可不可以踩」需看情形，这也是法无定法，需考量此一时彼一时而有所因应与取舍。没有铺得很密而会发出声响，此时就不要去踩，怎么踏也没噪音就可以踩。

会有声响而硬踏上去，这是感觉不敏锐、感受不清楚；修好已无声却还是不能踩，这是墨守成规、食古不化，不懂得通权达变。能把这样的道理以实际行动去运用在日常生活中，这就是「人能弘道」，不要因循守旧、抱残守缺，也不要固执旧法而一成不变，这就是「非道弘人」。上人教导慈济人要「旧法新知」就是强调法也是要与时并进才会适时势、合时宜。生活中的小事情也会充满人生的大道理，慈济人间路可以衔接如来菩提道，透过权教，直通实教，这就是「道场在日常生活中，在人群中，更在我们心中」的真实道理，这也就是一乘如来真实义。

## 无分无执 真入境界

有一次我随上人行脚，一位行事作风比较无法与团体配合的志工向上人提及他想做事情，可是团队成员却不给予机会成就他，反而处处做梗，他自觉自己没错也甚觉不平。上人即席对众开示：「不要说我要跟人家和，是人家不跟我和。应该说，人家不跟我和，那是我没有主动去跟人家和。」这是一句发人省思的箴言。如自认自己还是没错，则这句开示就很难听得懂；如马上反观自照，忏悔自己过去的无明与习气，则这句话会从此改善我们所结的众生缘。

常常自认自己没错，即使有错也是别人的错；或是不必改，要该也是别人先改，这样的心态就是「我慢」，以这种心态来对付别人则成「卑劣慢」，这也是一种习气。有时候，我们主观觉得自己没错，那是自己不懂得内观及自省，所以很难找出还可以让心灵继续成长的空间。看不到自己有错，不代表没错，而是自己有盲点，所以看不到，严格说来这也是一种无明。上人曾言：「不要以为自己已经做了很多，其实我们还有许多微细的业障难以察觉，而这些微细的业障也是各有其因果。」所以，许多小错我们也是难以察觉，但这并不代表我们没有犯错。

我们每天还在执着自己的成见，都认为我是对的，他是错的，这是凡夫的知见。真正有成就的人是你对他也对，没有分别、没有执着，这才是真入境界，才是真正的清净。佛门有一公案：两个出家人在争执，到老和尚那里告状，请老和尚评评理。老和尚问甲，甲说完后，老和尚说：「你对！」乙听了不服气，也跟老和尚说了一大堆，老和尚说：「你也对！」老和尚身边站着一位侍者，等他们两人都走了，侍者问老和尚：「老和尚，你刚刚跟他们两人的对话是不是有问题啊？」老和尚看着他说：「你也对！」老和尚是真对，他们三个才是有问题。老和尚是无我相、无人相、无众生相、无寿者相，心里头没有是非、善恶、争执，心地是真正的清净、平等、觉，这样才是高度智慧与善巧方便，也才能解决大小纷争。

一直看到别人缺点的人，做事不会周全。所以，一直在照见别人缺点的人，也需要别人来发现他的缺点，这个道理理解了，我们就不会想去看别人的缺点及过错，即使看到了也不会放在心上而耿耿于怀。任何事情你能够天天反省，要反省自己这边，不要去责怪自己那边，你就成功了。你要是反省自己没有错，有错都是别人的错，有错都是别人

的错，那你错到底，就很难回头了。


如果还执着有个他，我对他错，我就错了，对了也是错了。过失都在自己，别人没有过失，别人错了也是对的，我对了也是错的，修行要这样内观自省才能收到效果。为什么我对了也是错的？因为，认为我对了，还是有我执，有我执着就错了。还有「我」的念头就错了，这就不是菩萨，《金刚经》讲得很清楚：「无我相、无人相、无众生相、无寿者相。」有我相、人相、众生相、寿者相，即非菩萨。所以，要做菩萨就不要还执着有个我、有某个人、有那些人、有寿命长短的我等等。

