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我 ♥ 素食



世界蔬醒日

特别报导

Tzu Chi Assists Eco-migration  
in Water-scarce Gansu

Leave the Darkness Behind

# Your Life Becomes Precious When You Give



By Dharma Master Cheng Yen  
Translated by Teresa Chan


Excerpted from "Your Life Becomes Precious When You Give",  
Tzu Chi Quarterly (Spring 2016)

I wake up after three every morning. The first thought I have the moment I open my eyes is always one of thankfulness. I'm thankful that I've lived each past second in safety so that I can wake up to a new day. Another busy day immediately begins. Before long, noon has come and gone; half a day has passed, but there are still many things left to do. When nine p.m. rolls around, it is bedtime at the Jing Si Abode, and it's time to call it a day. I lament that another day is over and that my life is one day shorter.

None of us knows how long we will live. None of us knows if death will come before tomorrow. All we can know is that time is running out. That's why no matter how tired I am, I dare not waste a single second. I make the most of every second and try to add the most value to my life.







Life is made up of seconds. So wasting time, even just a second, is wasting life. Time slips by without leaving a trace of sound or smell. Not a single second will come back to us. We must truly cherish time and make the best use of it. Our lives become precious when we give of ourselves. Don't let your life slip by in vain.

"Blessed are those who derive joy from doing good deeds; wise are those who attain peace by being understanding toward others." When you give willingly and expect nothing in return, when you create blessings for the world every day, you are living the most grounded and valuable life.

### Doing our part to mitigate disasters

As we look back on the past year, we find many people suffering. In Iraq, violent clashes and terrorist attacks took away at least 7,500 lives. In Lebanon, a million Syrian refugees endured a bone-chilling snowy winter in flimsy tents. My heart really goes out to the refugee children. They have seen and been through so much since fleeing from the war in their home country.

Besides man-made disasters, frequent natural disasters brought on by erratic climate are also worrisome. From November 30 to December 12, 2015, representatives from 195 nations gathered in Paris for the United Nations Climate Change Conference. The participating countries reached a consensus to reduce carbon emissions as one of the methods for decreasing greenhouse gases. Eating vegetarian was among the measures proposed by some participants.

In order to satisfy people's demand for meat, humans raise animals on a massive scale, which produces substantial greenhouse gases and hastens global warming. Like us humans, animals are afraid of being killed and may even harbour hatred as they are slaughtered. I urge everyone to rein in their appetite for meat so that fewer animals will need to be raised and killed.

Eating vegetarian not only leads to a cleaner Earth, but it also nurtures kindness in us. It enables us to form good affinities with all living creatures and thus create a cycle of goodness. Let us adopt a vegetarian diet and do the world a good turn.

In the Lotus Sutra, there is the Parable of the Burning House, which tells of a father who is distraught as his children merrily play, unaware that their house is on fire. He urges his children to escape, but to no avail. Then the father lures them out with the promise that he has a sheep-drawn cart, a deer-drawn cart, and an ox-drawn cart waiting for them outside. With that, the children finally leave the house and escape the danger. The world we live in is like a house on fire. If we don't come to our senses and change our mindsets and lifestyles, it will be difficult to slow down global warming. Then how will we avert danger and live in safety and peace?

Many people like to go to temples to pray for safety, health, and longevity. But in fact, the best way to ensure those things is by respecting life and cherishing all things, thus contributing to the peace and safety of the Earth and all

that lives on it. Environmental protection and vegetarianism can mitigate disasters. I hope everyone will lead an eco-friendly life and go vegetarian for the sake of the world and future generations.

### **Sowing blessings in the world**

Goodness is innate in all of us. Let us start with ourselves by activating our goodness, and then inspire those around us to act out theirs too. When we do good for the benefit of others and encourage each other to do so, our world will be blessed indeed.

It doesn't matter if we are rich or poor. As long as we have love in our heart, we can all help others. When there are more good people in the world, more blessings will be created, and our world will enjoy more peace and suffer less discord.


Tzu Chi has remained faithful to its original commitment for the past 50 years, paving every step of its way with love and compassion. Originating in (the rural east coast of) Hualien, Taiwan, we have reached out to over 90 countries around the world and extended care to countless suffering people. In so doing, we have allowed the love of Taiwan to be known in many places in the world.

I hope every volunteer continues to diligently walk the Tzu Chi Path. How can we help our organization to stand strong and pass on the Tzu Chi spirit to more people? Each of us must stay true to the Buddha's teachings as well as our guiding principles of sincerity, integrity, good faith, and honesty. In so doing, the dust of affliction won't sully our minds when we go among the needy to serve. We must practice moral discipline, develop an unperturbed mindset, cultivate wisdom, and live out the Four Immeasurables: loving-kindness, compassion, joy, and equanimity. That way, when we try to do good for mankind, we also help ourselves improve. Then we have the strength to keep going and inspire more people to join us.

Twenty years ago, I first made these three New Year wishes: "May people's minds be purified, may society be harmonious, and may there be no calamities in the world." These have been my wishes every year since then.

Let us be sincere in all dealings with people and events and strive to get along well with others. When we can do that, we will help bring harmony to society. If everyone is kind and loving, every day will be a peaceful day, and we will all enjoy a good year filled with blessings and wisdom. Let us be ever more mindful. 隨





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。

人间悲苦无数，人间泪水无数，  
为人间拭去悲苦的泪水，  
替众生温暖的外衣，  
点一盏灯，生一堆火。

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# 慈濟世界



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The disasters that afflict the world are warning signs from Mother Nature to mankind. Research has shown that widespread vegetarianism can help mitigate global warming by reducing greenhouse gas emissions. In response to the “Ethical Eating Day 111” campaign launched by Tzu Chi’s headquarters in Taiwan, Tzu Chi Singapore actively promotes vegetarianism to the public in all its activities.

- |                       |  |
|-----------------------|--|
| 01 MASTER’ S TEACHING | Your Life Becomes Precious When You Give   |
| 06 FEATURE            | Tzu Chi Assists Eco-migration in Water-scarce Gansu  |
| 14 GLOBAL VIEW        | Leave the Darkness Behind  |
| 22 EVENT              | Free Dental Services Bring Smiles to Elderly Patients<br>A Grateful Smile from an Elephantiasis Sufferer<br>The Earth is More Than Just a Sphere |
| 33 TZU CHI IN ACTION  |  |
| 39 TZU CHI GLOSSARY   | Gratitude - What Are You Grateful For Today?   |
| 40 CHALLENGES         | Investing in the future  |

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## 目录 | CONTENTS

### 48 特别报导

#### 111 世界蔬醒日

南非女孩：想为地球做的事

时代青年：VERO Go!

餐馆业者：为学生加素菜

名人·素·语录

世界蔬醒日 从我先做起

### 42 法音宣流

修福 粒米藏日月 持慧 毫芒有乾坤

### 57 寰宇要闻

前进狮子山国 携手重建路

薄衣难御严冬寒 塞尔维亚发放暖身心

海地风灾过后 红豆饭传暖意

柬埔寨发放 启发本土志工助同胞

梵蒂冈宗教论坛 促国际学生交流

幼教毕业歌剧 孩子的绿宣言

昔日捐款人 欢喜捧募款箱

### 79 活动简影

### 87 暗角点灯

遇见 上苍派来的使者

不谈补助 可以做朋友吗？

### 92 济雨寄语

外形易整 内心难调

### 97 环保视域

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# Tzu Chi Assists ECO-MIGRATION in Water-scarce Gansu

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By Yang Shun Bin and Huang Xiao Zhe  
Translated by Shu Yin

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## *A Land Exhausted of its Resources*

*"My home is where the Huangtu Plateau is  
The winds that go sweeping past,  
the northwesterly winds  
and the southeastern winds,  
all of them sing the songs of my land.....  
Time and generations before me pass by,  
and here I stand singing along,  
great vastness of land before me,  
with the Yellow River for company"*

Countless people have sung this song throughout the years. Known simply as the "Huangtu Plateau," it appears to describe the carefree and easily contented nature of China's Northerners. Yet it also vaguely exudes a spirit of resignation as regards the great changes that have occurred, which perhaps only those born and bred in the land can understand.







*This couple is just one of the three remaining families living in cave houses in Shuanglong Village, Gansu, China. Though the cave is warm in winter and cool in summer, the land is not fertile and many families have already moved out.*

*With no harvests (from land that has been cultivated excessively) and a deteriorating ecosystem, many of the farmers in the Huangtu Plateau have switched to raising goats. However, the mountain goats amongst their herd feed on the roots of plants, worsening the desertification process. Fortunately, in recent years the government has controlled the areas in which goats can graze, thus allowing the land some respite.*





## Water - Friend and Foe

Ismail Serageldin, former Vice President of the World Bank said in 1995 that while the flames of war in the 20th century were ignited by oil, "The wars of the next century will be about water." While man might survive without oil, life itself would be a problem if there is no water to produce crops. This dire scenario is exactly what the inhabitants of the Huangtu Plateau in China are facing.

The Huangtu Plateau covers a fourth of Gansu in China and Jingyuan County is a two-hour ride away from Gansu's capital of Lanzhou. Excluding the path of the Yellow River that flows through the county, most of Jingyuan is situated on the plateau itself, at 1000 to 3000 metres above sea-level. There are numerous valleys, which see an average annual rainfall of just 240 millimetres, or less than a tenth of Taiwan's, with as much as 1,300 millimetres being lost to evaporation.

The Huangtu Plateau is known as the area with the most erodible soil on Earth, and has the most fragile eco-system. The Yellow River which flows through it is thus the river with the highest concentration of silt in the world, its name is derived from the phenomenon that sees the clear waters turning yellow upon passing through the region. The serious soil erosion is due to the particular property of the soil in the region, as well as over-cultivation and deforestation over time. It is for such reasons that the sands, blown over from the Gobi desert and deposited by sand storms, have lost the protection of vegetative cover.

The inhabitants of the Huangtu Plateau are eager to see rain, but when rainfall comes, the water vanishes quickly, running off easily through the sandy soil. During heavy rain, the force of water flowing downwards creates deep fissures in the slopes, forming gullies that leave a deep impression on the viewer.

*Wu Feng Ming draws the amount of water he needs to use for the day from the water cellar that Tzu Chi had built some eight years ago. The water quality is still good, but as rainfall was low the year before, it contains less water. "It's manageable if we use it sparingly!" Wu said with a laugh. The elderly man and his wife look forward to the day that their son returns from his job which has him stationed far away from them, so that they can live a better life.*





Although the farming folk have a deep longing for water - “calling out for water, thinking, speaking, and dreaming of water” is deeply imprinted into their psyche, the locals constantly remind themselves that it is imperative to flee from the gullies or climb to higher ground once the rains come. Past instances of people and their vehicles buried under the mud abound, their bodies yet to be found. Just looking at a gully which functions as a direct road link between villages, one finds it hard to believe the two vastly contrasting faces it presents under different weather conditions.

### A Reservoir of Water to Beat the Drought

In 1998, the Taiwan Tzu Chi Foundation responded to the suggestion of the China Charity Federation (CCF) and sent a site survey team to Gansu for the first time. Zhang Wen Lang, one of the Tzu Chi volunteers in the team, recalled the astonishment he felt when

the six-member team were told by residents of Tongwei and Huining Counties that they only got to bathe three times in their lifetime—at birth, at marriage, and at death.

To maintain hygiene, every family has to expend the manpower provided by at least one person daily in the back and forth journey to obtain water. With worsening drought conditions, spring water sources dry up and they have to travel further and further in search of water. Building a water storage

cellar needs RMB3,000 (\$\$614) and is beyond the reach of the common folk.

After the survey team reported their findings, planning for the building of water cellars started. Besides heeding Master Cheng Yen’s advice to respect the local customs and way of life, the team also considered factors, such as ease of construction, adaptability, and efficiency, before finally settling on a circular design for the water cellar which was to be constructed out of cement. Over a period of eleven years, Tzu Chi has built more than 19,000 such cellars spread over 6 counties in Gansu.

In Jingyuan County, where severe droughts have been a problem since 1991, the villagers living in the plateau regions did not even have enough water for drinking. The local Tzu Chi office there worked diligently with the authorities in drought management and charitable projects.



*Along the main road from Jingyuan County to Liuchuan Township, white poplar and pine trees have been planted by the government and irrigated through underground pipes.*



*With the problem of soil erosion, people have started becoming aware of our eco-system's health. Here, a conservation worker checks on the health of plants on a slope.*

"Even with water cellars, if there is no rain, our efforts will be in vain," said Tzu Chi staff Gu Bing Bai. Though the water cellars did help the plateau inhabitants solve their water woes in the past, the drought has worsened over the last ten years. Those who have the means had already left the higher plateau regions, leaving the poor and infirm who rely on the government's help to get by. The government has been pumping water from the Yellow River to the lower-lying areas of the plateau, however, the problem can only be solved by relocating them to another village.

In 2008, Tzu Chi helped relocate 210 poor families from the plateau region to its Laiyao Da Ai Village in Liuchuan Township. For another 300 families, relocation began in

2013 and by September 2015, all of them were able to welcome the new year and a new life in the Tzu Chi Bai Ta Village.

### Living at the Mercy of the Elements

On 7th January this year, some 60 Tzu Chi volunteers from Taiwan, Qinghai, Sichuan, Chongqing, and Shanxi, together with local volunteers, gathered at the Dongsheng Township in Jingyuan County to distribute winter supplies to 395 families. The Dongsheng distribution is the eighth such distribution exercise carried out by Tzu Chi and about 7,000 families or 24,000 people, have benefitted.

Wang Yi from the Tzu Chi office explained that farmers make up 42,000 of Jingyuan's 48,000 population, and 14,000 of them eke



out a living at the mercy of the elements. Even with many years of efforts spent helping them, 70,000 people still live below the poverty line.

Bai Wei, head of the Dongsheng Township management committee expressed his gratitude for Tzu Chi's continued help in providing water cellars, school supplies, woollen clothing, rice and daily necessities to the villagers so that they can pass the cold winters more comfortably.

At Tuosi Village, a bumpy one-hour's ride away, even treading with light footsteps will send sand particles flying in the air. Volunteers arriving for the winter distribution are greeted by the sight of crumbly walls and locked doors as only a few families are left in the entire village.

Zhan Yuan and his wife are in their sixties with both their sons working far away. There were at least five pails in their yard, half filled with snow and half with slightly turbid water. Upon asking, volunteers learnt that it was not used water as originally presumed, but water that had formed from the snow they had collected.

In the kitchen, a big pail containing water that had been used before appeared as murky as red bean soup, while on the stove, water from melted snow was boiling; the latter to be used as their drinking water. Here, residents routinely store up water before the arrival of winter, and when it snows, they take the opportunity to top up their stores.

## Nurturing the Natural Environment

Even as Tzu Chi renders aid in the form of water cellars and relocating villagers, the locals themselves are aware of the urgency of conserving the environment. The Hasi mountain range in Jingyuan County is its only natural forest region and the government has designated it as a protected nature reserve area.

The area, once destroyed by overgrazing activities and insect damage, now boasts of a significant forest cover of more than 50% after the government's active reforestation efforts. Even in the midst of winter, many pine trees and other shrubbery are visible atop the mountain range.

The forestry authorities have an office there staffed by many of the locals, providing the latter with an alternative form of employment that would not entail the need to deplete the soil quality.

Shimen Township used to have 154 families but today only two are left. Wang Shuangxing and his mother are one of the remaining two households. Wang is a government-employed nature reserve worker and leaves home at 5am every morning with his shovel after making two trips to collect water for his mother. He walks for 10 hours on the mountain paths every day, extinguishing forest fires, ensuring that shepherds do not graze their animals in the area, even eliminating insects in spring, and looking out for empty land to plant more trees. Last year's target was to plant 20,800 trees

and currently, forest cover makes up more than 50,000 mu (3,333 ha) of land.

When he spots any dried up tree, he would make a note and get his co-worker to drive by to water it with a pail of water. Where there is no proper path, they would rely on a donkey instead. While Wang is proud of his efforts and the resulting greenery, he still hopes to leave Shimen Township someday.

Since 1980, the Chinese government has implemented reforestation measures but results were limited by the lack of technology and maintenance. However, significant improvements were seen with the “Grain for Green Project”, which was launched in 2002, to convert low-yielding farmland back into forests and pastures.

In 2007, this project was expanded state-wide, with the government compensating farmers financially for the land entrusted back to it after a period of initial resistance by the farmers. They eventually agreed as the drought had removed all hopes of harvest. Every year the afforested land under the auspices of the project in Jingyuan County grows in size; in 2015, this was equivalent to 250,000 mu (16,750 ha). Sea-buckthorn and Caragana trees are among the types of trees chosen for their extensive root system which aid in erosion control.

Initially, the trees were manually watered at fixed intervals and it was common to see civil servants engaged in planting and watering activities. Drip-irrigation was introduced in 2008 such that when trees were planted, watering pipes were simultaneously placed

underground in the soil. A water tower was built on top of higher ground, and watering was carried out according to the climatic conditions. Watering took a whole day, ensuring that the roots absorbed the moisture fully and this significantly increased the plant survival rate.

Jingyuan County’s forest management areas are fenced with wire and out of bounds to man and animals. Aside from drought-prone areas, there are also managed green spaces within the county which have become community spaces for locals to enjoy strolls in the greenery. The government today continues to set aside a budget of 20 million annually to reforestation, and its staff also contribute RMB100 per person every year towards the greening efforts.

### Looking Towards Recycling

In Jingyuan County, residents have to contend with the winds that blow year-round, making sandstorms a frequent occurrence. The fine sand gets into everything; if doors are not sealed properly at night, one might awake with sand in one’s mouth. Opening the door at daybreak requires even more care— the door is pushed open just a crack, and one has to carefully push aside the sand that has gathered outside with one’s hand first. Every doorway has a “curtain” made of old, thick cotton-padded jackets sewn together, protecting the people within from both the cold and the onslaught of sand.

Volunteer Gu Bing Bo recalled that when he went to Liuchuan Township to survey the poor residents in 2008, sandstorms that



Tzu Chi held a winter distribution in Dongsheng Township, benefitting 1,307 happy and appreciative residents.

rendered the skies yellow were aplenty in spring, making road visibility poor. However, such scenarios have gradually decreased in frequency, and Gu remarked that there were just one or two occurrences of sandstorms in the previous year.

The results are due to the government's ecological initiatives. Jingyuan's controlled reforestation region now covers more than one million mu of land; though the trees are merely saplings, there is at least some grass cover. Over time, land that was once bare, will start to see signs of green life again. The success of Jingyuan has galvanised the neighbouring counties into action, and this has made a significant contribution in the battle against desertification.

Travelling along the highway, layers of trees are visible across the land on both sides

though it is in the midst of winter. Though still some way from the ideal of a verdant green swathe, it is still a remarkable result considering that it is the result obtained within three short years. Some tracts of previously infertile land are no longer as prone to sandstorms with the presence of the tree cover.

While there is no definite answer regarding the future state of the Huangtu Plateau, more people are becoming aware of the need to conserve the environment and this is true from both within the government as well as the general population. In 10 or 20 years' time, the young saplings would have grown to become big trees and like the locals, we may perhaps dream of the day that the plateau will no longer be yellow and dusty but a vast tract of lush greenery. 结



# Leave the Darkness Behind

*There are currently more than 2,300 Tzu Chi volunteers in Mozambique, spread across 20 communities. Most of them, like Cidalio Magaia, have received help from Tzu Chi. They live with poverty, illness, or other afflictions of life. Despite their own difficult circumstances, they joined Tzu Chi as volunteers to visit and care for other needy people. Though they may be just as poor as before, their altruistic actions enrich others' lives as well as their own.*

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By Zheng Ya-ru

Translated by Tang Yau-yang


Photos by Hsiao Yiu-hwa

Extracted from Tzu Chi Quarterly (Spring 2016)

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*Though he is tormented by physical deformities, Cidalio Magaia has, at the encouragement of Tzu Chi volunteers, begun visiting the needy. He sings to bring them joy.*



*This old woman lives alone under a tree. Her two little granddaughters next to her live just a stone's throw away, with their mother. Everything the old woman owns is in the photo.*



*In Maxaquene, a poor, dilapidated community only a five-minute drive from the presidential palace, Lurdes Cossa (left) chats with Denise Tsai (right foreground) and Rebecca Mabunda (standing). This was the community where Tsai started her Tzu Chi work.*

Victoria Manhique, a Tzu Chi volunteer in Mozambique, washed Cidalio Magaia. Then she carefully cleaned his foul-smelling and festering sores. Other volunteers around them began to sing. Soon, Cidalio started humming along too.

The singing brought Victoria to tears. “At times, we think that we have the toughest luck in the entire world. But look at him. He’s been in great pain, but he’s been very strong. I’m deeply moved.”

Cidalio is 22 now, but his spine began to deform when he was only five years old. His family could not afford treatment, so his condition worsened over time to the point that he could

not sit, lie down, or walk without pain. The deformity changed his appearance and also his outlook on life. He lost his confidence.

He lived with his sister over the years, largely staying at home and rarely venturing out into public. In mid-2015, Tzu Chi volunteers started visiting them regularly in their home. In just a few months, they grew to trust one another. Volunteers suggested that Cidalio sing to bring joy to people.

Following their advice, he began joining the volunteers on their visits to other care recipients. He sings for them. His resilience in facing the challenges in his life gives people around him reason for hope.





*Mozambican volunteers, including Celeste Alfredo (front row left), Ana Maria Mandlate (back row second from right), and Victoria Manhique (back row right), ride in the back of a truck with vegetables, rice, and second-hand clothes on their way to visit the needy.*



*Tzu Chi volunteers care for a sick person.*



## Stepping out of the comfort zone — Denise Tsai

The Tzu Chi missions started in Mozambique through the work of Denise Tsai, the first Tzu Chi volunteer in the country. She moved from Taiwan to Mozambique in 2008 after marrying Dino Foi, a Mozambican. Foi worked for the president's family, so Tsai often attended parties, banquets, and other social events with her husband. She met many people in the upper echelon of Mozambican society this way.

Moving around in the upper social circles and rubbing elbows with influential or wealthy people may seem a glamorous thing to do, but it was not exactly Tsai's cup of tea. "In 2012, I began to get tired of my social life," she recalled. "I couldn't stand the habitual tardiness and unpunctuality that are typical of the locals, and I was having some issues with my husband. With so many things happening at the same time, I even thought of leaving everything behind and going back to Taiwan."

Her turning point in Mozambique came when a Taiwanese friend gave her a book about Tzu Chi's work in South Africa. After reading it, she called Michael Pan, the head of Tzu Chi South Africa, and told him that she would like to volunteer for the organization.

Pan and a few experienced South African volunteers visited Tsai in August 2012. They shared their experiences with her and showed her how to carry out Tzu Chi work in her adopted home. She thus began her journey as a volunteer.

Lurdes Cossa was a villager Tsai met during her visits to the needy. Her legs were atrophied, so

she was forced to crawl around on her hands and knees. Despite her limited mobility, she peddled bags of peanuts to support her three sons. Besides running her small business, she managed to keep everything in her household in very good order. Tsai really admired her. At the same time, she reflected on her own comfortable life.

"My husband and I ate out once a week, and we would easily spend 2,000 Mozambican meticaïs (US\$43) on a meal," Tsai said. "Seeing how Lurdes lived, I felt ashamed of myself, so I decided to live a simpler life."

What touched Tsai most was Lurdes's willingness to volunteer after she learned about Tzu Chi. She even gave up her weekends—time that she could have used to sell peanuts and make money—to serve as a culinary volunteer when Tzu Chi offered food in communities.

## Putting love into action — Victoria Manhique

Victoria Manhique has led a tough life. She fell ill and almost died ten years ago, and she has been living in poverty ever since. Three years ago, Tzu Chi volunteers knocked on her door and respectfully handed over a bag of rice which they told her had come from the love of numerous people. She felt their love and was grateful. Later, she decided to put her own love into action and become a volunteer.

Victoria's husband makes 1,500 meticaïs (US\$32) a month by selling newspapers. After paying the rent, there were only 600 meticaïs (US\$12.80) left for the entire family of five. As if that were not bad enough, her husband contracted malaria in 2014. He was

not properly treated because they could not afford medical care. He was left weakened and unable to work for almost half a year. The family's finances became even more difficult.

Victoria is just in her 30s, and she has already been through a lot in her life, but all the challenges she has encountered have not knocked her down. Encountering Tzu Chi volunteers further bolstered her strength to carry on. She talks about the importance of Tzu Chi in her life now: "If I let a day go by without volunteering, I would feel as if I wasn't fully alive that day."

### Caring for the impoverished — Ana Maria Mandlate

Most volunteers are optimistic, and they take their challenges in stride. Ana Maria Mandlate, for example, sells peanuts for a living, and she works hard so she can have time for Tzu Chi work. She even came up with the idea of leaving her peanuts for sale with other vendors, on consignment. This method has allowed her to make money and volunteer at the same time. She did that one day so she could visit the needy in the village of Moamba.

Heavy downpours elsewhere in early 2015 did not bring any precipitation to Moamba, which had not seen rain in a year. Residents there had to walk more than an hour to a river to bathe, wash clothes, and fetch water.

On their third visit to the village, volunteers visited an old woman living alone. Like before, they gave her rice, clothes, and vegetables that they had picked from the garden at the Tzu Chi

Home. They also brought bundles of reeds, with which they planned to build her a home in the future.

The old woman used to live with her daughter and three grandchildren in a house, but a fire had burned it down a year earlier. The daughter rebuilt another house nearby, but she did not invite her mother to move in with them. The mother therefore lived alone in the open air under a big tree about 200 meters from them. She cooked for herself and slept on a torn, charred bed that someone had thrown away.

Against that backdrop, the sight of the old woman living alone in such primitive conditions in Moamba deeply saddened Ana Maria. She quickly made a fire to cook a meal for her, and then started to clean up the surrounding area. Other volunteers chatted with the old woman as they sorted the vegetables they had brought. The old woman cheerfully chatted with them. She had not had people listen to her pour out her heart in some time.

Soon, the volunteers saw the old woman's daughter. Early that morning, the daughter had gone to work on a farm, with a young child on her back. She had just returned home from work when the volunteers saw her. Though quite tired, she showed them her home. It consisted of a metal sheet on four wooden columns and some reeds.

Some time before, she had gone with her husband to South Africa to work, but he had often physically abused her. She escaped and returned home. Now she did manual labor to

support her family, which was undoubtedly a hard thing to do. Facing a tough time in her finances and her marriage, it is no wonder she did not smile the whole time the volunteers were with her.

### Physical abuse—Rebecca Mabunda

Physical abuse within a marriage is a terrible thing, but it was all too familiar to one of the volunteers that day, herself a victim of domestic violence. Rebecca Mabunda had been a victim of physical abuse for 28 years when she first met Tsai. At the time, there were bruises all over her shoulders and back, some of them ulcerating. Having experienced such mistreatment before, Rebecca could readily empathize with the daughter.

Rebecca and other volunteers suggested to the mother and daughter to consider an offer from Tzu Chi to build a reed house for them so that the three generations of them could live together. She explained what happened in regards to her own abusive husband.

“He stopped beating me shortly after I joined Tzu Chi in 2013,” she said with a smile. “Master Cheng Yen tells us to be content, grateful, understanding, and tolerant,” she continued. “I sincerely acted on her advice, and it transformed me.”

Denise Tsai chimed in: “I went to see her husband in 2013 when we were planning a trip to Taiwan to attend a Tzu Chi camp. I thanked him for supporting Rebecca’s work with Tzu Chi. I said she was very capable, and asked him to allow her to go to Taiwan.”

Rebecca added, “Later, before I set out for Taiwan, my husband cheerfully said to our neighbors, ‘My wife is going abroad.’ He looked proud of me.”

A shift in mindset has helped Rebecca’s life change for the better. Her bruises are now all gone, and smiles have returned to her face.

### Family feud thawed—Paula Malendze

Paula Malendze married Omar Aly, once a wealthy Indian Mozambican businessman who had been involved in ocean liners and real estate. At the peak of his career, he had married a woman with whom he had 11 children.

Sadly, his businesses collapsed during the turmoil of the civil war, which came two years after the nation gained independence from Portugal. His children divided up his properties among them, and his wife left him. In his darkest moment, he met Paula, a devoted Muslim like him, and they got married 24 years ago. They have three children together.

Aly’s side of the family, including his ex-wife and their children, did not think highly of Paula because she is black. They ridiculed and mocked her. She and Aly became reclusive, staying home whenever they could and shunning contact with others.

In 2013, at the invitation of a friend, Paula attended an information session on Tzu Chi. During the gathering, she learned about “The Three No’s” taught by Master Cheng Yen: “In this world, there is no one I do not love, no one I do not trust, and no one I cannot forgive.”





*Paula Malendze and her husband, Omar Aly, visit his daughter Soraya in the hospital. The hostility between the father and daughter, which had lasted for more than two decades, dissipated the moment they saw each other in this room.*

Paula found “The Three No’s” spiritually liberating. “I’d never thought of forgiving others over the years; instead, I’d always isolated myself from people. But after that gathering, I began joining Tzu Chi volunteers in caring for people in our community. I found that there’s indeed warmth between people, which I hadn’t realized because I hadn’t been loving and forgiving.”

Paula shared with her husband what she had learned in Tzu Chi. She urged him to forgive his children and to stop his lawsuit against them to get his properties back.

In October 2015, Paula got a call from Soraya Aly, Omar’s daughter, and found out that

she was dying from cancer. Soraya, who had fought the most fiercely for her father’s properties, wanted to apologize to her father for her behavior.

After that, Paula went to the hospital often to care for her, listen to her repent, and share her own Tzu Chi experience with her. Omar went to see Soraya later. Seeing his own daughter on her deathbed, he uttered prayers beseeching Allah to free her from suffering.

Though Soraya was too weak to apologize verbally for her past wrongs, the grudges between her and her father dissipated the moment the two of them saw each other. Quietly, tears rolled down Omar’s cheeks. He

later told Paula that he had let go of all his animosity. Three days later, Soraya died.

Soraya's mother saw Paula's acts of kindness towards her daughter during the last days of her life. In a stark departure from her past hostility, she invited Paula to attend the funeral. She also introduced Paula to her family and friends.

"A change in mindset has changed my life," Paula said. "I feel very free at heart now."

### Materially poor but spiritually rich

The volunteers in Mozambique are mostly females. Their membership has brought them together, and their tough circumstances have

kept them close to each other. They give each other encouragement and draw strength from each other.

Their everyday grind and financial burdens are not lessened because they have joined Tzu Chi to volunteer. However, their exposure to Tzu Chi ideals has helped them alter their mindset and face their future with love and hope. Their life may still be as financially difficult as before, but they are now able to face it with more equanimity and poise. Though they themselves are poor, they still do what they can to help others. In this way, they give others and themselves the strength to carry on. 🙏



*During a regular Tzu Chi distribution, joyful recipients carry rice provided by the Taiwanese government.*



# FREE DENTAL SERVICES

## Bring Smiles to Elderly Patients

By Deng Bo Yuan  
Translated by Shu Yin

*For TIMA (Tzu Chi International Medical Association) members who provide free monthly dental services to the Ren Ci Nursing Home at Bukit Batok, the joyful smiles of their patients is the best form of reward. Though they face many challenges, their attitude is one of willingness to serve. With half a year of experience adapting to their patients' needs, the team's members can perform their tasks more smoothly now. Seeing the bright smiles of their patients sporting new dentures, the team could only feel joy.*



*Dr. Eugene Tang (right) helps an elderly patient put on her new set of dentures.  
(Photo by Pua Poo Toong)*

The Ren Ci Nursing Home at Bukit Batok, which started operations in January 2015, is relatively spacious and equipped with modern amenities. Most of the elderly residents there are either bedridden or wheelchair-bound; as such, maintaining their dental hygiene is a challenge for the institution. As dental services in Singapore are rather expensive, and there are not many VWOs providing such services, the Tzu Chi Foundation (Singapore) signed a two-year Memorandum of Understanding with Ren Ci Hospital in April 2016, to provide free monthly dental services for residents at its nursing home in Bukit Batok.

On 29 October 2016, a team of seven Tzu Chi Singapore's TIMA members and eight

volunteers arrived at the Ren Ci Nursing Home to conduct another one of their monthly dental outreaches. The outreach included services, such as regular teeth check-up, cleaning, extraction, and fitting of dentures.

"Grandpa, your teeth are not in good shape. Do you want us to remove them for you? With dentures, eating will be easier." TIMA dentist Dr. Chen Xian Li patiently said to Twan Kiat, a resident at the nursing home, after having checked his teeth.

Dr. Chen's sincere and caring attitude eventually convinced the senior to undergo treatment. After seeking his approval, she started the process of extracting Twan Kiat's



*Dentists Yang Li Ling (centre) and Chen Xian Li (right) carefully examining a resident's teeth (Photo by Pua Poo Toong)*

teeth with the help of two other dentists. They discovered that he had many decayed teeth and decided to only remove the five that were in the worst state first, as there was a danger of blood loss if too many teeth were removed at the same time.

The dental team adjusted the height of the reclining chair and put a dental bib on him before anaesthetising him. Within half an hour, the simple surgery was successfully completed, with the support and loving care of accompanying volunteers.

### Overcoming Space and Resource Constraints

"At the nursing home, every resident is either in a wheelchair or bedridden. Often, the doctors need to bend over to conduct checks or carry out surgery, thus they easily suffer from backaches. In addition, the available facilities are not adequate. Hence, it takes a longer time to complete a surgical procedure,"

said Dr. Lin Yuan Xu, a first-time participant of the dental outreach.

Dental assistant and Tzu Chi commissioner Jennifer Ee, too, explained the extra efforts to be taken for the dental outreach to proceed smoothly at the nursing home. "Here, it is not like our Tzu Chi Free Clinic, where the equipment and medicines are all ready for use. At the nursing home, we need prior preparation for tooth extractions and cleaning, as well as injections, and the equipment to be used."

Ee is responsible for ensuring that all the required equipment are made available during every outreach. "If anything is lacking, we'll need to go and buy it," she added.

Over the last half a year, even though they faced many challenges, the team members were able to adapt and overcome the difficulties. For instance, as there was a fixed amount of equipment and medical supplies, the dental team had to be flexible with their



scheduling of manpower and time. The team soon adapted to the constraints on-site, and whether it was serving a patient lying in bed or in the wheelchair, they would still be able to accomplish their task.

As there was an absence of the professional lighting facilities used by dentists, volunteers would chip in to assist with shining a light where it was needed. Equipment used in tooth extraction had to be immediately cleaned, and it was the volunteers who took on the task of sterilization. Others provided companionship to the residents and interacted with them; everyone had their own role, and this contributed to the success of the dental outreaches.

### The Joyful Smiles of Patients

The visit to the Ren Ci Nursing Home was also the second time TIMA was giving out dentures as the first occasion had taken place the previous month. Residents who needed dentures were taken to the second floor, where they awaited their turn with the dentists.

“Many of the residents have gone without dentures for many years and wonder if they are suitable candidates for dentures, or even if they really need a pair. We will explain the reason to them, but most importantly, we have to respect their wishes,” said Ee.

Seasoned dentist Dr. Eugene Tang, who is also the TIMA dental team leader, related that at the beginning, some of the residents would be very uncooperative as they were afraid of pain.



*A Tzu Chi volunteer manually provides the lighting needed during a treatment session.  
(Photo by Fu Ya Tian)*

Some would even scold the dentists, and there were even those who would ask to stop the treatment halfway.

The Jing Si Aphorism, “be willing to give and happy to accept whatever comes our way”, is perhaps the best description for the TIMA members, who remain undaunted by the various issues that surface. They see every challenge as good training, and after holding many rounds of the monthly dental outreaches, they find the smiles of patients to be the biggest form of encouragement. As Ee said, “It is a special moment to see the smiles and joy of the residents when they receive their dentures. Their brilliant smiles give us great satisfaction. After we give them a pair of dentures, they can eat and chew properly, and it really makes us feel very happy.”

Venuza Lorenzo, a staff at the nursing home, also commented that many of the residents



*Volunteer Xiao Hong Chang (left) offering comfort and a listening ear to a resident in the nursing home (Photo by Fu Ya Tian)*

would feel very happy after their dental check-up, or after having their teeth cleaned or extracted. They would also feel much more comfortable after putting on their dentures.

After some 12 residents had been fitted with new dentures, another new group of residents arrived for their turn, accompanied by the nursing home's staff. Dr. Tang smiled as he said that the residents have become familiar with him after receiving a few dental treatments. They would even greet him and were more accepting of receiving treatment. They would go back to their rooms and tell others about their experience, which in turn, encouraged their friends to sign up for the free dental services.