### 以退为进、心宽念纯

有一次，同一个国家的两个据点，因为过去的某些误会而彼此甚少互动。其中一个据点的负责人听从上人的教诲后，开始主动伸出善意的橄榄枝与对方互动。有一天，这位负责人返台拜见上人，他向上人报告说道：「上人，每次他们有大型活动，我都会去电问他们是否需要我们过去协助，他都说没有需要。」语毕，上人向这位负责人说：「师傅教你一个更好的办法。下一次他们如果有活动，你就跟他说，我们一群人想要过

去助缘，好不好？」这是一段令人醍醐灌顶的师徒对话，充满深邃的人生哲理与说话的智慧。

有一次随师时上人谈到为何「对的人要向错的人说对不起」：「别人虽然错了，但是他不想修行、不想改过，我们对他说对不起，是为了我们要修行，要修得心宽念纯。」所以，主动跟不对的人道歉，他才不会跟你牵扯不完，也会因彼此断恶兴善而从此止息纷争。向错的人道歉不代表错的人就变成是对的，就如同向（一个）口说三（乘以）八（等于）二十三的人道歉并不代表三八二十三是正确的。向错的人道歉也是一种提升人格的最好学习，学习不要只是做一个对的人，也同时要做一个慈悲的人。

「对的人向错的人道歉」这个道理如用在夫妻相处之道更是好用，因为据理力争、理直气壮的结果即使赢了战争，也会失去和平。看似赢，实则输；看似退，实则进。人生的路如果不懂得以退为进而迂回转进，则即使自认为是对的，最后也都会是输了。此有如「虽不满意，还是接受，虽然接受，但不认同，虽不认同，继续包容。」这就是慈悲的力量，也是软实力。



# 花木

## 无言也动人

**花** 在路边、花在瓶中、花在案头上，都有不同的动人风景。用心，就能与花草对话，让草木的千姿百态，丰富我们的生活和心灵。

中国的插花艺术最早起源于隋唐时代的佛前供花。民间百姓在寺庙见之而心生欢喜，因此插花逐渐流传开来。直到宋朝年间，「焚香、插花、挂画、点茶」广被文人推崇和视为风尚，称为「民间四艺」。有句话说得很传神，茶有日月之精华；香有乾坤之秀气；画有万物之灵韵，而花则有天地之慧黠。寥寥数语，道出了中国人传统的审美情趣。

花木是大自然的生命，通过它的无声说法，让我们体察到世间有成、住、坏、空的形相。取花材在手中，第一件事不是想着：我该怎么插花？而是静下心来，仔细观察它的一花一叶，默默观想它从一颗种子开始萌芽成长，需要土壤、阳光、空气和水的滋养，才能化成我们眼前所见闻的美丽与馨香。

因此在静思花道上课前，我们都会带领学员们恭敬地举花齐眉，先诵念一遍：「感恩佛恩、天地恩、父母恩、师长恩、众生恩，感恩上人。」花木以它有形的生命来为我们无声说法，我们要感恩一切的成就，也愿意以此花香、人文香，供养一切众生。

在静思花道中，有六种基础花型布局技法。其中「清雅之美」主要是强调人与花的对话，因造型利落，取材要去繁就简，很能突显花材本身具有的形态特色。在「真、善、美」三主枝中，选择缩小善或美，就好比舍弃烦恼般的过多枝叶，有舍就有得。在慈济大家庭中，很多志工舍弃了私人时间，做得满心欢喜，换个角度想，是不是也就舍下了烦恼，精进在菩萨道上呢？

「清雅之美」的插法是将剑山划成田字形的四等份，所有花材都只插在其中四分之一的区块里。留白的四分之三，主要是让我们思考，修一分清净心，希望广邀天下善士一起来共耕福田。

这次选择的是美国桃花，其花枝粗硬，具有刚健的线条美，枝上还抽出了嫩芽，虽然新加坡的热带气候不适合让它开花，但这些细小的芽苞，会让人感觉到大地逢春。插花时顺应其曲折的姿势，直插但倾斜15度左右，让它伸展出去。另外选用了印度玫瑰，即便花苞全开也不至于哗众，取其含蓄而可爱的美感。

这组花道作品是以雅为美、以少为美，非常适合做佛前供花，或茶桌、茶席上的小花。虽然花材越少越难插，但不要灰心，循序渐进地练习。日久有功，手艺自然就在手上。



### 【清雅之美·直态】

清雅之美阐释人与花的对话。除了花草的自然美以外，还包含了以物寓意、物我合一的人文情怀。清雅之美，在「真、善、美」三主枝中，往往缩小其中一枝，而呈现另一种不平衡的美，用材以「少胜多」为原则。

【真】直插，倾斜度在15度左右。

【善】在右前，并加辅助枝

【美】缩小。

花材：桃花枝干、印度玫瑰、日本竹、深山樱

口述 张秀琴 整理 陈柔洁



### 张秀琴

自小爱惜花木之生命力。

在台湾921地震后认识慈济，也有缘接触花道

取得日本花道证书后，更学习以花道契入佛理。

目前担任慈济社会教育推广中心的静思花道讲师



# 三十七道品

证严上人 讲述

四	四	四	五	五	七	八
正	如	念	根	力	觉	正
勤	意	处			支	道
	足					

知  
法  
行  
经

三十七道品，又称三十七觉支，

是为追求智慧、进入涅槃境界之

三十七种修行方法。

「将此深心奉尘刹，是则名为报佛恩」，

以此脱俗之心，投入红尘万相之中，

于众生群中做提灯照路人，

缔造慈悲济世之光明世界，共植福慧净土。

## 【七觉支篇】

择法觉支 精进觉支 喜觉支

除觉支 舍觉支 定觉支 念觉支

(文接上期)

### 七觉支篇 • 之二 精进觉支

善觉道法，不行无益苦行

「谓修诸道法之时，善能觉了。」——「修诸道法」即修行时的一切道法。

道者路也，是佛陀引导我们走的正路。众生迷茫不得觉醒，佛陀一一为我们点化，知道过去是迷，现在要向清净的道路去实行，这就称为道法。

「善能觉了」，既然在佛陀所指示的道路上行走，所做的一切举动及所修的一切心行，应该能常常善加分别，这叫做善能觉了——会分别好坏、正邪，明白何者该做、何者不该做。

「不行无益之苦行」不要去受无益的苦。人身难得、佛法难闻，得了人身、听了佛法，就应该精确地选择正道去实行，不要盲目摸索，没问清楚方向就开始走；走了一段路后，觉得错了才回过头来。试问，人生有多少时间可以让我们走走停停，甚至走错路再重新开始呢？所以要慎重地选择修行的道法，并且马上去实行。

假如未能选择正确的道法，就会常常进进退退，永远像只白老鼠踏鼠圈一样，无法前进。你们是否见过一种圆形老鼠笼？只要一踩踏圆笼，老鼠就会不断地转圆圈。看看那些笼内的老鼠整天忙忙碌碌，一刻也没停止过；但是任其转了多少圈，还是在原地。我们修行绝对不能如此，必定要十分精确地选择自己应走的道路。

佛陀告诉我们，一切众生都有佛性，而学佛的目标是要达到圣人的境界，这中间的路程就称为菩萨道。能扫除人我之间的烦恼、是非，叫做断烦恼；有的人学习念佛，却无法断除日常生活上的烦恼。例如有一对学佛的婆媳，平常念佛时两人都很认真，但是没念佛时就无法和睦相处。这位媳妇非常用功，哪里举行佛七就去参加，东奔西跑，一回家就和婆婆比谁较虔诚。婆婆行动较不方便，因此心里想：既然不能和人家一起打佛七，就必须认真念佛。于是在家里设佛堂，不断念佛诵经，而手中的念珠也让她数得光亮耀眼。