### **Empathy, the Best Type of Medicine**

"The residents like to chat with other people so whenever TIMA conducts a dental

outreach, they will eagerly enquire what type of treatment will be offered this time round. After treatment, they will ask when they can receive their dentures and the happiness evident on their faces makes us feel so warm inside," shared Ee.

Apart from giving treatment, the dental team and volunteers also offer emotional support to bed-ridden residents, and this helps to mitigate their loneliness. Tzu Chi volunteer Xiao Hong Chang, who was participating in the dental outreach for the fourth time, commented that the residents are a special group of people who need much care from others, and a warm word of greeting can bring them some much-needed comfort.

He said, "Most of them here cannot articulate their feelings. We must empathise with them in order to understand their thoughts and feelings, so that they may feel our concern for them and know that we are here to help them regain the function of chewing food."

Wu Tian Ming, an elderly volunteer who is about to turn 71, enjoys chatting with the residents, allaying any fears they may have. He has helped out three times so far, and expressed how blessed he was to be able to contribute even at his age. To him, serving the residents is a meaningful and inspiring experience that helps him learn to count his blessings.

When the elderly residents grinned with happiness, TIMA members and volunteers too, had smiles that shone through their tiredness. 🙏

# A GRATEFUL SMILE

## from an Elephantiasis Sufferer

By Bernard Ng and Chiew Lay Moi  
Translated by Shuyin

*After more than a year of care from the Tzu Chi medical home care team, Salih, an elephantiasis sufferer for the past 20 years, finally walked out of his dark days as his festering sores started to heal. The team who has been visiting him once a week is now like family to him.*



*After the clean-up of Salih's home 10 months ago, the flat still maintains its tidy and hospitable look. (Photo by Bernard Ng)*

Even before the Tzu Chi medical team had arrived, Salih was already at his door, waiting. If not for the obvious difference in race, the scene would have been mistaken for one in which loving and close family members were reuniting.

"Pak Cik, apa khabar (Uncle, how are you)?" Nurse Nancy Tan greeted him in Malay. Salih is an Indonesian Muslim who lives alone in a typical HDB flat, and from his neatly combed hair right down to his getup of short-sleeved shirt and sarong, he appears no different from other elderly seniors one sees.

Yet just a year ago, his neighbours would take great pains to avoid meeting him. Salih has been suffering from elephantiasis for the last 20 years and his unwillingness to seek medical attention had left his leg

festering with pus, the stench from which his neighbours had to endure.

"He was only afraid of being taken to hospital and having his leg amputated," explained Tan.

### Welcoming a God-Daughter Home

In 2009, the Alexandra Hospital referred kidney patient, Peah, to the Tzu Chi Free Clinic at Redhill. After evaluation, the Tzu Chi Foundation (Singapore) provided long-term subsidy for her dialysis treatment, which lasted till February 2014.

Soon after Tzu Chi first accepted Peah as a beneficiary, she brought along her husband, Salih, to the Free Clinic to seek treatment. A patient file was thus opened for Salih and a nurse from the Free Clinic would make



regular house calls to help clean his sores. As he refused to visit the hospital and would not hear of surgery, the medical team taught him how to clean the affected skin and continued to visit him till the year's end.

After Peah passed away, the Free Clinic lost contact with Salih. In March 2015, the Social Service Office (SSO) received feedback from Salih's neighbours about his worsening condition and referred his case to the Tzu Chi medical home care team. Salih's condition was deteriorating steadily, and he had no one to look after him as both his son and grandson rarely came by.

The SSO also contacted his god-daughter Titi, who had been his neighbour when she was a child. Peah had cared for Titi then, but after the girl moved away with her family, they gradually drifted apart.

Titi visited Salih upon receiving the call and subsequently came to a difficult decision after struggling with her feelings. She decided to move in with Salih as she was the only one he would listen to. If she did not help him, he would have no one else to turn to.

"We ourselves do not wish to see the day that we end up in a similar situation when we grow old," Titi said with a sigh as she explained her sacrifice.



*Nurse Nancy Tan (left) dresses Salih's wound with the help of a volunteer.  
(Photo by Bernard Ng)*

Titi became Salih's confidante and began to take care of his living needs, but she was helpless when it came to his messy house and his reluctance to clean his sores. It was then that the Tzu Chi home care team stepped in.

### Letting the Sun's Rays In

"Salih was initially very afraid of the medical team. Even when we just wanted to help clean his leg, he would say that he would rather commit suicide," said Lim Kim Yan, the nurse in charge of the medical home care team. She added that he might have realised that Tzu Chi volunteers only had kind intentions at heart when a group of them helped clean up his house in May last year. So three months later, he finally allowed the home care team members to touch his leg.



*In May 2015, Tzu Chi volunteers and home care team members spent ten hours clearing two truckloads of unwanted items from Salih's home. (Photo by Pua Poo Toong)*

The home care team adopted the approach of first visiting him to show their concern and giving him milk supplies during the period when he refused to cooperate. Then, on 17 May 2015, a 32-man team of Tzu Chi volunteers showed up to help spruce up his home. On the same day, the team also provided Salih with a new electronic adjustable bed, a new shirt, and a sarong.

"If his home had continued being in the same (unkempt) state, it would not have been a healthy living environment. If we had only cleaned up his leg and not his home too, it would have been akin to doing only half the job," said Lim.

Because they could not bear for Salih to continue this way, the team persisted in talking with him and eventually got the green light to spruce up his home.

Today, the two-bedroom flat sports an entirely new and fresh look with more than



*Tzu Chi's medical home care team members would spend some time to chat with Salih whenever they visited him to dress his wound. (Photo by Chiew Lay Moi)*

20 pots of cactuses adorning the doorway, while the area where clothes are hung out to dry gives off similar green vibes. Simple decorative items and personal use products are placed on the wooden shelf near his bed. Salih's clean and tidy flat today belies the fact that it had taken 10 laborious hours and two lorry-loads of discards for the team to transform it. Lim was moved to comment that seeing the neatness all around evoked deep feelings of happiness within her.

### **Building Trust and Giving Holistic Care**

Though Salih is now agreeable to having his sores cleaned, the process is far from easy. The medical team would find him willing one day and unwilling the next; Titi has to be around if they are to have the job done.

Knowing that what he actually needs is love and care, they would tell him again and again, "We're here to help you." Whenever they came to clean his wound, they would



patiently listen to him and reply with smiles, even if it was something that they had heard many times before.

Two months passed by, and in consideration of Titi's work schedule where she sometimes had to work night shifts, and because she was the key person to remind him repeatedly that the home care team was coming, the team's members decided to try interacting with Salih alone. They were successful in the attempt and subsequently, even got someone to repair his faulty kitchen tap so that he needs not enter the toilet every time he wants to wash something.

The following year in January 2016, Titi attended the Tzu Chi Year-End Blessing Ceremony and testified to the long-term care that Salih had received. She told the audience that the lengths the home care team went to in order to help Salih was most moving and inspiring. With Tzu Chi's help, Salih's situation had improved and she was able to move back into her own home. She still visits sometimes, helping to tidy up his home.

### The Healing of a Sore

Cleaning Salleh's sores entails many steps. From cleaning to dressing, it takes a total of two hours. If the sore is big, the dead skin at the site must be washed off first with saline solution.

"We would stay longer so that he could have time to talk with us," said home care nurse Nancy Tan with a smile. She would first make small talk with Salih by asking if Titi

was home, and he would share what he had done in the day with her. If Titi was home, Tan would tell her to grab a few winks to relieve her fatigue and stress.

Noticing that his sores were healing and getting smaller, Salih was happy beyond words. The time taken to treat his sores was halved and the stench was virtually gone. He would tell Tan that his leg was nearly healed and he might only need one or two more cleaning sessions.

The team took advantage of the speedy healing process to inculcate the right care methods to Salih. They taught him the proper way to dress his sores as they had noticed that he would use newspapers to wrap his leg in the past. When new medication was applied to his skin, Tan would remind him not to remove the dressing at will.

"(The effort) is worth it; patients treat you as family and share their problems with you. More importantly, they have deep trust in you," shared Tan, who had joined the medical home care team for less than a year. She believes that when a patient is happy, the time taken by him to recover will be faster.

Salih likes to tell the home care team members that God has sent them to take care of his sores and prays for the health and happiness of the team and their families. Tan always cheerily replies that it must be fate that brought them together. With the blessing of such bonds of affinity, the medical team envisions the day of Salih's complete recovery. 隨

# THE EARTH is More Than Just a Sphere

*Children's Day is usually a day where the little ones get to enjoy themselves and have fun, but Tzu Chi Great Love PreSchool had a special way of celebrating the event this year. Its students got to go outdoors and engage in earth-loving activities, such as picking up litter, beach cleaning, and spreading the word to go green.*

By Deng Bo Yuan  
Translated by Shu Yin



*Armed with tongs and plastic bags, the nursery students busily help clean up the beach. (Photo by Chua Teong Seng)*

**"**Let's go find (litter)!" "There's another piece down there, I'm picking it up!"

The chirpy voices of kindergarteners could be heard in the busy Chong Pang Market along Yishun Ring Road on the morning of 4th October 2016. They were students from the K1 and K2 classes of Tzu Chi Great Love PreSchool. Under the lead of their teacher, the five- and six-year-olds walked around

the venue, busy carrying out their "green mission".

To celebrate Children's Day, Tzu Chi Great Love PreSchool organized a litter picking activity in the Chong Pang neighbourhood and a beach cleanup for its kindergarten and nursery classes, respectively. Through allowing the young children to contribute their efforts instead of receiving gifts,



*Under the lead of their teachers and volunteers, the students present the Tzu Chi recycling mnemonic to the public at Chong Pang Market. (Photo by Nichelle Chan)*

the PreSchool hoped to instill in them the message, "It is more fortunate to give than to receive".

### Spreading the Green Message to Adults

A few days before the event, the teachers shared some basic knowledge about recycling with their students, such as why recycling is important, how it can be carried out, and even explained the human actions that are causing damage to the earth. The students, too, drew up simple placards with slogans like "The Earth is Sick," "Let's Cure the Earth," and "Love the Earth," to remind everyone of the earth's deteriorating condition.

"Why must we recycle?" asked Chong Voon Hwee, teacher of the K2 class.

"Because Mother Earth is sick!" the little ones chorused in unison.

"Why is Mother Earth sick?"

The kids replied based on what they had learnt from their teacher and their own observations in daily life: "People litter everywhere! Adults smoke cigarettes!"



*Students from Tzu Chi Great Love PreSchool enthusiastically spreading environmental awareness to members of the public. (Photo by Nichelle Chan)*

On the day of the trip, the teachers gathered their students and briefed them before taking them out. Chong said that the semester's curriculum was based on recycling as its central theme, therefore, the field trips were incorporated into the Children's Day programme, giving the students an opportunity to interact with the community, thus building up their confidence.

She added, "By helping to pick up litter and promote environmentalism, they learn that Children's Day is not just about eating, drinking, and having fun; they learn to give and to care for others and the world at large."

The K1 and K2 classes were taken to Chong Pang Market; they were then divided into two groups by their teachers - one group was tasked to pick up litter and the other, to promote green living to the public. The latter group was accompanied by Tzu Chi volunteers and a teacher. With a placard containing a green slogan hung around their necks, the kids told passers-by shyly: "Uncle, Auntie, use reusable bags and less plastic bags. Together, we can recycle!"





*Little children hard at work under the hot sun  
(Photo by Chua Teong Seng)*

The narrow alley was crowded with the little children, their teacher and volunteers. Although they could not help obstructing the way for passers-by, they also attracted much attention and interest. Many people stood around to watch, their curiosity piqued by the meaningful words and cute actions of the young children.

"Big sister, do you want to do recycling?" one of the students asked a young lady who was doing her shopping. "You're so cute, I will definitely recycle!" came the amused reply. Most of the passers-by did not respond to the kids, but the majority of them smiled in return.

### **The Little Earth's Guardians Get Busy**

Over at the other side of the venue, the first group of kindergarten students were busily picking up litter, armed with tongs on their right and plastic bags on their left. They gleefully picked up trash that they spotted lying on the ground, displaying a happiness akin to receiving a present.

"There's one here, I'm picking it up!"

The chirpy exclamations of the little "cleaners" could be heard amidst the bustling atmosphere in the Chong Pang Market.

The three- and four-year-olds from the N1 and N2 classes, too, had plenty to occupy themselves that day. Accompanied by teachers and Tzu Chi volunteers, they headed for Sembawang Beach Park to pick litter. Though it was a hot and humid day, they were full of zest as they scouted for litter on the beach and at the park grounds. Holding on to the hand of their teacher or a volunteer, they worked together to remove trash from the environment.

Around noon, the different groups of children began streaming back into the PreSchool for a much-deserved rest and to share their experiences. Though many said that it was hard work, and that they felt tired, hot, and very thirsty, there were also those who expressed happiness that their efforts had helped to make the environment clean. The kids' innocent replies brought happy smiles to the faces of the teachers and volunteers.

In celebrating Children's Day thus uniquely, the seeds of loving the earth were planted in the hearts of the little children. Student Tu Yu En said, "Littering has made Mother Earth ill. We must remove the litter and let the earth recover. If the earth disappears, we won't have a home!"

Her words brought home the stark reminder that, by recycling, we benefit ourselves and others in the community. ㊦

# A Relay of Love

## Aid for Hurricane Mathew Victims

*Hurricane Mathew left a trail of destruction in its path.  
(Photo credit: Tzu Chi USA)*



On the 4th October 2016, Hurricane Matthew swept through the southwest region of Haiti in the Caribbean, leaving in its wake a death toll of more than 900 and 1.4 million people in need of humanitarian assistance. The hurricane also struck a deadly blow to the local agricultural economy, devastating various crops, the main sources of income for the locals. In the aftermath of the disaster, poor sanitation conditions within the disaster areas resulted in increasing cases of cholera, an illness that only compounded the misery of poverty-stricken Haitians living in the southwest region.

Within a week of the storm's landfall, a five-man Tzu Chi disaster assessment team comprising Haiti and US volunteers

visited two hardest-hit cities. The city of Jeremie, which bore the brunt of the storm, witnessed 99 percent of homes destroyed. The storm-ravaged city's multiple woes were compounded by severe water and food shortages. Mayor of Jeremie Claude Harry Milord was gravely concerned about the dire situation of the city and expressed the desperate needs of the local residents for foreign aid. He was deeply touched by Tzu Chi's offer to assist the residents in disaster recovery, and pledged his full support and cooperation for all of the NGO's relief efforts.

After assessing the hurricane survivors' needs, Tzu Chi volunteers began making preparations to distribute hot meals in the two hardest hit cities of Jeremie and Les Cayes.



*Over 10,000 hot meals made of red beans and rice were prepared and distributed to hurricane victims in Haiti during the emergency relief phase. (Photo credit: Tzu Chi USA)*

### First Shipment of Aid from Taiwan to Haiti

On the 21st October, Tzu Chi's headquarters in Taiwan packed and shipped 3.9 tons of instant rice to Haiti via the United States. The first shipment of aid from the NGO also included 6,000 blankets from its headquarters in the United States.

On the 27th October, Tzu Chi volunteers collaborated with the city authorities of Jeremie to hold the first aid distribution at a local school. They prepared 500 hot meals made of additive-free instant rice with red beans – a product specially developed by the nuns at Tzu Chi's Taiwan headquarters, the Jing Si Abode, with consideration for the local taste of the people in Haiti. The residents were all delighted to eat their bowls of steaming hot rice with red beans, and many commented happily that it was the first mouthful of rice they had since the hurricane disaster.

During the emergency relief phase, Tzu Chi volunteers set up a total of seven food distribution stations in the disaster areas, which provided hot meals for over 1,000 hurricane victims each day.

### Cash-For-Work Programme Springs New Hope

Tzu Chi also carried out the Cash-For-Work programme in the disaster sites, which paid residents to clean up hurricane debris; the programme also included hot meals for the participants. Many of the locals live in houses that are simple and crude structures. As they could not afford to buy building materials, they could only use whatever scrap materials they could find, to repair or rebuild their storm-damaged homes. Those who joined the clean-up efforts were thus happy and relieved to be able to purchase the needed materials with the aid money they received.

Most of the roofs of the residential houses in Haiti are made of corrugated zinc sheets. After Hurricane Matthew hit, many of the roofs were damaged or ripped off by the storm. Thus, Tzu Chi volunteers also purchased new zinc sheets and distributed them to affected residents so that the latter could quickly repair their roofs to shelter them from the elements.

The work of rebuilding their homeland required the concerted efforts of the local residents. Tzu Chi hoped that the assistance it had rendered would help the Haitians emerge from the ruins of the hurricane disaster, rebuild their lives, and recover their livelihoods. 隨





*Pure smiles of innocent children, the greatest energiser behind the volunteers' tireless work in the "Happy Schooling Scheme"*  
(Photo by Chen Guo Xiong)

## Paving a Path of Blessings Into Paitan, Sabah

On the 1st of October 2016, a team of Tzu Chi volunteers from Sandakan in Sabah, Malaysia, travelled to Kabuluh Community Hall in the local town of Paitan. Upon arrival, the volunteers were greeted with the beautiful sight of aboriginal children in school uniforms seated neatly in the Hall. With the help of the children's parents, the volunteers promptly unloaded the "Happy Schooling Scheme" food relief packages from their vehicle.

The "Happy Schooling Scheme" was initiated by the Tzu Chi chapter in Sandakan, in response to the urgent needs of impoverished aboriginal children in the kampungs in Paitan. Through home visits, volunteers discovered that many of the kids missed school as they couldn't afford transportation. In addition, they had inadequate food and nutrition as most of their parents earned a meagre income

doing odd jobs and could barely make ends meet. They were so impoverished that even plain white rice was considered a luxury item to them. Therefore, unlike the usual relief distributions of school bags and stationery, the Sandakan volunteers distributed basic food items, including rice, cooking oil, and peanuts on this occasion.

The number of local schools under the "Happy Schooling Scheme" has increased triple-fold, from the initial one to two to a total of seven this year, with more than 700 student beneficiaries receiving transport allowances and supplies of daily necessities from Tzu Chi. Access to education is vital to ensuring that the children have a hopeful future. With the continual love and care of Tzu Chi volunteers, the younger generation in Paitan can now look forward to a brighter future. 慈

# TIMA Replaces Bitter Pain with Sweet Joy




*A TIMA doctor carefully examines a young patient at the free clinic held in Pursat, Cambodia. (Photo by Ng Su Lim)*

**T**zu Chi Malaysia held a free clinic in Cambodia's Pursat Province on the 27th and 28th of August 2016. As medical care is relatively expensive for the mainly low income agricultural population in Pursat, impoverished villagers often choose to forgo much-needed medical help until their health situation is unbearable. As a result, the local response to the free medical services was overwhelming. Villagers came to the free clinic in droves on various modes of transport, and many even walked for miles to reach there.

The free clinic had TIMA doctors of different specialisations, including Paediatrics & Gynaecology, Internal Medicine, and even TCM. The paediatric team was the busiest as many of the local children suffered from malnutrition and intestinal parasites due to poor hygiene and poor nutrition in their daily diet. As rice is

the main source of livelihood for the farmers, many of them developed rheumatic and/or arthritic conditions in their legs and joints as a result of spending many hours toiling in wet padi fields. To relieve their pains, TIMA's TCM team gave them acupuncture treatment and also patiently taught them how to self-administer moxibustion treatments to help alleviate their chronic pains.

Over the period of two short days, the medical team served over 3,000 patients, a figure that far exceeded the team's original projection. The crowning jewel of the medical mission was the enrolment of local doctor, Dr Song Pep, into TIMA. He expressed a heartfelt desire to establish a local TIMA chapter in Cambodia and hoped to recruit more local doctors to join him in serving the sick and needy. 隨



*A Tzu Chi volunteer  
promoting eco-awareness  
to participants of the annual  
Yellow Ribbon Prison Run  
(Photo by Huang Da Lun)*



## Clean and Green Environs Even After Charity Run

**O**n the morning of 4th September 2016, more than 9,000 participants took part in the annual Yellow Ribbon Prison Run at the Changi Prison compound, to raise funds to help former inmates reintegrate into society.

A team of Tzu Chi volunteers was also present at the event to man a recycling booth; they actively shared the concept of environmental protection and the importance of recycling with the participants. This is the third year that Tzu Chi Singapore was invited to promote environmentalism at the event. Since 2009, the organization has been providing subsidies for medicine for incarcerated HIV patients, and its volunteers conduct regular visits to the prison grounds to give care and counselling to the inmates.

Recycling bins were placed at four designated spots within the venue of the Run, and volunteers cheerfully reminded people to discard their plastic, paper or aluminium drink containers into the appropriate bins. They also set up two recycling points at the exit area so that people could deposit their trash in the bins before leaving.

Back in 2012, the rubbish collected at the event was 20 tons. It dropped to 6 tons when Tzu Chi first took part, and last year, it was just 3 tons. This year, it was less than 2 tons, despite the number of participants being twice last year's. At the end of the event, many were pleasantly surprised to see that the venue looked as clean as before the event started. It was indeed heartening to see the joint efforts of everyone in helping to keep the environment clean and green! 



# Tzu Ching Youths Embrace Humanity



*A collegiate volunteer posing with an elderly resident at Evergreen Place home for the aged (Photo by Chen Yi Wen)*

A 3-day camp for members of the Tzu Chi Collegiate Youth Association with the theme, "Strive and Shine", was held from the 23rd to the 25th of September this year at the Jing Si Hall. Today's youth live life at a fast pace in an age of high technology. In this light, the camp was specially planned with the objectives of nurturing gratitude and instilling a sense of social responsibility in the youths.

The camp programme was packed with fun games, educational activities, and inspiring talks. One of the highlights was a visit to the Evergreen Place home for the aged. The participants celebrated a late Mid-Autumn Festival with the elderly residents by guiding them to make lanterns and staging lively music performances, which brought them much joy and laughter.

To drive home the message that every action one takes does indeed have an impact on the environment, the programme included a segment, "Practical Green Living", where participants worked in teams to plan how to make use of a plot of "land" they were given. When every group came together to assemble their individual plots to form a map of Singapore, they were surprised to see how they had altered the original look of the land with the decisions they made. Through the activity, the youths gained a deeper realization of the importance of environmental protection.

Before the camp ended, the participants shared with one another their thoughts and experiences in a moving and heart-warming closing ceremony, with many aspiring to apply the wholesome values that they had learned in their daily lives. 隨



## GRATITUDE

### *What Are You Grateful For Today?*

Gratitude forms a cornerstone in Tzu Chi's core precepts and philosophy. Dharma Master Cheng Yen, who always leads by personal example, invariably expresses gratitude to all who contribute to Tzu Chi's missions, whatever their roles. She also reminds volunteers that it is because there are suffering people that we have opportunities to give of ourselves. Hence, we must always be grateful to people we are helping, as well as to our loved ones who support us in our work.

By showing gratitude to every person we come across, including those we find difficult to love, we will form good affinities with them. Even if we know of someone trying to harm us deliberately, we should still be grateful towards him or her, as this will aid in our character growth and help nurture our wisdom in handling difficult people. Therefore, in whatever circumstances, we should always seek the hidden blessings and life lessons, for in doing so, we will be able to develop gratitude in the face of life's difficulties.

In cultivating a heart of gratitude, no matter who comes into our life or what kind of vexing situations in life we may encounter, we would have nurtured an inner wisdom to deal with people and situations with respect and maturity, instead of lashing out in anger or frustration. Whether we have a smooth journey in life or not, we should always remember to thank the people who had paved the path ahead of us. "Being grateful for everything and everyone at all times" is thus a treasured value in Tzu Chi culture. 隨

*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

## 11. Investing in the future

**CHALLENGE** *When is it better to put off a short-term need in favor of a long-term security?*

*“In making decisions, one should not only assess the present, but also future conditions, to avoid leaving problems for the next person to deal with.”*

### Background

After returning the seven hectares of land (17 acres) in the suburbs of Hualien so that the military could build its air base, Tzu Chi was later offered nine hectares (22 acres) of easily accessible land close to the center of the city. The Master's compassion, courage, determination, and most of all her integrity made a formidable impression on Interior Minister Lin Yang-kang, and she received more assistance from the military and the government. When Tzu Chi submitted the application to acquire and use the new plot of land, the paperwork was completed and

approved in no time. The bigger size and better location, however, meant that the cost of the land was much higher. Tzu Chi was to face another challenge, given its tight budget.

Provincial Governor Lee Teng-hui, who had made this new piece of land available, was aware of Tzu Chi's financial problem. He thought it would be a shame if the hospital plan failed due to the high land price. After careful consideration, he came up with a brilliant proposal: the government would lease the land to Tzu Chi for just one dollar.





## Challenge

Despite the fact that leasing the land rather than purchasing it would leave Tzu Chi money to buy hospital equipment and hire prominent physicians, the Master thanked Governor Lee for his “one-dollar” goodwill, but insisted on purchasing the land. She asked only that the government sell the land to Tzu Chi at a favorable price.

Given Tzu Chi’s strapped financial situation, her decision was baffling both to her disciples and to Governor Lee. They could not understand the Master’s decision, unless it was to save her pride. She explained to Governor Lee that although she was grateful for his kind offer, she knew that people and situations change. Sooner or later, he would be promoted from his current position and the Master might no longer be around. Later, then, the governor’s kind proposal might turn out to be problematic. She believed it was best to buy the land as soon as possible.

## Effects and Reflections

Just as the Master had predicted, Governor Lee was promoted. It was difficult to know whether his successor in the provincial governor’s office would have unconditionally maintained his rental agreement with Tzu Chi.

Furthermore, the value of land has skyrocketed. If Tzu Chi had leased the land for a dollar, it would surely have led to

protests from local residents, landowners, and even city councilors who were paying more for their land. And it might have required that government officials and Tzu Chi members renegotiate the arrangement. If Tzu Chi had then wanted to lease or buy the land at the market price, it would have been a tremendous financial burden. Looking at all these possible outcomes, one has to admire the Master’s foresight. To the Master, no decision should endanger the continuity of the hospital or cause problems for people to deal with in the future.

Many decision-makers only look to solve existing dilemmas or situations without looking ahead and pondering potential problems. If one always considers the future carefully, the chance of paying a high price for a wrong decision will be minimized.

Competing for the future, a book by Gary Hamel and C.K. Prahalad about how businesses can stay competitive, emphasizes that foresight is a prerequisite to success. It also points out that to cultivate this foresight, one should develop the “imaginary ability” to predict the outcomes of events before they happen. The Master’s ability to imagine future outcomes stems from her thorough understanding of the impermanent nature of all things, her belief in not seeking the easy solution, and her attitude of always thinking about others. In fact, these three motivations can be seen in all the Master’s major decisions. 慈



# 修福 粒米藏日月 持慧 毫芒有乾坤



证严上人主讲

本会中文期刊编辑部整理

讲于讲于2016年11月1日至16日

微如毫芒的种子，可以长成大树；  
每一分微小力量，都蕴含无限可能。

又到了年底岁末祝福暨受证的时刻，代表旧的一年快要过去，新的一年即将来临。秒秒累积为年，天天都在与时间赛跑，不知不觉中，慈济今年已满五十年，进入第五十一年了。

从日存五毛钱的「竹筒岁月」，慈济开启慈善志业。翻开早年的《慈济》月刊，密密麻麻都是发心人的名字，和五元、十元的捐款；这点点滴滴善款，分毫无漏用于救苦救难。

法音  
宣流



功德会创办时，常住还没有精舍，借住在普明寺里；租地务农、做手工自力更生。生活虽然艰困，但有坚定的志愿，承担起济贫工作。每月发放日，照顾户来领救济米，中午总希望让他们吃饱了才回去；但常住自己生活都有问题了，经常无米下锅，怎么办呢？只好向普明寺借米、借油来煮咸粥。

屋外一个铁桶充当炉灶，下面烧柴、上面摆上大锅，水滚了，倒入借来的半勺米。照顾户逐月增加，人来得愈多，就在大锅里多加一瓢水；如此一瓢瓢水加入锅里，煮熟后掀开盖子，米粒稀疏的水面上，映照出蓝天、白云，还有青山、绿树——当下我深深感受到「粒米藏日月」，一粒米是多么珍贵啊！

那是「佛教克难慈济功德会」时代，我们寄人篱下、甚至负债，还要救济苦难人，日日举步维艰。

一路艰难走过来，慈济的济贫救难工作日渐受到肯定，发心的会员增多，从花莲扩

展到台湾各地；粒米成箩、滴水成河，累积起慈善、医疗、教育、人文四大志业，又从台湾发祥地迈向国际。

转眼五十年过去，虽然历经无数艰辛，始终坚定道心、步步为营。回首过去，不觉辛苦，而是充满感恩——感恩无论多艰钜、多困难，总有许多发心的人在前面引导、在旁护持、作为后盾，一路支持、陪伴着我，用爱铺路，长情相牵。全球197个国家，慈济爱的足迹已经走过九十多个，几乎遍及半个地球。

去年岁末祝福，我期勉大家「大爱之道广披寰宇，长情之路古往今来」；今年除了继续拉长情、扩大爱，还要更进一步「修福，粒米藏日月；持慧，毫芒有乾坤」——

慈济是「修福」的道场。不要轻忽微小的力量，每一分微小力量，都蕴含无限可能。要延续早年克难精神：即使自己无米下锅，仍坚持汇聚人人点滴之爱，帮助苦难人。



慈济是「持慧」的道场。合抱之树，始自一颗微如毫芒的种子；要用心体会天地间的微妙法理，开阔心胸，走在真理大道上，在人群中锻炼智慧，发挥良能，利济众生。

慈济人发心立愿走入人群付出，内修「诚信实」，外行「慈悲喜捨」，为苦难人拔苦予乐的同时，也以法水洗涤自心烦恼；所以是造福，也是修慧。大家要信心坚定，持续在菩萨道上福慧双修。

### 发心立愿、持之以恆—— 坚定菩萨志愿，造福苦难众生。

慈济大家庭年年都有委员、慈诚诞生。今年29个国家地区、两千多位海外慈济人返台，受证成为慈济委员、慈诚队员。

资深志工长期用心接引，不断给予爱的资粮；他们耐心、定心、专心参加见习与培训，终于成为饱满的稻穗。千里迢迢到台湾受证，表达出行菩萨道的决心与诚意。

五十年来，慈济致力在全球播撒爱与善的种子，多一位人间菩萨，可以造福更多苦难众生。如今粒粒种子已然萌芽、成熟、

茁壮，从小树长成大树。大树开花结果，种子又能再播撒出去，这就是「一生无量」。

每一位受证的慈济委员，胸前都挂着「佛心师志」——佛心，就是大慈悲心；师志，就是「为佛教，为众生」，要善用佛法利益天下苍生。大家来自不同国家，有不同的语言、文化背景，但人人同心、同师、同志，心的语言是相通的，要合心、和气、互爱、协力。

来自澳洲的万艾伦，虽然听不懂闽南语，却天天和大家一起「晨钟起，薰法香」；晨语结束后的读书会上，其他志工会把刚刚听到的法解说给他听，渐渐地，他也能吸收、深入法。这就是「多用心」——他不是用耳朵听法，而是用眼睛、用心听，多年来时时不漏。实际感受到慈济的爱，因此也能踏实付出。

越南的范氏贵是市场小贩，车祸后失去工作生活困难，成为慈济照顾户。她心中有爱无贪，爱有馀则富有余，接受帮助的同时，发心立愿成为慈济委员，帮助比自己更需要的人，已经劝募了百余户会员。





缅甸的乌丁屯，在2008年纳吉斯风灾后与慈济结缘。慈济急难救助时，发现贫农每年借谷种耕作，收成还债后还不够温饱，债务愈背愈重，难以脱贫；因此展开「福种」援助计画，致赠贫农谷种。乌丁屯获赠谷种，也受「静思语」影响，力行尊重生命，不再喷农药杀虫，而是每天对稻子说好话；此后收成反而比过去好，不需要再借谷种。

乌丁屯很有爱心，效法慈济「竹筒岁月」精神，将日存「五毛钱」改成日存「一把米」；自己做还带动他人做，在邻村推动「米扑

满」，邀请大家捐米帮助更贫穷的乡亲。他这次回来受证时分享，如果当初慈济给他一千元，八年来早就用完了；但慈济给他的是「慈悲」，这分资产一辈子也用不完。

这群新发意菩萨发心立愿的过程，令人感动。人生难免遭遇辛苦坎坷，有幸遇到贵人，就有机会转变心境、转变逆境。这些善与爱的见证，让人相信只要恒持诚心，就可以让爱的能量循环；人人都能成为别人生命中的贵人，创造好缘，引领更多人朝菩萨道精进。







知难不退，更要向前——  
善解包容一切，感恩逆境锻炼。

佛陀于菩提树下开悟时说：「奇哉！奇哉！大地众生皆具如来智慧德相，但因妄想执着不能证得。」佛陀指出，众生皆有佛性，只因一念偏差——心起无明，不辨是非，欲念无穷、爱恨情仇纠缠；因此恶业如同滚雪球般愈滚愈大，使世间浊气滚滚。

如何转危机为生机、转移浊为清净？佛法是救世的良方妙药。《无量义经》云：「微涕先堕，以淹欲尘。」法水可以平息欲望

尘土，要深入佛法，以「法」对治烦恼。

念佛，不是用口念，要「以佛心为己心」——心中常怀佛陀的大慈悲心。闻法，不只要理解，更要应用在日常生活中，改变自我习气。

行菩萨道，必须投入人群；而人多声音杂，面对不同的声音，要能「堪忍」。若听到不顺耳的话、遇到难看的脸色，就耿耿于怀或斤斤计较，道心很容易退转。要常喝「四神汤」——「知足、感恩、善解、包容」，能善解的人，就会包容一切。





没有坎坷的逆风，测量不出修行的力道。佛陀在修行过程中，也遇到种种障碍，但是没有埋怨，用感恩心克服，柔和以待、耐心向前。知难不退，还要向前，才能成就菩萨道。

慈济人志为人间菩萨，必须「难行能行、难为能为」；在人群中不被烦恼同化，以「事」会「理」，用「四神汤」化解烦恼。彼此相处，则要用「四物汤」——合心、和气、互爱、协力。如此才能真正堪得考验，「队组合心耕福田」，让「慧根深植菩萨道」。

佛陀是宇宙大觉者，教导我们要有「无常观」，且要建立「生命价值观」。期待人人把握当下，除了为家庭付出、为社会承担，也要为自己的人生铺路，发心立愿从田埂小路，踏上菩萨大直道。

行菩萨道，不只「闻、思、修」，还要「信、愿、行」。发心立愿如果没有力行，等于空发愿。有行无愿——抱着「加减做」的心态，就不长久。所以「愿」与「行」要并进。

听法、传法、为众生付出不停歇，就是「精进」；恒持菩提道，不分心、不偏差，就是


「勇猛」。勇猛精进，就能从菩萨道迈向成佛。

## 慈悲与爱，滋养人心—— 慈悲关怀天下，大爱力行付出。

天主教教宗方济各将2016年定为「慈悲圣年」，11月3日在梵蒂冈与各宗教团体代表对谈，慈济受邀参与。教宗表示，全球天灾人祸不断、生态被破坏，很需要「慈悲、爱」的精神滋养人心。

所有宗教都离不开「慈悲、爱」，宗教的实质，就是为众生付出的无私大爱。所以真正的信仰，是不会彼此冲突的；不同宗教间可以携手合作，在苦难人间发挥爱的力量。

爱的能量，来自于每一个人的心。有幸生活在平安国度，要知福感恩；更要扩大心胸，关怀天下之苦。见苦知福，才不会以为享福是理所当然；启发爱心多造福，社会才能长久祥和。

当今气候极端，天地多灾，要加强净化人心；人人培养慈悲心，戒除贪婪与欲念、降伏傲慢，才能使天下彻底脱离灾难。请大家多用心！



# 111 世界蔬醒日

## Earth Ethical Eating Day



2016年6月的全球温度,再度破纪录!

根据美国国家航空暨太空总署(NASA)和美国国家海洋和大气管理局(NOAA),相较于上一世纪,今年六月的气温超出了摄氏0.9度,这也是自2015年4月以来,连续第十四个月打破最高温的纪录。「全球暖化」和「气候变迁」不再仅是口号,我们也都能「感觉」到了。

近年来的气候变迁已造成世界各地的极端气候。有「世界米仓」之称的越南因为干旱,土地无法耕种;加拿大及美国因为干旱引发大火烧毁大面积的森林;斯里兰卡因大雨造成土石流,法国发生水患.....

在这个人类赖以生存的地球上,是人类需要地球,还是地球需要人类呢?地球随时都在自我调适及进化,但我们人类呢?我们是否也要一起进步?