这对婆媳不在一起时，各自念佛；但在一起时，就不断斗嘴。婆婆嫌媳妇的不是，说自己以前做媳妇时如何孝顺。媳妇就回嘴说：「我

已经不错了，三餐还会煮饭给你吃，你看看别人……」媳妇不断比较现在的年轻人如何如何，婆婆就比较她以前做媳妇的那一套；两个人观念不能协调，难免起争执、造口业。

一个家庭就因为婆媳问题而烦恼，孙子想到妈妈和祖母，儿子想到太太和母亲就非常忧烦。邻居劝解说：「你们是念佛人，就随和一点啦！」婆婆一听，竟然赌气地说：「念佛就不能计较，那我宁可不念佛、不学佛，也要跟她争到底！」平时她也常说：「要带业往生，赶快念佛，这样阿弥陀佛才会来接引我……」而无明火一起，却什么也不管了，像这样念佛又有什么用？

佛陀在世时，也有许多无谓的苦行者，例如修水行、火行以及断食行；而现在更有人说：「我是修行者，所以要过午不食。」加上平时便非常挑剔，这也不吃、那也挑剔，这样的人说要修行，结果修到连路都走不动，这并不是正确的修行。我们要好好照顾身体，随着现在社会工作的需要，消耗多少体力，就要补充多少营养；有充分的力量、充分的精神及智慧，才能解决众生的困难。所以，应该好好利用身体，把握时间发挥爱心。

学佛就是要断烦恼，只要用智慧去分析道理，就知道真正的断烦恼是在人与人之间无计较；烦恼若不能断除，就是无益的修行。佛陀为什么示现人间？是为了教育众生，这是真正的教法，他希望我们成就什么样的形象，我们就应该赶紧力行，这才是正确的修行。❶