美国总统欧巴马警告,气候变迁不再是未来的问题,而是现在的挑战,全世界都应加速应对的步伐。每一个家庭都可为世界作出重要的贡献。在这个特殊的时刻,我们只有改变,想想肉食背后动物的苦难,想想整个环境所付出的惨痛代价,采取纯素的生活方式,这改变



真的很迫切，也真正是值得的，亦是个人对世界最大的贡献。

我们每一个人如果能付出自己的一点力量，必定能改变这个世界。让我们从减少碳排放开始！

慈济基金会创办人证严上人也曾对众呼吁：「人人要觉悟，天下安危跟天下人相关；要平安，人人要有使命感；而危机，来自人人的自私。」

「世界蔬醒日」运动，就是希望能汇聚众人的力量，邀约大家于1月11日，一起蔬食减碳。假如一人一天三餐都蔬食，即可减少至少2公斤的二氧化碳排放量。

我们的目标是在2017年1月11日，能获得111个城市的支持，并募集1,110,000人响应，当天就能减少2,220吨二氧化碳排放。

微软创办人比尔·盖兹也公开表示：「地球的未来要靠素食，我们的环境，急需摆脱这些动物性食品。」因此，世界人类存亡，让我们从改变餐桌食物做起。

成就每一件事，都是从一个决心，一个心念转变开始。「世界蔬醒日」邀您一起加入！

资料来源 慈济基金会全球资讯网、《世界蔬醒日》专网



# 南非女孩： 想为地球做的事

■ 撰文 南非人文真善美志工

「妈妈，我想要为地球做一些事。(Do something for the world.)」旅居南非的华裔女孩朱仪文从儿童报纸中读到一篇有关石油的文章，文中提到人类从地底挖出石油制成各种用品，使得地球妈妈受伤了。当下仪文告诉妈妈袁亚棋，想要为地球做一些事。

看在大人眼里，这似乎只是个心血来潮的想法，妈妈当下敷衍答道：「你想做就去做啊！」当晚，仪文就在房里忙东忙西，准备纸笔，开始设计劝素表格，还跑去拜托爸爸朱恒民，明天记得帮她切一块木板回家。

父母完全不明所以，仅以旁观的心态——不理、不管、不插手，默默观察。隔天一放学，仪文便拿起蜡笔画书签，画了半天，发现一个人的动作实在太慢了，便打电话给表姊小葵——蒋侑芯，邀约小葵每周五放学后一起画劝素书签。

仪文深信救地球最快的方法，就是让更多人一起吃素，所以决定响应「111行动专案」，走入社区向邻里劝素。为了让大家都记得吃素，就得有文宣，于日仪文决定利用书签，画上插图、写上文字，提醒大家不要忘记1月11日的茹素日。

筹备过程并非一帆风顺，有人跟仪文说这样做没有用，根本不会有人记得；或是在整批书签上写错字，仪文也会伤心大哭。妈妈总是让仪文自己去面对困难，仅在背后默默鼓励孩子。仪文擦干眼泪后，依然朝着目标努力。

朱仪文（左）与表姊蒋侑芯（右）  
邀约社区居民一起响应「111茹素  
日」。图片提供/ 南非人文真善美



几周后，两个孩子终于完成65张手工书签，她们设计了各种手绘插图，加上劝素标语。仪文还设计表格，让响应素食的民众登记资料，再由她协助登录「111行动专案」网站响应茹素；而仪文也可以按图索骥，待1月11日来临前再登门提醒大家。

在8月9日南非的妇女节国定假日，仪文一早便约了小葵去劝素，两人在背包中准备了食物与水，又因为社区面积广大，她们决定各分一只脚的直排轮，打算边走边溜进社区。

两人挨家挨户敲门劝素，只要有人开门，便勇敢地说：「我们想要拜托您每年的1月11日一起来吃素！」有人惊讶地询问这是学校作业吗？也怀疑这两个孩子是不是来要捐款的？直到了解她们单纯为了救地球的心愿，多数人都非常感动。也有不少人直接告诉她们：「抱歉！我是肉食爱好者，我做不到。」然后就将门关上，但她们并不气馁，还是继续逐户去敲门。


路上她们发现，一人一脚直排轮，边走边溜实在难走。仪文打赤脚走路，踢到石头，破皮了，小葵也被直排轮磨出水泡，两人开始为

了笨重的直排轮该怎么处理而吵架。小葵赌气、仪文也蹲在巷弄间哭泣……

后来两人终于想起劝素任务未完成，不能放弃，于是互相妥协，继续走下去，花了三个小时，成功劝素了十户人家。中午回到家中，小葵累得连午餐都没吃，躺到床上就睡着了；而仪文在饭后竟然还活力十足地告诉妈妈：「妈妈，我们再去劝素吧！」

下午仪文改成骑脚踏车。上午陪着孩子们的袁亚棋虽然已累透了，但看着孩子不屈不挠的神情，袁亚棋决定奉陪到底！

脚踏车乘着风，仪文仿佛清楚地知道自己追寻的方向，一路往前冲，也不时回过头来叮咛妈妈：「我们继续走吧！」看着孩子为了实现「为地球做些事」的理想，袁亚棋眼眶早已经泛红。一次又一次勇敢地站在高楼大门前，勇敢地敲门，耐心地等待回应……孩子的勇气与决心，超乎大人的想像。

一整天的努力下，仪文和小葵成功劝素22户居民，几个月后她们还要再去拜访，提醒他们这个重要的约定！

# 时代青年： VERO Go!

撰文 何冠宏

「Go Green, Be Bold!(拥护绿色, 坚持到底)」2016年11月12日清晨, 裕廊东地铁站外传来朝气蓬勃的口号, 原来是新加坡慈青第六届的VERO (Veggie Hero, 素食英雄)活动正式启程。由于数字「6」与英文字母「G」相似, 因此第六届素食英雄活动就取名「VERO Go!」

「你知道坐一层电梯等于亮多少个小时的电灯泡吗?」「每年的几月几日是世界无烟日?」出发前往寻找美食前, 每个小组组员必须完成「素食环保问答题」, 以测试大家对于环保知识的了解程度。

「生产0.5公斤的牛肉需要多少水?」这道问题的答案深深震撼了刚开始参与慈青活动不久的南大生罗淑敏。她惊讶地表示:「竟然需要9500公升的水来生产0.5公斤的牛肉, 听到这个答案时, 我才了解到生产肉类所耗费的水资源远比植物来得多。」知道答案后的她, 觉得自己可以做的就是吃素, 以简单的方式去保护地球, 发挥自己小小的影响力。





慈青其中一个指定任务是寻找三位使用环保袋购物的民众合照。慈青李旻旻（左）在中峇鲁广场的职总超市（NTUC）成功完成任务！摄影/ 陈有艺



新加坡作为国际航运与金融枢纽，饮食的文化也丰富多彩。如今的素食更颠覆了过去我们想象的青菜豆腐组合，已融入各国富有创意的料理手法。茹素并不难，慈青依序抽签，准备承接下一个任务，寻找相关国家的素食料理。这些国家包括日本、韩国、墨西哥、印度尼西亚和越南。慈青的地铁美食之旅，除了寻素食料理，还要根据选择的餐馆和素食餐完成几道问题，例如食材的优劣、开素食餐馆的宗旨等。

接着，慈青还收到不同任务的指示，其中有两个小任务让他们花了不少时间来破关。第一个小任务是寻找销售环保餐具的商店，新加坡购物商场众多，环保餐具很快就能找到。其中一组学员奔赴位于星悦汇（The Star Vista）里的日本商品连锁店找到了环保餐具。

慈青的另一个挑战是在商场寻找三位使用环保袋的民众，并与他们合照。来自理工学院的李宜倩对于这项任务印象深刻，她说：「

我原本以为新加坡使用环保袋的民众会很少，因为每次前往商场或超市购物时，商家总是『大方的』提供塑料袋给民众，但没想到任务没有想象中困难，还是有民众会自备环保袋购物的。」

「小小素食英雄，加速减碳我们护地球，让这个小小举动，化作一阵清流和地球共生息到永久……」每届VERO活动都会唱的主题曲《素食英雄》，由慈青学长戴佳璧谱曲作词。

「她默默守护者我们，多少人能够察觉得到？」歌词中传达的意念犹如戴佳璧关怀地球的心，「我当时选择茹素就是不希望因为自己的口腹之欲再去破坏地球，我们要与地球共生息才有永续生存的环境。」戴佳璧分享自己创作这首歌曲的初衷。

慈青蔡婉如也有所感悟地说：「培养环保的习惯可以让垃圾有机会成为黄金，环保所得将化为川流不息的爱心，不仅利人同时也爱护着地球。」慈

# 餐馆业者： 为学生加素菜

撰文 叶宝珍 李兴伦


自 2014年底，为了让同学能享用健康又经济的晚餐，同时为环保尽一分力，马来西亚芙蓉慕利华师训学院的慈青，邀请了学院旁的鱼头米粉餐馆，合作推动「周一无肉日」的素食便当。

二十多年前，一场怪梦让餐馆老板娘黄三娣萌起转卖素食餐饮的念头，无奈先生不同意，后来她多次将店出租给别人卖素食，不过生意却不好，直到她亲自经营，才开始有起色。先生逝世后，黄三娣为了偿还债务，再加上人手不足，唯有停止素食生意，这一停业就是十多年。

2010年黄三娣重新卖素食，虽然仍未偿清债务，但她也尽量减少烹煮着名的鱼头米粉，收入不多，但她只求生活够用就好；如今，她慢慢改变自己的饮食习惯，诚心祈愿能早日完全转荤为素。

学院生来光顾时，黄三娣总是一边夹菜，一边苦口婆心劝他们要多吃菜，她甚至为此准备了十几种菜肴，而且坚持亲手烹调。看到学院生喜欢她的素食料理，她就更用心创新，希望吸引更多吃素。

「我不是长期茹素的人，不过偶尔会不吃肉。」信奉天主教的比达友族学生则克利史（Zechrist Anak Zechariah）觉得素食佳肴很美味，以后也会邀约朋友一起吃素，因为少肉多菜是健康的饮食习惯。

许多同学不知道餐馆有卖素食，经此合作推广，更多人愿意「素素看」，而慈青发给同学们许愿卡，并一起喊出：「111非素不可，赞赞赞！」



黄三娣（左）准备健康素菜给师训学院的学生，希望鼓励更多人吃素。摄影/ 萧耀祖

# 名人·素·语录



## 达文西 Leonardo Da Vinci

(文艺复兴时期艺术家、建筑师、数学家、发明家)

我相信有那么一天，所有的人类会像我一样，以他们现在看待人类互相残杀的心态，来看待谋杀动物的行为。

## 爱迪生 Thomas Edison

(美国发明家与科学家)

人类要达到最崇高的道德境界，必须去除暴力。只要我们还在伤害其他生命，我们就依然是野蛮人。



## 萧伯纳 George Bernard Shaw

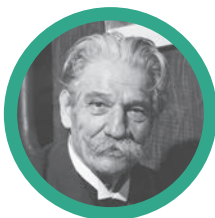
(英国/爱尔兰剧作家和伦敦政治经济学院的联合创始人)

我不会让我的身体变成动物腐尸的坟墓。

## 甘地 Mahatma Gandhi

(被尊称为圣雄甘地，带领印度脱离英国的殖民统治，迈向独立)

一个国家伟大不伟大、道德水准高不高可以从它对待动物的方式评断出来。



## 史怀哲 Albert Schweitzer

(德国神学家、音乐家、哲学家和医生，1952年获得诺贝尔和平奖)

除非你能够拥抱并接纳所有的生物，而不只是将爱心局限于人类而已，不然你不算真正拥有怜悯之心。我是想要活下去的生命，与许多也想活下去的生命一起存活。



# 世界蔬醒日 从我先做起



让我们一同联署「1月11日.世界蔬醒日」 <http://www.earth111.org/>

日常生活中的一点改变，就能让地球少些破坏、多些降温。

让我们以「蔬食、省水、省电、携带环保餐具  
(杯、碗、筷)、改变交通方式」

五个方向出发，加快减碳的步伐，延缓地球暖化的速度！

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> 一餐蔬食     | <input type="checkbox"/> 少用纸杯     |
| <input type="checkbox"/> 减少垃圾     | <input type="checkbox"/> 少用外卖便当   |
| <input type="checkbox"/> 少开冷气     | <input type="checkbox"/> 淋浴代替泡澡   |
| <input type="checkbox"/> 少搭电梯     | <input type="checkbox"/> 少用实体帐单   |
| <input type="checkbox"/> 下班后关闭电脑  | <input type="checkbox"/> 少看电视     |
| <input type="checkbox"/> 随手电脑萤幕关闭 | <input type="checkbox"/> 少用洗衣机    |
| <input type="checkbox"/> 少开桌上型电脑  | <input type="checkbox"/> 少用吹风机    |
| <input type="checkbox"/> 少骑机车     | <input type="checkbox"/> 改用省电灯泡   |
| <input type="checkbox"/> 少开汽车     | <input type="checkbox"/> 开饮水机定时关机 |



科因杜发放前合照。科因杜是狮子山伊波拉疫情源发点，疫情惨重。村长表示，很多机构曾来此地勘查，但均无实际援助行动，慈济是伊波拉疫情稳定以来，唯一到此发放白米的国外团体。摄影/萧耀华

## 前进狮子山国 携手重建路

西非的狮子山共和国，  
是矿产资源丰富的国家。

然而长达11年的内战，  
以及蔓延两年的伊波拉病情，  
使得这片土地上，  
满是饱受摧残的痕迹。

两年来，  
慈济与合作伙伴  
多次运送物资前往发放，  
期盼能够陪伴当地人  
安然度过国家重建之路。

资料来源 慈济基金会全球资讯网、《慈济月刊》  
整理 期刊组

**全** 以果蝠为主要传染媒介的「伊波拉」病毒，在人与人之间必须经由直接接触才会传染，致死率高达五成。

2013年底，西非的狮子山共和国、赖比瑞亚和几内亚三个国家，爆发伊波拉疫情，其中狮子山共和国共有一万四千人感染，近四千人往生。2015年11月狮子山共和国曾被宣布从疫区除名，后来又出现新病例，直到2016年3月，世卫组织与狮子山政府才共同宣告疫情结束。

在疫后的重建阶段，狮子山共和国需要各方面的援助。证严上人除了为伊波拉幸存者祈祷、祈愿，同时也请慈济人动员起来，给予人道关怀。台湾慈济基金会与两个国际非政府组织——希利国际援助基金会、天主教自由城明爱会展开合作，驰援该国。

经相互沟通与拜会，2015年「希利基金会」主席鲍勃·希利(Bob Healey, Jr.)与执行董事班杰明帕洛(Benjamin Parra)来到台湾，与慈济基金会代表黄思贤及曾慈慧，在联合国副秘书长夫人菲罗蜜娜·尤姆凯拉(Mrs. Philomena Yumkella)的见证下，正式签订合作备忘录，拟将食物、医疗用品、福慧床、毛毯等物资送至当地。

自2015年3月，慈济志工与两个合作伙伴，以及菲罗蜜娜·尤姆凯拉所创办的兰益基金会，携手站在最前线，多次运送物资前往发

放，包括听诊器、医疗用的乳胶手套、蛋白粉、衣服、鞋子等，也让29间医疗机构得以改善设备且重新启用。

2016年3月，慈济万里运送台湾农委会委托发放的大米，共发放了两百吨大米及近12万件二手衣物、24万6千个卫生口罩，近两万六千双布鞋、塑胶鞋及皮鞋与一万多双拖鞋和福慧床。

伊波拉病毒感染者，在治疗痊愈后，政府会发给证书，证明不会给社区造成危害，慈济援助也以此证明书造册发放。粮食的援助，对伊波拉的幸存者和孤儿，以及因内战而残障的人们而言，助益良多。

来自台湾的爱心大米，送到当初疫情最严重的村庄科因杜。科因杜位于狮子山、赖比瑞亚、几内亚三国边界上，是一个原住民部落，也是伊波拉病毒的源头。



科因杜社区的伊波拉遗孤，在善心人士收养下接受教育。这群小孩也曾感染病毒，虽得倖存，但治疗伊波拉和失去双亲，对他们身心构成极大的影响。摄影/萧耀华





2016年9月下旬，美国慈济志工前往狮子山共和国关怀，了解当地民众的生活情形，及筹备物资发放事宜。9月25日，杨健正、曾慈慧和史蒂芬·丰巴（左起）探访残障中心，了解伊波拉遗孤的生活状况。摄影/ 康尼尔

伊波拉幸存者莫美说：「在几内亚，因为得到伊波拉病毒，大家把我看成野兽，赶走我，现在我很开心收到物资。前几天我需要去借钱，买食物给孩子吃，现在我们可以吃米了。」

2015年11月，慈济发起「跨越一万三千公里的爱——为狮子山共和国募衣」活动，从美国、菲律宾及台湾募集集了二手衣与鞋子。受惠学校的老师们欣见孩子穿上了整齐衣物。以往打赤脚走路的孩子，终于有合适的鞋子来保护双脚。

2016年9月下旬，慈济人分别从美国与台湾出发抵达狮子山共和国。在为期一周的紧凑行程当中，志工团队检视了慈善援助对于当地人的影响，看到贫困的学生、孤儿、成年人穿上崭新且合脚合身的鞋子、制服、衣物；志工发放的白米，让伊波拉幸存者安然度过没有收成的雨季。



收到来自台、美、菲三地爱心鞋后，学生们终于有合适的鞋子让他们的脚受保护。图片提供/ 台湾慈济基金会

12月13日，长期投入关怀该国救援工作的慈济美国总会副执行长曾慈慧，特别带着慈济狮子山伊波拉疫情赈灾专案负责人史蒂芬·丰巴(Stephen T. Fomba)、希利基金会执行长班杰明·帕洛(Benjamin Parra)、狮子山共和国空德神父(father Peter konteh)等人，来到台湾花莲静思精舍拜会证严上人，表达对慈济长期投入救援狮子山共和国的感恩与肯定。

专案负责人史蒂芬·丰巴向证严上人表示，狮子山共和国的政府感恩慈济，慈济是唯一的团体在伊波拉发生后，做到大范围的援助伊波拉生还者。

上人关心狮子山共和国的贫民粮食供给以及医疗卫生议题，尤其有许多伊波拉疫情造成的孤儿生活照顾问题，上人指示要持续关怀。另外针对当地贫困家庭及孤儿缺少文具问题，上人表示将协助孩子获得基本的教育资源，让苦难人都感受到爱与照顾。🌀

# 薄衣难御严冬寒

## 塞尔维亚发放暖身心



资料来源 慈济基金会全球资讯网  
整理 期刊组

塞尔维亚是叙利亚等地难民  
北上路线的中继站。  
然而因为国界封锁等问题，  
大批难民不得不滞留  
在当地难民营，  
等待着不知何时到来的明天。

从3月1日至4月2日，欧洲慈济志工  
曾经持续陪伴过境滞留的难民，  
让他们重展笑颜。  
如今当地时序入冬，天寒地冻，  
志工想起来远方的友人，  
他们过得好吗？

身处塞尔维亚难民营的难民，他们的  
下一步在哪里？完全没有答案。难  
民营委员会向慈济志工透露，每月约有一  
千多名难民进入塞尔维亚，放行出关不过  
四百多人，在进多出少之下，难民营已难以  
负荷。

挂心着无以温饱的难民，慈济志工自12月  
2日至7日，连续六天进行冬衣发放，地点  
包括了希德火车站、普林斯博瓦其（前儿  
童医院）、普雷舍沃、苏博蒂察、松博尔、  
贝尔格勒及巴尼亚科维利亚查。来自九国  
的38名志工齐聚在塞尔维亚，准备进行场  
勘和动线规划。

12月1日，一些志工先至中继站的仓库整理发放衣物，有些志工则来到难民营的早餐发放区，了解他们的生活情境。很多难民纷纷向志工倾诉他们的辛苦，以及他们如何倾家荡产，几乎是花光了身上的钱财，一路波折辗转了很多国家，最后却还是被遣送回到塞尔维亚。坎坷的逃难过程，实在令他们感到身心俱疲。

许多孩子不但没有外套，就连鞋子也没有，只能光着脚丫子。志工深感不舍之余，更了解到在这寒冬里，难民真的很迫切需要保暖的衣物、鞋子以及换洗的内衣裤。志工环顾所见，大人们都是满脸愁容，唯有孩子们仍是天真无邪。对于志工的拥抱和关怀，孩子脸上露出笑容，让志工觉得这是最美的回馈。

在志工的带动下，孩子们邀约自己的家人一起与志工唱着《一家人》，志工教大家歌词的手语表达。如此互动引起颇大的回响，难民暂时卸下忧虑，开始欢喜地融入其中，并且表示志工的爱与关怀给了他们一个温暖的冬天。

冬衣发放第二天，志工走访了希德火车站难民营和普林斯博瓦其难民营，带来了御寒的外套、帽子、围巾、袜子及换洗的内衣裤，还准备了糖果给孩子们，小朋友都吃得好开心！

大人小孩一领到合适的新外套，都立即穿上，露出难得的笑容。难民委员会志工度山说：「谢谢慈济捐赠的这些物资，这对难民

来说，真的很珍贵，这种天气下，他们的确需要外套。」

第三天在马其顿边界的普雷舍沃难民营，为了让冬衣发放更有效率，志工先将冬衣依不同尺寸做好分类，准备就绪。难民满怀期待着志工的到来，他们大排长龙，有秩序地等待领取物资。

除了发放冬衣，慈济志工亦进行热食发放。从台湾空运香积饭至维也纳，再透过陆运交通运输到塞尔维亚。12月5日在希德贝尔格勒，志工和难民委员及几名难民朋友相聚一起，示范如何泡香积饭，并请难民朋友们品尝热腾腾的香积饭，大家吃得很满足，纷纷竖起大拇指。

同时，志工亦向大家介绍慈济，分享《人间菩提》证严上人的开示及透过影片播放志工关怀难民的身影。波士尼亚志工也用心地用手语带动大家合唱《一家人》，在充满爱的氛围中，祈愿难民朋友能拥有更多的勇气与力量。

志工并带来岁末祝福的福慧红包及平安吊饰，祝福难民朋友日日平安。阿富汗岁青年克利斯(Krishn Aahmadi)颇受感动，主动协助志工翻译福慧红包的由来及平安吊饰的意义。在《祈祷》歌声中，虽然彼此信仰不同，但祈祷世界和平的心愿一致。祝福难民朋友们早日到达他们向往的国度，过着身心安定的新生活。❀



# 海地风灾过后 红豆饭 传暖意



2010年海地遭受强震摧残后，  
重建步伐缓慢；

时隔六年，又遭马修台风侵袭，  
近百万人家园受灾。

慈济人进行「以工代赈」  
和热食发放，肤慰人心。

为符合当地人口味，  
从台湾运送的红豆香积饭，  
搭配了当地的调味食材，  
调理出海地本土风味，  
让受灾居民能饱腹也暖心。

资料来源 慈济基金会全球资讯网

图片提供 慈济美国总会

整理 期刊组



2016年10月上旬，四级飓风马修（Matthew）行经加勒比海地区，侵袭中美洲，受灾情形又以海地最为严重。这场海地十年来最强的飓风，最高风速达每小时230公里，夹带暴风雨，造成近九百人往生，更有近百万人家园受灾。灾区还传出疫情蔓延、粮食短缺严重的消息，灾民生活处境更显艰困。

来自慈济美国总会和海地的本土志工一行五人组成勘灾团，在灾后第六天，来到受灾最严重的两个城市——莱凯市（Les Cayes）、杰洛米市（Jeremie）进行勘灾。

马修飓风彻底摧毁杰洛米市赖以维生的农业经济命脉。大蕉、咖啡、柑橘、红豆、稻米



等农作物，无一幸免。市长克洛达 (Claude Harry Milord) 忧心地說：「杰洛米市从来没有遭遇过如此大毁灭性的灾难，人们无家可归、饥饿、缺水，霍乱正在脏水中传播。因此我们现在最需要的是干净的水、食物和医药。」见到慈济团队前来勘灾，他表示愿全力配合。

### 宝岛白米饭 飘洋过海溢香

在急难救助阶段，慈济以解决灾民粮食问题为优先考量。21日凌晨从台湾运出3.9吨香积饭，经迈阿密由美国慈济人接力，同时美国慈济志工也汇集六千条环保毛毯运往海地。在首批物资抵达前，海地慈济志工已经先运用



慈济急送往海地的红豆香积饭，经过美国爱的接力转运，抵达海地重灾区，并立即进行热食发放。

当地资源，进行热食发放。许多人连基本的碗盘都缺少，慈济美国总会急调三千多份环保碗及汤匙送往灾区。

海地时间10月27日，慈济志工和杰洛米市政府合作，首次发放五百人份热食。袅袅炊烟中，散发出米香、红豆香，红豆饭盛在盘子里，搭配蔬菜酱汁，是很多居民在灾后吃到的第一口热米饭。

红豆香积饭由花莲静思精舍师父所研发。这回发放，市政府特别找来几名厨工帮忙，先用炭火烹煮红豆，接着倒入干燥的米粒反复搅拌。为了贴近当地口味，厨工不添加香积饭里附赠的调味包，而是添加奶油和大豆油增加风味。

慈济支援当地七个热食供应点，每天可解决上千人的用餐问题。而海地灾区尚有因交通与通讯问题无法确认的受灾民众，因此当慈济志工赈灾团每经过一个区域，均留意是否有灾民迫切的物资需求。



## 以工代赈 挹注重建希望

26日至29日一连四天，慈济号召了六十名居民投入「以工代赈」，合力清理家园。清扫工作分为三区进行，第一天缺乏的清扫用具，经志工采购，第二天已经全部到位，加速打扫的效率。领到代赈金的居民终于有钱可以购买材料，修补毁损的住家。

其中一名21岁女孩杰丝特（Juste）对于代赈金颇有规划：「我要拿去买锌板还有塑胶板，赶快给我爸爸、妈妈，拿去盖我们家的屋顶，因为屋顶吹掀了，一下雨就漏水。」

该市非政府组织负责人盖博（Gabriel），担任慈济和杰洛米市政府之间的桥梁。因为身体不适而吊着点滴，但心系赈灾工作的盖博，向居民简介慈济是来自台湾的慈善团体，并说：「这里每一个居民，都有责任让社区有更多快乐和爱，我知道这是很艰难的挑战，不管今天或者是明天都很难做到，但是跟慈济

这样诚挚的朋友一起同心协力，相信目标就不远。」

慈济在杰洛米市的「以工代赈」，让参与的居民每天可以领取五百元古德（折合11新元）的代赈金。为了在治安不佳的海地付给现金，慈济志工时时审慎，去银行提款皆由警察陪同。为求发放周全，在发放现场还需经由海地本土志工核对身分。

另外，海地房屋无论是木头或空心砖搭建，多由锌板作为屋顶。许多人的屋顶在灾后都被吹落且无法使用。因此慈济志工已就近在海地购集锌板，提供灾民搭建使用。

台湾慈济基金会、慈济美国总会及海地邻近国家的多明尼加慈济志工等，持续以接力方式关怀，也人与人大爱互助的精神连结起来，希望带动更多人帮助，同时鼓励当地灾民振作，给予信心及勇气面对未来的重建。慈



慈济在重灾区杰洛米市进行四天的「以工代赈」，号召了六十名在地乡亲投入清理家园的行列。





# 柬埔寨发放 启发本土志工助同胞

撰文 黄福顺、潘晓彤、Priya

摄影 蔡佑良

在慈济人爱的接力下，台湾白米漂洋过海，  
让柬埔寨金边市郊的贫民暂时免受饥饿之苦，  
更带动了当地发心民众付出，一起济助乡亲。

11月26日至27日，本年度的第五次大米发放中，  
连续三场共振济了近一千五百户贫民。

柬埔寨慈济更首次走进朗哥垃圾掩埋场，  
为围居在周边的拾荒者发放了大米和肥皂，  
让他们得到温饱之余，也能照顾身体的卫生。



拾荒者在堆积如山的垃圾堆中捡拾资源，挖土机也在一旁操作，对拾荒者而言相当危险。



彭蝶莉 (Penh Theary, 右) 被铁条弄伤，导致左手折断。由于没钱看诊，她只能涂些草药。慈济发放的四十公斤大米，犹如雪中送炭，让他们暂时可以维持生活。

「感觉很害怕，我以为就这样死了，再也见不到家人。」26岁的尼安 (Neang Hoeun) 心有余悸地说。由于垃圾车司机在倒垃圾时，没注意到个子矮小的他，结果他立刻被埋在堆积如山的垃圾里。尼安不断地喊救命，庆幸他被埋下的那一刻被其他拾荒者看到。

「他们用了两个小时，把我挖出来。」尼安回忆着当时二十人抢救他的情景，「我被救出来后，一看到人我就晕倒，醒来后再次晕倒。」

曾在建筑工地打工的尼安，由于领不到薪水，无奈之下，前只好带着妻子和两岁的孩子来到金边朗哥垃圾掩埋场 (Dangkor Landfill)，开始拾荒的生活。

朗哥垃圾掩埋场周边住了约四百户居民，大部份是从波罗勉省 (Prey Veng) 迁居到首府金边，靠拾荒维生。当地的居住环境恶劣，每当车子经过，尘土飞扬，空气中偶尔飘来阵阵臭味。

2016年11月26日下午四点，61名慈济志工以及33名柬埔寨青年团 (Union of Youth Federation of Cambodia) 义工，在离垃圾掩

埋场两百公尺的空地上，进行大米发放。此外慈济还准备了肥皂，让这些拾荒者得到温饱之余，也能顾及身体的卫生，缓解皮肤敏感症状，一共惠及470户拾荒者。

「现在我还是很害怕，看到垃圾车，脚会发抖。」尼安休息了一个月后，为了每天赚取五美元养家糊口，他战战兢兢地回去拾荒。在慈济发放中领到的两包大米，让他在困苦的生活中可以暂喘一口气。

## 大米发放 犹如雪中送炭

「这是柬埔寨首府金边市两百万人口唯一的垃圾场，每天接受两千吨垃圾。」垃圾掩埋场负责人克约 (Keo Channarith) 表示，以现今垃圾的堆积速度，垃圾掩埋场估计只能应付至2023年，当局也一直不断寻找垃圾处理方案。

一般上，拾荒者需每次缴付1.5至两美元给掩埋场管理员，才能入内捡拾一些还能循环再用、有转售价值的物品，比如玻璃瓶、塑胶袋等等。克约知道拾荒者都是贫困的居民，所以让四百户居民免费拾荒，只对开着交通工具入内者收费，同时提醒他们注意安





慈济在离垃圾山两百公尺的拾荒者简陋住所旁进行大米发放。这次的发放共惠及470户拾荒者。

全。有一些拾荒者是从2009年关闭的斯民村垃圾掩埋场(Stung Meanchey), 迁移到如今面积三十公顷的朗哥垃圾掩埋场。

「垃圾山除了难闻的味道, 更需要有警觉性地躲避众多垃圾车。发烧、胃不舒服是家常便饭。」左手涂着草药的拾荒者彭蝶莉(Penh Theory)两周前被铁条弄伤, 导致左手折断, 右手皮外伤。

彭蝶莉随丈夫拾荒六年, 每天得先付两元美金的房租和水电费, 夫妻俩一天所挣到的也只是区区两至三元美金, 扣除两个孩子的奶粉开销, 彭蝶莉根本没钱去看医生。「现在左手折断, 剩丈夫独自去捡资源。」她表示, 慈济发放的大米犹如雪中送炭, 至少可以吃上二至三个月, 暂时可以维持生活, 内心仍希望有朝一日能找到一份更好的工作。

夕阳西下, 一些拾荒者脸上包着围巾, 穿着雨靴从垃圾掩埋场回来, 顺道领取大米回家。三个小时的发放, 在慈济歌曲和手语带动下, 让等待领取物资的拾荒者不再孤单。

有些拾荒者也把身上的零钱投入竹筒, 获得援助的同时, 也愿意手心向下助人。

## 台湾爱心 温暖金边市郊

2016年台湾农委会透过慈济基金会跨海援助柬埔寨, 提供多达六百公吨大米。柬埔寨慈济志工自八月起, 陆续在首都金边及周边县市举办发放活动, 并邀约越南、马来西亚等地志工参与付出。

本年度第五次大米发放共计三场, 继11月26日在朗哥垃圾掩埋场举办后, 翌日接续在朗哥区(Dangkor)和马卡拉区(7 Makara)进行。尽管清晨下了一场倾盆大雨, 但志工和居民的诚意似乎感动上天, 滂沱大雨戛然而止, 阳光从乌云中照射出来。志工各自找到岗位, 从扫水、排桌椅、安排音控、拉布条等, 一步步进行布置。

「我很开心, 感恩慈济来到柬埔寨, 教育和帮助很多困苦的居民。」温璧伦(Un Phearun)是柬埔寨慈济志工王柔欣的司机。



以往载王柔欣参与慈济活动时，都在外边等待。他长期看到慈济帮助本地居民，非常感动，于是开始参与慈济，也邀约太太和侄儿等一起参加，一家人行善，不亦乐乎。

这天温璧伦也参与了大米发放的场地布置，然后帮忙登记，乡民入座后他就拿起相机帮忙做纪录，尔后爬上卡车扛大米，随时补位。温璧伦的太太娑莉达(Sous Lida)夫唱妇随，同样地带着愉快的心情协助抹场地椅子和引导乡民。

「我想来参加大米发放，看到贫困的居民得到帮助。」颜芳达(Yemvanda)是娑莉达的表妹，这天也应邀前来一起当志工，她之后开心地说：「感觉很轻松、很开心，看到众多居民脸上都带着笑容。」

### 身教付出 员工感动在心

「璧伦认识的第一个华文词汇是慈济，他载我到慈济发放，看到我们所做的而感动，就

开始帮忙搬大米，这次成了活跃的本地志工。」王柔欣看到温璧伦一家为乡民服务的美丽身影，讲述他成为志工的因缘。

「2014年我先生计划到柬埔寨发展事业，我先确认这里有慈济，来到这里后即刻联系柬埔寨联络点继续做慈济，这是我跟上人的约定和承诺。」澳洲慈青出身的王柔欣娓娓道来自己在柬埔寨的慈济路。

「最开心看到本地志工的成长，当然还有乡亲们得到帮助后的喜悦。」她表示，自己虽然还没学会柬语，但积极参与慈济的一举一动却被司机看在眼里，感动在心。

此外，慈济柬埔寨联络点负责人谢明勋与太太胡美玲，也接引了多名公司员工当志工，晓羽(Thong Vannita)是其中一位。

「我喜欢当司仪，看到乡民的笑容，让我更有自信。」晓羽白天上班，晚间修读大学四年级课程。她把握时间协助发放，同时也参与家访，并期许自己可以不断学习帮助更多乡



柬埔寨新进志工温璧伦(Un Phearun, 右)除了负责大米发放的场地布置和登记，也协助摄影，尔后爬上卡车帮忙扛大米，展现了随时补位的精神。



诺索文(Nut Sovan)副村长虽然在当军人时失去双手,却不影响他投钱入竹筒,付出爱心去助人。



乡民们高高举起宝特瓶,响应环保回收爱地球。

亲。晓羽也带了三个朋友一起帮忙发放,让他们感受助人的喜悦。

杜玉蓉和晓羽搭档主持超过十次,看到乡民的艰辛,她有感而发地说:「看到他们这么辛苦,吃一顿饭都这么困难,就觉得自己非常幸福,我会减少买东西。」当司仪已经驾轻就熟的她,更会在乡亲等待的时刻,唱歌跳舞让他们可以耐心地等候。

## 散播爱心 保护自然环境

慈济爱的种子像一包包来自台湾的大米,在柬埔寨不断撒播,慢慢延伸。「我们三人在慈济志工介绍下,昨天坐了三小时的巴士来金边,今早来参与大米发放。」来自柬埔寨儿童教育慈善机构(Khmer Children Education)的马琳(Him Marin)和两名同事非常开心认识慈济这样的慈善团体。

「我们回去后一定把慈济教导如何爱护环境、小钱也可行善,带回去教导我们那边的

小朋友。」马琳接着分享在发放中获得的启发。

这股善的循环,同样也在朗哥区副县长暨青年团(Union of Youth Federations of Cambodia)团长迪马(Tema-Sopheha)身上散发。迪马帮忙乡亲扛米,他感恩有机会第四次和慈济合作发放大米,并说道:「每次发放都会动员几十人一起过来帮忙,看到大家不分种族和宗教一起为乡亲服务,觉得非常开心。」