## 环保点小档案

### 河水山 Bukit Ho Swee

Blk 26 Jalan Klinik, S 160026

- 每个星期四
- Every Thursday
- 8.30am-11am



### 【夜间环保】

- 每月第二个星期四
- Every 2nd Thursday
- 7pm - 9pm

## 全岛社区环保点和环保教育站

### Tiong Bahru 中峇鲁

Blk 23 Jalan Membina, S 163023

### 【全岛社区资源分类】

- 每月第二个星期天
- Every 2nd Sunday
- 9am-12noon

### Admiralty 海军部

Blk 682B Woodlands Drive 62, S 732682

### Aljunied 阿裕尼

Blk 98 Aljunied Crescent, S 380098

### Ang Mo Kio 1 宏茂桥1

Blk 541 Ang Mo Kio Avenue 10, S 560541

### Ang Mo Kio 2 宏茂桥2

Blk 624 Ang Mo Kio Avenue 4, S 560541

### Bedok North 勿洛

Blk 185 Bedok North Road, S 460185

### Bukit Batok 武吉巴督

Blk 268 Bukit Batok East Ave 4, S 650268

### Bukit Gombak 武吉甘柏

Blk 369 Bukit Batok Street 31, S 650369

### Bukit Panjang1 武吉班让1

Blk 413, Saujana Road, S 670413

### Bukit Panjang2 武吉班让2

Blk 149 Petir Road, S 670149

### Chai Chee 菜市

Blk 27 Chai Chee Road, S 460027

### Choa Chu Kang 蔡厝港

Blk 474 Choa Chu Kang Ave 3, S 680474

### Fajar 法嘉

Block 441 Fajar Road, Bukit Panjang, S 670441

### Ghim Moh 锦茂

Blk 7 Ghim Moh Road, S 270007

### Hougang 1 后港1

Neighbourhood 6 Park, Hougang Street 61, S 530686

### Hougang 2 后港2

Blk 112, Hougang Ave 1, S 530112

### Jalan Bukit Merah 红山2

Blk 109 Jalan Bukit Merah, S 160109

### Jurong East 裕廊东

Blk 258 Jurong East St 24, S 600258

### Jurong West 1 裕廊西1

Blk 510 Jurong West Street 52, S 640510

### Jurong West 2 裕廊西2

Blk 931 Jurong West Street 92, S 640931

### Marine Parade 马林百列

Blk 76 Marine Drive, S 440076

### Marsiling 马西岭

Blk 174 Woodlands Street 13, S 730174

### Pasir Ris 巴西立

Blk 608 Elias Road, S 510608

### Punggol 榜鹅

Blk 167 Punggol East, S 820167

### Redhill Lane 红山1

Blk 84 Redhill Lane, S 150084

### Sengkang 盛港

Blk 266D Compassvale Bow, S 544266

### Serangoon 实龙岗

Blk 241 Serangoon Ave 3, S 550241

### Shun Fu Road 顺福路

Linkway between Blk 307 and 308 Shunfu Road, S 570308

### Tampines 淡滨尼

Blk 202 Tampines Street 21, S 520202

### Toa Payoh 1 大巴窑1

The Pavilion @ 78A Toa Payoh Central, S 311078

### Toa Payoh 2 大巴窑2

Blk 156 Lorong 1 Toa Payoh, S 310156

### Yishun 1 义顺1

Blk 805 Yishun Ring Road, S 760805

### Yishun 2 义顺2

Blk 701 Yishun Avenue 5, S 760701

### 【慈济环保教育站】Tzu Chi Eco-Awareness Centre

L1, 1 Woodlands Sector 1, Nylect Industrial Building, S 738309

联络电话: (65)67540331

开放时间: 周一至周五 | Every Monday to Saturday 9am-6pm



# 欢迎做 大地园丁

撰文 陈柔洁

喔，是星期四了！赶着送小孩上学的妈妈、前往地铁站的上班族和悠闲步行去菜市场的阿嬷，手上同样都拿着一袋回收物，有时是旧报纸和纸皮，有时是瓶瓶罐罐等，目的地同样都是——慈济河水山环保点。

河水山曾经是早期华人群居之地，1961年一场史上最大的火患将此地的木屋焚毁后，政府重建了密集的组屋区。在依傍坡地而建的大牌20马路边，组屋恰好遮蔽了日晒，志工善用窄小的行



- 1 对经营小贩中心咖啡摊的生意人而言，铁罐纸箱当天就处理掉是比较方便，但支持环保理念的摊主杨裕浩不嫌麻烦地保留给慈济人，用零碎时间做整理。他的打包心得是：纸箱折叠起、重物放下方。
- 2 仓库开锁？头晕割伤？想随时说慈济？环保点负责人刘丽卿往「随身百宝袋」里一掏，总能掏出些什么，顺利解决问题。她说袋里乾坤不值一提，其实只是普通的笔、剪刀、胶布、锁匙、会员捐款收据、静思语书签和小册子等。最重要的，还是一份人对物的用心。
- 3 根据环保5R (Refuse, Reduce, Reuse, Repair, Recycle) 的原则，资源在分类回收之前，先考虑是否还能重复使用哦！在这个邻里环保点，志工们都会将蛋托收集起来，带到菜市场送给卖鸡蛋的阿嬷，赚阿嬷一个大大的笑脸。举手之劳，何乐不为呢？

人道，大袋一拉，凳子一摆，就是一个小型环保点。风雨不改地耕耘了四年，这里已经是邻里尽知「可以做环保救地球，又可以卖钱做慈善」的地方。纵然无法亲身做资源分类，居民也愿意在家把回首物都整理好，每周四送去。


八旬阿嬷黄玉梅就住在邻座组屋，几年前从家里望到环保点，好奇地询问邻居，才知道是慈济的环保活动。学佛的她很高兴，觉得自己年纪虽大，但还是可以做点善事，总比在家里看电视强。于是她主动带着女佣走下楼，从不会学到会，渐渐成为了这里的中坚分子之一。「其实不会麻烦，很愿意做。」有些人嫌做环保会弄脏手，阿嬷伸出戴着手套的双掌说：「我们不计较，肮脏就洗手，环保是为了保护地球啊！」

知道为何而做，才会持之以恒，而好观念需通过口耳相传才能扩散出去。看到匆忙路过的居民中有一两个愿意停下步伐，听一听环保理念，志工比什么都开心。

这个环保点的设立，确实也是从一个小小善念开始的。2008年慈济志工刘丽卿到台湾去参加干训营，被台湾资深环保志工陈阿桃的热忱和单纯感动，记住了她提及的上人叮咛：「垃圾变黄金，黄金变爱心，爱心变清流，清流绕全球」。返国后刘丽卿先到几条马路以外的红山环保点做环保，学习资源分类，原本的「垃圾」在她眼里都变成了宝贝。除了向左邻右舍收集回首物，她还注意到组屋信箱的地上满是别人不要的传单，「我就贴一张告示在信箱，请大家把不要的传单放进我们准备的袋子里。」每个月，她和弟弟就用小推车将满满的回收物运去红山环保点。