乡民在了解慈济竹筒岁月的缘起后,纷纷投竹筒响应,同时把身上带来的宝特瓶回收。当地慈济负责人谢明勋也不断鼓励大家从家里开始落实环保,一起打造美丽干净的乡区。

早上在朗哥区发放大米予482户乡民,下午在马卡拉区则有609户乡民受惠。这次大米发放让乡民获得温饱之余,同时也将一股善念和对大地的爱散播了出去。慈



## 梵蒂冈宗教论坛 促国际学生交流

资料来源 慈济基金会全球资讯网、吴文琦、黄柏榕、胡家建  
整理 期刊组

大环境日新月异，每个世代所面临的挑战也不同。  
为聆听不同文化和宗教背景年轻人的声音，  
梵蒂冈国际学生宗教论坛首次邀请非天主教青年与会。  
作为佛教代表的慈济青年，在面见教宗方济各时，  
致赠《静思语》与吊饰，并代表证严上人  
对教宗将今年订为「慈悲圣年」力促宗教交流的肯定与致意。

天主教教宗方济各将2016年订为「慈悲圣年」(Holy Year of Mercy)，力促跨宗教的交流。为了解国际留学生以宗教信仰应对现今道德挑战的认知，梵蒂冈「宗座移民暨观光理事会」(Pontifical Council for the Pastoral Care of Migrants and Itinerant People)于11月28日至12月1日，举办第四届梵蒂冈国际学生宗教论坛。

来自四十个国家，共120人与会，其中以天主教学生为主，另有一名伊斯兰教徒、一名印度教徒和四名佛教徒代表。

其中佛教代表由教廷邀请台湾慈济基金会引荐，慈济特别推荐四名慈青与会，即马来西亚籍留学德国学生胡家健、马来西亚籍留学英国学生叶贻证、台湾籍留学南非学生吴文琦与黄柏榕。



慈济青年学生代表在十五分钟的简报中，分别就慈济的发源与历史、慈青的活动、静思语的由来、「八分饱，两分助人好」理念、竹筒岁月、佛法「苦、集、灭、道」的意思，向各国学生代表进行说明。胡家健则透过简报，分享每个宗教所遇到的相同考验，无非都是能让自己的信仰落实于大学生活中。

许多留学生在论坛中表示，面对大学生活中的许多诱惑，让自己不禁对于信仰产生疑惑。一位来自印度的神父在「遇见耶稣能让身心灵充满福音的喜悦」课程中，分享寻找真理的欢喜，其意涵与佛教所说的「离苦得乐」相近。

英国的萨拉博士 (Sara Silvestri) 则提及，由牛津大学与剑桥大学创始的「师生辅导计划」，就像慈济大学的慈诚懿德爸妈的陪伴功能，是现今英国多所大学逐渐响应的计划之一。

叶贻证表示，许多天主教徒对慈济的「静思语」产生兴趣，主动询问并索取《静思语》书籍。在这次交流分享中，一位来自菲律宾的神父提及，曾在新闻上看过慈济人在当地的付出做环保，非常赞叹年轻人可以发挥量能、做好事，并赠送证严上人一本自己的绘本书。


另一位来自台湾台中、西班牙国籍的天主教神父则与叶贻证分享，二十年前他想要多了解佛教团体，因缘际会下，正好证严上人行脚到台中，所以有幸拜会上人。他非常敬佩并且感恩慈济为众生做了很多善事。另外，慈



马来西亚籍留学英国的华裔留学生叶贻证，代表台湾佛教慈济基金会赠送一本英、法、义、德文版本的《静思语》，以及一个中英文「爱」的吊饰给教宗方济各。

济青年代表也特别在会场向与会的各国青年代表推广「1月11日是全球茹素日」，期待大家可以邀请身边的朋友一同响应。

叶贻证提到，在这一次交流会中，他发觉与会年轻人认为宗教之间虽然有不同的信仰，但是拥有着相同的理念，并乐于接受不同宗教的文化，也很努力为未来的世界留下更干净的地球，并认知这个世界将会是年轻人需要去面对与负责。教廷表示，教宗收到来自佛教慈济基金会学生代表赠送的四国语言《静思语》表示欢喜，教廷了解到佛教与他们的福音有相同之处，都是在传播着「慈悲与大爱」。

证严上人曾提到，教宗今年推广「慈悲」，认为这个世界需要「慈悲、爱」，希望人人都能好好实行并推广「慈悲」，这也正符合慈济五十年来「慈悲喜舍」理念。上人慈示：「任何一个宗教都是对人群有益的，我们要天天祝福，也期待天天平安，任何一个宗教都需要戒慎虔诚。」

# 幼教毕业歌剧 孩子的绿宣言

撰文 李明慧、林子雄、王俊璇



慈济大爱幼教中心将环保教育融入日常课程中。  
而第三届毕业典礼更是有别于以往，  
一群幼教小人儿演绎环保歌剧《绿色的家园》，  
向与会来宾和家长呼吁一起做环保，爱护地球家园。



由幼教老师们编剧的《绿色的家园》，创造了一个人类与动物都能和平共处的美好世界。老师们从布景到服装都用心准备，希望让每个孩子都能快乐地投入其中。摄影/王绥喜

「教 育是希望的工程，我们希望以静思语慢慢改变小朋友。」慈济大爱幼教中心园长许毓宝在毕业典礼致词时表示，大爱幼教注重孩子的品格修养，让孩子们懂得自立之余，还懂得为社会造福。

2016年11月19日，慈济大爱幼教中心举办第三届毕业典礼。静思堂里没有喧哗嬉闹，孩子们以手语、歌剧的形式向陪伴他们的父母以及师长表达感恩。应届毕业生多达二十人，老师、来宾与志工，共318人齐聚一堂，共享毕业典礼简单而又庄严的一刻。



在毕业生致词环节，苏绍铨（左一）站在台上一字一句道出对老师们的感恩之情。摄影/林孟才

荧幕上播放着孩子们刚入学时不舍离开父母而哭闹的回顾，还有这些年来在学校的学习点滴。孩子们学习的不仅是课堂上的知识，更透过户外教育学习环保、茹素保护地球，也学习静思语，培养良好的品格。

## 大爱教育 学习尊重和爱

从过动倾向到如今代表毕业生致词，短短三年幼教岁月里，苏绍铨改变了许多。「口说好话，如口吐莲花；如果你讲坏话，朋友会伤心。」苏绍铨稚嫩地表达他最喜爱的静思语。他似懂非懂地分享学校里的点滴，苏爸爸听在耳里，眼泪不由自主地流下，并表示：「他长大了！」

「抹地、洗碗、起床折被、冲凉、穿制服，他都可以自己做，减轻了我们很多的负担。」当初因为住家靠近大爱幼教才把孩子送去接受教育的苏绍铨父母，看到孩子的改变真的觉得很惊讶。苏妈妈笑着表示，虽然苏绍



马来男孩德源(Dayyan)经过一年在大爱幼教的熏陶，从刚进来时的顽皮搞怪甚至脾气暴躁，如今已变得乖巧懂事。摄影/王绥喜

铨偶尔会纽扣扣错，但是至少进步很多。回想加入幼教之前的苏绍铨，遇到不顺心的事或听到不爱听的话就会发脾气，如今的他懂事了。

除了苏绍铨，另一名毕业生德源(Dayyan)亦如此。从刚进来的顽皮搞怪甚至脾气暴躁，一年后的今天已变得乖巧听话。

「要培养好的品行，必须从小开始。」德源是唯一的回教徒毕业生，然而德源妈妈却非常认同慈济的教育理念，希望孩子可以学习如何去尊重及爱他人。德源妈妈坦言，自己也因为孩子的改变，变得正向和乐观。

德源妈妈认为，大爱幼教不仅教孩子如何做，更会耐心解说行为背后的教育意义。这样一样，孩子才会恒持良好的人文素养，塑造出好品德。

一年前德源刚加入幼教时，一直很抗拒蔬菜，但是在老师耐心的引导下，他慢慢接受





身着毕业袍、头戴方帽的应届毕业生接受师长的拨穗和祝福，同时也开启了人生新的旅程。摄影/王绥喜

素食。对于德源的改变，一直认为素食是健康的妈妈，也感到很开心。

「孩子的态度和心念始终是最主要的。」德源妈妈认为如果孩子学到好的做人态度，自然会运用在学业上，成绩自然问题不大了。一年后的今天，看见孩子的成长，他们不悔当年的抉择。目前已有两位孩子在幼教中心学习，她决定将来让第三个孩子也入学大爱幼教。

毕业生之一的梁乐斌，患有轻微感觉综合障碍，对周围的人事物都很敏感，看到多人的时候会害怕。去年和今年都站在舞台上表演手语的梁乐斌，父母看到了他的改变。去年的他无法完成很多动作，现在的他有些手势依然不确定，但是望着台下的老师就可以顺利地完成。

大爱幼教是梁乐斌的转校的第三所幼教，在老师耐心和爱心的教导下，他渐渐地从爱生闷气的小男孩变得更懂得表达自己、更有信心和更乐于参与课堂活动。

「现在的他比较独立，还会自动自发收拾玩具和碗碟，甚至还会提醒弟弟。」爸爸很惊讶转校数月后就看到孩子的改变。梁乐斌父母虽然会担心孩子上小学时需要时间适应，不过已经有信心让他去面对。

## 环保歌剧 保护地球家园

有别以往的毕业典礼，这次呈现了六十分钟的环保歌剧《绿色的家园》。除了由应届毕业生演出主要角色以外，其他班的小朋友亦一起参与演绎简单的手语和舞蹈等。

「我们的世界会越来越脏，小孩子将没有干净的地方住。」剧里以小小动物和昆虫的心声，生动地带出现代人如何破坏环境，到最后鼓励大家要环保以保护地球。

巫家独子巫睿升，是毕业典礼环保歌剧的小演员，剧中饰演小蜻蜓角色。为了这天的毕业典礼，巫睿升全家总动员，父母、祖父母、外婆和姑姑，都一起来到静思堂观礼。

巫睿升妈妈陈慧宾，对于孩子在大爱幼教所受的教育，感到非常满意。虽然儿子即将离开这个充满爱的环境，但是巫妈妈很高兴慈济还有亲子班和安亲班，可以让儿子继续在这充满人文教育的环境中成长。

环保歌剧中孩子们在户外野餐后，随地乱丢垃圾，造成环境污染和滋生蚊虫危害的一幕，让巫家留下深刻印象。巫妈妈认为参与演出的孩子，不仅学到良好的习惯，也提高

他们爱护地球的意识，这将会永远留在孩子心中。

在毕业典礼中，家长袁世俊、周宛思享受着孩子们活泼可爱的演出，仿佛看到孩子把平日所学的环保知识都搬上了舞台。他们的双胞胎儿子尉桢和尉彰，在家里也经常提醒父母记得关灯，不要浪费水，还叮咛父母空调不要开太久，否则北极熊会没有地方住。看到孩子的成长，周宛思欣慰说：「当初把孩子送来慈济大爱幼儿园是正确的。」

「证严上人强调『教之以礼，育之以德』，教育不止是注重知识教育，还有品德教育。」执行长刘瑞士致词时表示，他期许孩子们可以把所学习到的落实在日常生活中。

随着拨穗仪式的完成，代表孩子们即将离开熟悉的幼教生涯。陪伴着他们迈入人生新阶段的也许不止回忆，也包含人文精神以及一颗爱护大地的心。慈



除了应届毕业生，其它年级的小朋友也一起参与演绎环保歌剧《绿色的家园》。摄影/王绥喜



佛堂后方展示毕业生的作品，除了自画相之外，使用环保物制成的手工品更引人注目。摄影/王绥喜





## 昔日捐款人 欢喜捧募款箱

2016年9月24日，  
慈济基金会（新加坡）第二年举办募款日。  
559人次志工把握因缘，走入人群，  
以谦卑的身影劝募，  
凝聚社会人士的爱心和善行。

撰文 新加坡人文真善美



从事产业买卖的黄凯富（右一）和实业家郑文川（右二）皆是第一次放下身段走向街头募款，忙碌之余，仍不忘回馈社会。摄影/冯桂琼

「以往我是捐款人，没想到今天我会在这里90度弯腰向民众募款。」实业家郑文川曾经对慈济志工谦卑劝募的身影留下印象，后来主动参访静思堂，也欢喜地加入了慈济做志工。这次他就抱着「取之社会、用之社会」的想法，首次投入街头劝募。





清早七点多，慈济志工在全岛各个社区定点集合，经小组叮咛和填妥表格后，就准备出发咯！图为武吉班让的万吉路市场（Bangkit Road Market）定点。摄影/ 黄福顺

2016年9月24日，慈济基金会（新加坡）第二年举办募款日（Flag Day），以街头修行的精进方式，欢庆新加坡慈济成立23周年，同时也充盈慈善基金。559人次志工抱着「募一分虔诚祈祷，募一分爱心关怀」的心念，走入人群，启发人人的爱心。新加坡全岛的一些公共场所，无论是地铁站、商场、菜市场等，都不难看到慈济志工谦卑弯腰的身影。

「慈济！大爱！」四马路的一名水果摊贩一见到志工的身影便喊出这句话，以亲切的招呼来欢迎慈济志工上街头募款。民众对身穿蓝衣白裤或灰衣白裤的志工身影并不陌生。炎热的气候下，有些街边摊贩递出大雨伞给志工遮阳，有雪糕摊贩甚至前往叮咛志工记得站在有遮挡的地方。

在勿落，76岁的独居长者艾莎（Aiseah binti Osman），虽然自己生活清贫，但依然把零角投入爱心箱。她说：「新加坡人就是要互相帮忙，不分种族……我捐的不多，一块钱也好。」



募款箱的制作要求严谨，每个募款箱都必须密封而且都有登记号码。摄影/ 曾美珍

## 珍惜因缘 能够付出就要把握

笑容可掬的慈济志工陈由兴就站在四马路观音庙的出口处募款。他与太太顾玉好因去年有事而错过了街头募款。今年夫妇俩把握因缘，轮流照顾孙子，以圆满街头募款的心愿。

「募款日一年才一次，机会难得，我们不知道明年先到还是无常先到……捐出来的点点滴滴都能帮助人。」慈济志工陈由兴说道。负责上午募款的陈由兴赶在中午回家，以便接替太太照顾孙子，让她能去静思堂点算街头募款的款项。两人以爱接力，欢喜付出。

在船运公司任职码头集装箱操作员的慈济志工黄丽玉，每个月一般只有一次在周末休假，偶尔还得加班。一般没法在周末参加活动的她，这次的假期却获得批准，让她可以完成参加慈济募款日的心愿。她高兴地说：「今天请到假比拿到花红还开心！」一大早，黄丽玉在武吉班让的万吉路市场（Bangkit



「募款日一年才一次，机会难得，我们不知道明年先到还是无常先到。」志工陈由兴（中）和太太轮流照顾孙子，让彼此都有机会参与募款日活动。摄影/冯桂琼

Road Market)向邻里居民募一份爱心，与熟悉的面孔结一份善缘。

清晨六点多，满头银发、74岁的李玉玲相约两、三位志工到德惠巷市场(Teck Whye Market)一起用餐，然后和大家上街募款。尽管右脚板长了一小块硬肉，她依然连续四小时站立，弯腰鞠躬募款。「感恩自己还可以参与。」她开心地说道。看到新加坡民众的爱心普及各个角落，以及对慈济的认同，她倍感欣慰。

## 自我突破 从不自在到心欢喜

站在热烘烘的太阳底下约七、八个小时的黄凯富，脸上堆满笑容，一点倦态都没有。面对一些民众对街头募款有不解的神情时，他会耐心向他们解释。

「我从来没在公共场所向人募款，真有点不自在。」从事产业买卖的黄凯富，第一次走向街头募款。这天一早就到金文泰地铁站附

近向民众募款，中午时分又来到了四马路观音庙继续募款。他说：「身体很累，但心中是欢喜的，尤其看见善心人士将钱投下爱心箱时，更觉得开心，这与自己捐钱的感受不一样。」

已是半退休的实业家郑文川，不久前举家搬迁至静思堂附近。他表示：「以往我是捐款人，没想到今天我会在这里90度弯腰向民众募款。」多年前郑文川目睹慈济人在街头募款时，向捐款者恭敬地鞠躬，双手合十虔诚祝福的身影，他受到感动。为了想了解慈济，郑文川来到了静思堂，了解慈济的人文与精神，并参与了这次的街头募款。

「希望人人的爱心可以为慈善出一份力。社会给予我很多，我也应该回馈给社会。」69岁的郑文川第一次放下身段，站在街头向会众募款，他笑着说：「一点也不觉得委屈，虽然已站了好几个小时，脚还可以继续站，腰还能继续弯。」炎热的太阳照耀着郑文川一颗炽热的心，他希望启发更多人的爱心，一起做好事。慈



志工认真地在核算募集到的每一份爱心善款。摄影/王绥喜



## 慈善 长者的感恩 礼轻情意重

为了唤起国际社会对人口老龄化的关注与老年人的需要，联合国将每年10月1日定为国际乐龄日(International Day of Older Persons)。配合国际乐龄日，新加坡国家福利理事会(NCSS)三年前开始启动「乐龄致谢运动」(Seniors Give Thanks! Campaign)，今年第二度邀约慈济响应，带动年长照顾户书写感谢卡，向照顾过他们的家人、朋友或社会人士表达谢意。

独居的印裔妇女魏玛因中风而行动不便，邻居余阿嬷每天不辞劳苦帮她送茶水和更换尿布。尽管阿嬷年事已高且患有高血压，依然经常上门提醒她要按时吃药，让她感动不已。



摄影 / 郑美芬

在志工的引导下，魏玛送出感谢卡，并说道：「感恩您，给我活下去的勇气！」邻里之间既无血缘关系，又非亲非故，却体现出人与人相处中不能或缺的关怀与感恩。

【林丽芳、郑美芬 / 记录 彭润萍 / 整理】

## 环保 分类再回收 垃圾变资源



摄影 / 王绥喜

新加坡国家环境局(National Environment Agency)等十个政府单位于11月5日至11月6日，联合举办「清洁与绿化嘉年华会」

(Clean & Green Singapore 2016)。慈济基金会(新加坡)也受邀与会，参与「迈向零垃圾国度」(Towards a Zero Waste Nation)展区的讲解，鼓励居民亲手做资源分类。

11月5日当天细雨飘渺，却不减民众的热忱，很多人携老扶幼来到卡迪地铁站(Khatib MRT)对面的临时帐篷，参加「清洁与绿化嘉年华会」的各项环保活动，有些民众更不忘带上回收物资到环保展区。志工除了现场教导民众如何分类回收物，也进一步邀约民众参与每月一次的慈济全岛资源回收日。