老邻居张丽云记得，有一次在电梯里遇见刘丽卿，随口聊起环保，一句「慈济需要你」，让她从开始的「收一收瓶瓶罐罐」，变成追随刘丽卿于2012年在自己的社区成立环保点。

推车、手套等用具都是志工自费添购的。认同慈济环保理念的居委会，也借出了小仓库和多元活动中心，让环保活动进行得更顺利。每次环保后，大家就聚在一起餐叙，像个小家庭般温馨。

作为全岛唯一一个每周运作的环保点，这里接待了不少海内外的访客。负责人刘丽卿也总是以环保点的长久经营为最大考量，宁愿少赚一点钱也要向老板争取周四休假来做环保。她说值得，「我会继续做下去，做到不能做为止！」



做环保不能让邻居起烦恼，志工们设法解决推车经过粗糙路面引起的噪音问题，起初铺纸皮，后来想到了用脚往下一压，翘起一端，减少车轮和路面的接触，果然问题改善了！

## 慈济通讯录 | CONTACT US

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FAX (886) 3-8267776

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Tzu Chi Free Clinic (Singapore)

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Singapore 150090.

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FAX (65) 6475 8818

EMAIL [freeclinic@tzuchi.org.sg](mailto:freeclinic@tzuchi.org.sg)

慈濟義診暨健檢中心(福慧中心)

Tzu Chi Free Health Screening and Medical Clinic

Blk 328, Jurong East St 31, #01-138,

Singapore 600328.

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FAX (65) 6569 1877

EMAIL [healthscreen@tzuchi.org.sg](mailto:healthscreen@tzuchi.org.sg)

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Tzu Chi Great Love Pre School

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EMAIL [info@tzuchi.org.sg](mailto:info@tzuchi.org.sg)

## 遍洒福慧种·谱美善乐章 | JOINS US

### 【捐血活动】Blood Donation Drive

社区捐血活动 • Community BDD

慈濟義診暨健檢中心(福慧中心)

Tzu Chi Free Health Screening and Medical Care

Blk 328, Jurong East St 31,

#01-138, S600328.

31.05.2016, 30.8.2016, 29.11.2016

3.00pm-7.00pm

淡賓尼民眾俱樂部

Tampines Central Community Club

866A Tampines Street 83, #02-01 S521866.

26.05.2016, 25.08.2016, 24.11.2016

12.00noon-4.00pm

大巴窰民眾俱樂部

Toa Payoh Central Community Club

93 Toa Payoh Central, S319194.

27.05.2016, 26.08.2016, 25.11.2016

12.00noon-4.00pm

### 【机构关怀服务】Institutional Care

慈懷中心(第三个星期五)

Hospice Care Association

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心理卫生学院(第四个周日)

Institute of Mental Health (IMH)

Every 4th Sunday / 1.00pm - 4.30pm

(12.30pm 靜思堂集合出发)

\* 服务志工皆需要通过特别培训

*Special Training Session will be provided before services*

慈济大爱人文馆

Tzu Chi Daai Gallery

137 Queen's Ave Close, #01-400,  
Singapore 758592.

星期二至星期五 3pm-9pm

周末及公共假期 10am-9pm

星期一休馆

EMAIL [daaigallery@tzuchi.org.sg](mailto:daaigallery@tzuchi.org.sg)

### 每季捐血活动 • Quarterly BDD

佛教慈济慈善事业基金会（新加坡分会）  
Buddhist Compassion Relief Tzu Chi  
Foundation (Singapore Branch)

9, Elias Road. S519937.

25.06.2016, 17.09.2016, 17.12.2016

11.00am – 5.00pm

裕廊医疗中心

Jurong Medical Centre

60 Jurong West Central 3, S648346.

25.06.2016, 17.09.2016, 17.12.2016

11.00am – 5.00pm

凯秀民众俱乐部

Senja-Cashew Community Club

607 Senja Rd, #01-02, S670607.

18.06.2016, 01.10.2016, 24.12.2016

11.00am – 5.00pm

### \* 环保点讯息请查阅第97页

虔诚付出，为自心种下福慧种子，  
为人间谱写真、善、美的乐章。

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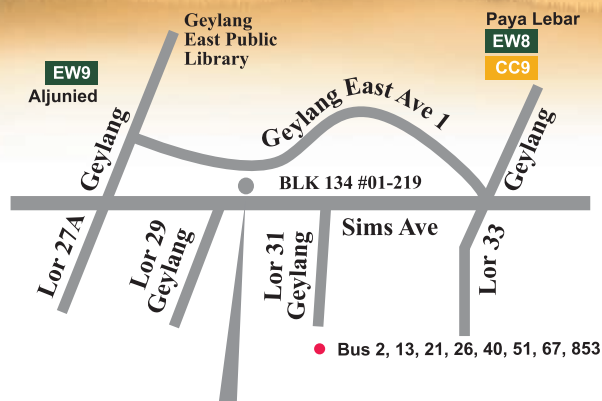


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电话 6747 2080

电邮 [fhbcafe@gmail.com](mailto:fhbcafe@gmail.com)

地址 Blk 134 Geylang East Ave 1,  
#01-219, S 380134.

### 新加坡静思小筑

营业时间 10am-6pm（周二休业）

电话 6582 9958（EXT 114）

电邮 [fhbcafe@gmail.com](mailto:fhbcafe@gmail.com)

地址 Level 1, Jing Si Hall  
9, Elias Road, S 519937.

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Tzu Chi Daai Gallery

137 Queen's Ave Close, #01-400,  
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星期二至星期五 3pm-9pm

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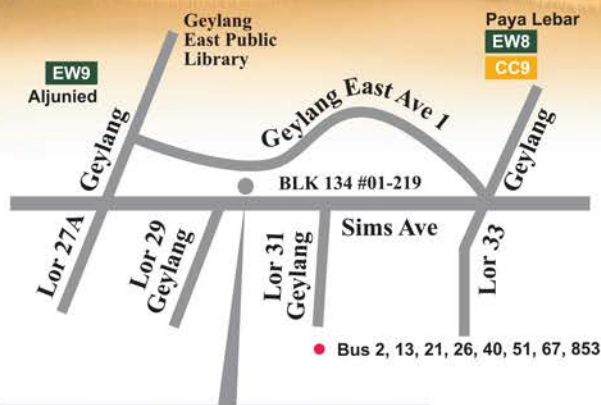


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电邮 [fhbcafe@gmail.com](mailto:fhbcafe@gmail.com)  
地址 Blk 134 Geylang East Ave 1,  
#01-219, S 380134.

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电话 6582 9958 (EXT 114)  
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地址 Level 1, Jing Si Hall  
9, Elias Road, S 519937.



2016年4月启用的慈济大爱人文馆，采用了多媒体和实物展示的方式，仿佛时光隧道，带领访客走入慈悲喜舍的慈济世界，细数无数人辛苦耕耘的足迹。图中慈济人正好奇地讨论着咸豆腐道具背后，那一段慈济草创时期，证严上人和精舍常住师父们简朴克难的生活。

（2016.04.10・慈济大爱人文馆导览志工说明会）

■ 撰文 陈柔洁      摄影 蔡长盛

Inaugurated in April 2016, Tzu Chi Singapore's Da Ai Gallery showcases a multimedia collection as well as physical exhibits, taking visitors on a journey through the world of Tzu Chi, which is made possible by the hard work and compassion of countless people. The photo shows a few Tzu Chi commissioners examining the model of a dish of salted tofu, which was often the only dish Dharma Master Cheng Yen and her monastic disciples could afford in the early days of Tzu Chi. (Photo: Chua Teong Seng)