【黄福顺 / 报导】



## 教育 结业分享 终身学习多乐趣

2016年度第二期社教中心结业典礼暨成果展，别开生面地以奉茶开场。进入佛堂前，接待的志工从盆中舀起一瓢水，让会众净手后再入座。随着《静思·净斯》悠扬的歌声在佛堂响起，静思茶道学员手持茶壶或公道杯，缓缓步入观众席为来宾沏茶。

来宾能近距离接触和了解静思茶道。从注水温壶、置茶叶、掀盖闻香、注水泡茶、倒茶、奉茶等，学员们都有条不紊地，依循着一定的步骤。

「泡茶，除了置茶量，还有水温和时间三要素。泡茶当下的心情更不用说，心情不好则泡不出一壶好茶。」学员郑振育分享自己之前虽然喜欢泡茶，但却不懂得如何泡得好茶。他说自己是生意人，工作忙碌，脾气急躁又总是静不下来。学习茶道让他心安自在，

心一静，眼睛看到的东西也就美好了起来。

另一名学员林国梁，分享「茶」字的汉字组合时表示，「茶」是「人」生长在「草」与「木」之间，也代表我们需与环境、人和事物和平相处，从磨合切磋中增长智慧。他认为众多茶叶之中，红茶最有魅力，味道入口甘甜。红茶能以不同方式冲泡，犹如我们得学习和不同阶层、不同背景的人相处一样。

除了品茶，来宾还能观赏如吉他、古筝、瑜伽和慈乐飘扬等动态表演。一楼文化厅和多功能教室，则展示了花道、彩墨、书法和拼布作品等。经过近半年的学习，学员们都用心地透过现场演绎与作品呈现，与更多人分享终身学习的魅力与收获。

【许丽玲、梁晓君、胡兆鸿、庄颖盈 / 报导】



摄影 / 蔡卷华

## 环保 环保好口碑 促开设勿洛新点



摄影 / 张谋胜

2016年10月9日，筹备一年多的勿洛北(Bedok North)大牌111环保点正式设立。对于刻不容缓的环保议题，邀请慈济志工到该区设点的凤山翡翠居委会主席林金龙有感而发地说：「我们使用太多的塑料，如果没好好处理，最终会污染海洋，影响下一代。」

志工与居委会委员已分别在9月22日和10月7日的晚上挨家逐户通知居民，并邀请他们当天把回收物拿下来，一起做资源分类。居民丽丽丝(Lilis)带着七岁女儿参观环保点，表示新环保点的位置很理想，方便她日后参与，对居民来说环保也是一个很好的觉醒运动。

去年的国庆典礼上，凤山钻石居委会(Fengshan Diamond RC)获政府颁发最佳资源回收表扬奖而引起同区居委会的关注。于是，林金龙主动接洽钻石居委会主席林建

楠，了解他们与慈济合作的大牌185社区资源回收运作模式。

经过了解与参访慈济环保点，林金龙非常认同慈济在社区带动居民做环保的理念。他认为，居委会每个月是用换取生活用品的方式鼓励居民拿环保资源下来，但居民心中还是有所求，并没有达到真正的环保教育。因此，他盼望与慈济合作设立环保点，启发居民的环保意识。

资源分类之细，让居委会成员黄丽慧颇为赞叹：「看你们做分类，我感到很惊讶！因为没想到在新加坡，垃圾回收也可以做到这么细腻！」她认为，环保点无形中会让居民知道如何去分类，鼓励他们多出一份力，这样就可以帮助到地球了。

【谢集财 / 报导】

慈善

## 关怀爱之病患 慈济获颁红丝带奖

慈济基金会（新加坡）给予爱之病患者药费补助和心灵关怀，十八年来从不间断。2016年12月3日，慈济于「第十届新加坡爱之病研讨会（The 10th Singapore AIDS Conference, SAC）」中，荣获由新加坡爱之病行动小组（Action For AIDS, AFA）颁发的「红丝带奖」。

自1998年底，慈济开始关注当时普遍受到忽视的爱之病议题，翌年正式接受传染疾病中心转介的第一例爱之病个案，给予爱之病患者定期的药费补助和关怀。陈笃生医院传染病与流行病学研究所首席医药社工何丽萍说：「慈济和我们走了一条很长的路，非常感谢慈济。」

此外，慈济志工每月进入监狱，给予爱之病狱友鼓励与关怀，分享静思语，陪伴他们培养正面思考，找回自信。截至2015年12月，慈济已对557名爱之病狱友补助超过265万新元。对于慈济荣获「红丝带奖」，何丽萍高兴地认为：「慈济除了提供病患经济上的补助，也给予他们和家属心灵辅导，这很重要。」

【彭润萍／报导】



摄影／潘宝通

医疗

## 看牙医的约定 让孩子快乐笑

2016年11月20日，慈济人医会为新加坡智障人士福利促进会(MINDS)院友展开第十次牙科义诊服务。陪伴，是牙科服务中，最重要的一环。为了舒缓19名院友看诊的紧张情绪，医护和志工装扮成卡通人物，还精心规划了各种互动游戏。在等待进入牙科室做治疗时，院友和家长除了聊天、观赏卡通短片，也一起制作感恩卡，佛教慈济义诊中心的大厅充满了欢声笑语。

人医会和志工妥善的安排和付出，家长吴玉琴内心充满感恩。她的孩子去年拔了四颗牙齿，今年只需要洗牙，吴玉琴眼含泪光地说：「我每年都期待这天的到来，孩子就是希望有人陪伴、逗他开心，让他笑。」

扮演小熊维尼的志工陈继源，穿着厚重的吉祥物外衣，随着音乐与节拍，笨拙又搞笑的摇摆着身体。

「他们高兴，自己也很高兴。」他坦白承认自己以前会排斥智障人士，进入慈济后的他心态转换。「没有人是完美的，他们也是正常人啊！」65岁的陈继源感叹道：「我们已经拥有很多，还要求什么，要感恩啊！」

【彭润萍／报导】



## 教育 慈少营 话剧歌曲募爱心



摄影/许景盛

新加坡慈济青少年班（简称慈少）两天的生活营于2016年11月26日及27日展开。慈少透过演绎改编「精灵宝可梦」的故事、静思语剧场、「慈济歌曲大家唱」等环节，为一整年的课程做个总结。

生活营的第二天下午，许多亲子班的家长、小孩和社区志工受邀来到静思堂，参与慈少筹办的「慈济歌曲大家唱」。早在一个月前，慈少与队辅即马不停蹄地练习手语和歌曲，希望藉此筹募慈善基金。

已从慈少升上慈青的李峪德，弯腰顶着牛头，引领志工们上台呈现歌曲《拉车向前行》。李峪德曾经是学校的小霸王，动怒时甚至会挥拳头。2013年的《法譬如水》经藏演绎，让他认识慈济。从慈少班中，陪伴队辅殷殷叮咛做人的道理，也让他改过自新。

「曾经我的脚步，有您殷殷善诱和陪伴，当我走向新的旅程，满心感恩不能忘……」慈少李瞳参与三首串烧歌曲《成长》、《我的名字叫勇敢》和《慈青会歌》。以前的李瞳相当好胜不认输，经过慈少班的熏陶让她明白「生气是短暂的发疯」，因此，她试着调整自己、缩小自己。明年步入中四的她，除了专心读书，也计划安排星期天到佛教慈济义诊中心服务，学习更多知识。

随着《竹筒岁月》短片的播放，志工和慈少鱼贯上台，将一支支竹筒内的善款倒入瓮中，每个人将点滴爱心汇聚起来，共同行善造福世间。

【戴佳璧、胡兆鸿/报导】

# 遇见 上苍派来的使者



让照顾户愿意打开心门，  
比打开房门更难上百倍。

而唯一的钥匙，  
是不放弃和不间断的真情陪伴。

罹患象脚病二十多年的沙烈，  
把伤患隐藏在纱笼布下，  
还以旧报纸层层捆裹，  
不愿他人碰触或治疗。

慈济居家医护服务团队的到来，  
可以帮他还原一个干净舒适的生活环境，  
和恢复足部健康吗？

撰文 吴佳翰、周丽梅

早在医护团队抵达前，沙烈（Salih）就站在门口等待。仿佛是老朋友般的问候，医护团队热情地回应，若非肤色不同，说不定还会被人误以为是一家人呢！

‘Pak Cik, apa khabar?’（大叔，你好吗？）口操流利的马来语，时而参杂英语，护士陈玉心手中传递着温暖，眼中散发着慈爱。沙烈并非马来人，他是一名独居的77岁印裔穆斯林，住在典型的新加坡组屋里，穿着短袖上衣和纱笼，梳着整齐的白头，单凭外表，和一般的独居长者无异。

然而，一年前的沙烈，邻居坊间都敬而远之。他患有象脚病超过二十年，因为不愿就医，导致右小腿严重溃烂发脓，也散发着恶臭影响到邻居。

「他是怕人家会带他去医院锯掉他的脚，他就是怕这个而已。」陈玉心说出了沙烈最大的顾虑。

## 再续前缘 干女儿回家

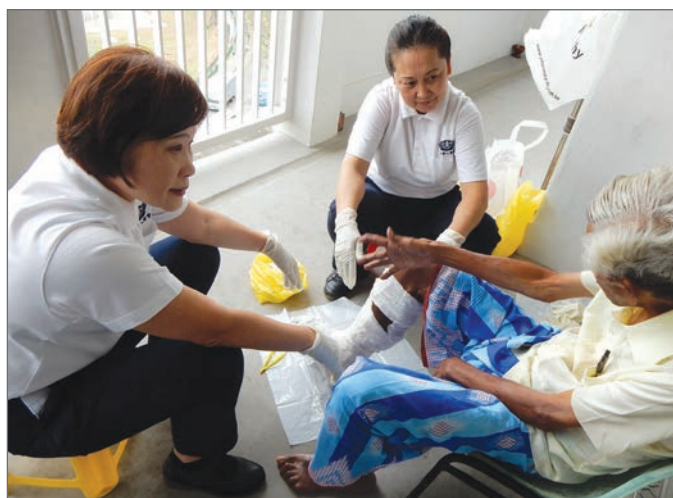
七年前的2009年，亚历山大医院社工将洗肾个案皮娅(Peah)转介给佛教慈济义诊中心，经评估后，慈济基金会（新加坡）于同年7月为皮娅提供长期洗肾补助至2014年2月。皮娅也从中认识了慈济人和义诊中心。

刚开案不久，皮娅带着罹患象脚病的先生沙烈带到义诊中心求诊。义诊中心于8月开案，护士开始上门为沙烈清洗伤口。由于沙烈不愿去医院也不接受手术，往诊团队就教导他自行清洗伤口，服务一直持续至年末。

然而，皮娅去世后，义诊中心与沙烈也断了线。2015年3月，社会服务中心(Social Service Office)接获邻居提报，将沙烈个案转介给慈济居家医护服务团队。此时，沙烈的健康每况日下，儿子和孙子鲜少回家探望，阿公无人依靠。

社会服务中心得知阿公的状况，联络上阿公的干女儿蒂蒂(Titi)。蒂蒂小学时住在阿公家隔壁，阿公的太太很照顾蒂蒂。中学以后，蒂蒂与家人搬离，就比较少与阿公往来。

蒂蒂接获通知，探望了阿公，经几番挣扎，做出重大的决定。「我搬来和他一起住是因为那时候他只听我的，如果我不帮他，没有



医护团队打从心底知道，阿公其实需要的是关怀，每次洗伤口时，与阿公互动，让阿公畅所欲言。摄影/周丽梅

人帮他了。」蒂蒂感叹道。「要自我牺牲，因为我们也不想当我们老时，同样的事情发生在我们自己的身上……」

基于一份同理心，蒂蒂成了阿公的诉说对象，照顾阿公的生活起居，但面对杂乱的居住环境和阿公不愿清洗伤口的态度，仍感无力，直到慈济居家医护服务团队的出现……

## 不忍脏乱 阳光照进来

「沙烈起初是很怕医护人员，我们要清理他的脚他都会说快要轻生。」慈济居家医护服务项目负责人林金燕回忆道。「可能是从清洗他的房屋开始，他知道我们是善意。三个月后，他终于愿意让我们清理他的脚。」

平日沙烈将一块纱笼布裹在腰间，隐藏患处，也抗拒清洗伤口的服务。为了打破隔阂，团队先上门关怀慰问、送营养奶，并结合志工团队共32人，于5月17日为沙烈做居家打扫，让他有一个良好而卫生的居住环境。打扫同日，慈济居家医护服务团队协助媒合医疗资源，送给沙烈一张电动床、新上衣和纱笼。



「因为他家里的状况,我觉得如果继续下去,看到这个地方好像不是一个人可以住的……如果只是清洗脚的话而没有清洗家里,好像是做一半的感觉。」林金燕说道,毕竟人本医疗关注的是病人的身心灵。

团队以柔和的言语不断沟通,终于让沙烈打开家门,让打扫团队协助;打扫过程中展现的尊重,也无意打开了沙烈的心门,愿意让爱与关怀进来。

「之前闻到那股异味很重,现在没有味道了!谢谢你们!」住在同一层组屋的邻居刘仪敏频频感谢团队。

如今这间两房式组屋已经焕然一新,家门旁栽种了二十多盆仙人掌,家里晾衣处向阳的架子上,也同样栽种了仙人掌,绿意盎然。电动床旁的木架上,也摆放着简单装饰品与个人用品,干净整洁,实在很难想象当时团队共花了十个小时,清出了两辆卡车的杂物!

「我看到家里很整齐,我打从心里非常开心!」林金燕补充道。

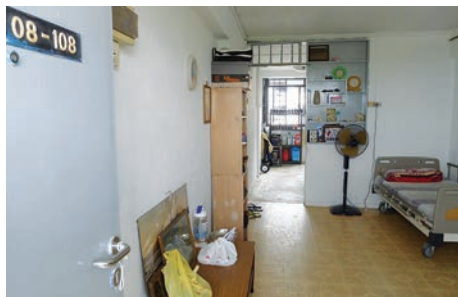
## 建立互信 全方位照顾

虽然阿公愿意让医护团队清洗伤口,但过程并非一帆风顺。起初阿公反反复复,时而愿意,时而不愿意,必须在蒂蒂在场的情况下才让医护团队清洗伤口。

医护团队打从心底知道,阿公实际需要的是关怀,也多次告诉阿公:「我们是来服务你的。」每次洗伤口时,与阿公互动,让阿公畅所欲言。同样的话,即使听了好几遍,大家总是微笑点头应对。

经过两个月需有蒂蒂在场的服务后,医护团队考量蒂蒂有时需要值夜班,加上蒂蒂不断向阿公表明医护团队的来意,团队抱着试试看的心态,阿公终于愿意单独与团队接触。一次,阿公厨房的水龙头坏了,每次清洗物品时,都得走进厕所清洗。志工见状,赶紧联络了朋友前来修理,进一步改善了居住环境。

隔年一月,蒂蒂来到慈济「2016岁末祝福感恩会」现场,向上千名会众见证慈济人这一



2015年5月17日,32名医护和志工为沙烈阿公进行居家打扫。由于客厅的走道狭窄,志工从屋内、屋外、电梯口一直到一楼排成「人工运输带」,把一袋一袋的大小物品搬出来。阿公的干女儿蒂蒂(Titi)也协助一一确认哪些物品需要保留,哪些可以丢弃。摄影/潘宝通



蒂蒂(中)在林金燕(左)的陪伴下,来到慈济「2016岁末祝福感恩会」现场,向上千名会众见证慈济人这一份长情大爱。摄影/蔡长盛

份长情大爱。蒂蒂说:「看得出整个团队的用心,全是为了帮助他。」她随后表示,十分感恩医护团队的付出,减轻了她的负担。眼看干爹身心状况的改善,蒂蒂也迁回自己的家,偶尔前来探访干爹,整理环境。

## 机会教育 伤口长肉了

清洗伤口步骤不少。刚开始清洗和包扎得花上两个小时,伤口大,需要洗掉伤口上的死皮。首先,伤口需先浸盐水,让盐水软化死皮,才能进行清洗。

「我们都会待久一点,让他有时间和我们说话。」陈玉心说道。「在洗的时候我都会问他,今天蒂蒂有没有在?他会分享他今天做了什么。」有时候蒂蒂在家,体恤蒂蒂的辛苦,陈玉心会劝蒂蒂说:「赶快去睡觉!」

眼看伤口越来越小,开始长肉了,清洗时间缩成一半,异味几乎没有了,阿公非常开心,见到陈玉心就打趣地说:「要洗我的脚啊?我的脚快要好了!可能过一两次就会比较好了。」



伤口痊愈快,陈玉心与团队可花了不少时间与阿公分享正确的护理概念,「以前他很喜欢拿报纸来包脚,我们就慢慢教育他,什么可以做,什么不可以。」每当涂上药物,陈玉心都会特别叮咛,不能随便拆除包扎。

对刚加入医护团队不到一年的陈玉心来说,现在的工作充满着满足感,「很值得,病人会把你当成家人,会和你分享他们的问题,很重要的是,他们对你有很深的信任。」因为她相信,只要病人心情愉快,病情痊愈得更快。

「你们是上苍派来的帮我洗伤口的人,你们做什么东西都会被记录的,然后每次都祷告你和你们的家人都会很好。」仅在一天内,这句话,沙烈不知说了好几回。

「我们有缘啦!」陈玉心总是笑笑地如此回应。

可能就是这一份缘分,让医护团队从不放弃,继续每周为阿公洗脚,不再让伤口恶化,也找到了通往阿公心房的钥匙,让阳光洒进来。慈



## 不谈补助 可以做朋友吗？

撰文 王俊璇、周丽梅

在慈济访视员多年的慈善访贫经验中，  
第一次有人拒绝了经济补助。  
这位面临丧偶哀恸的单亲妈妈，  
一肩扛起了一家四口的生计，  
明明生活拮据，却不愿接受帮助。  
慈济人要如何让她打开心门呢？

「铃铃……」放学钟声响起后，阿香牵着幺儿走出校门回家。在先生骤逝后，她得一肩扛起全家生计，而成为学校食堂帮工是她重返社会工作的第一步。事实上，她这一步步都走得特别不易；庆幸的是，一路上都有人适时拉她一把。慈济人更是不离不弃，为她打气和鼓励。



## 失去, 陷入黑暗

近二十年前, 阿香独自从马来西亚离乡背井到陌生的新加坡来打工。在工厂工作的她, 在朋友介绍之下认识了先生。婚后她辞去工作, 生育了两男一女, 在家一心一意相夫教子, 甚少出门。

不料在2013年, 先生突然因为肺部感染逝世, 阿香顿时感觉失去了生活的重心。面对丧偶哀恸的同时, 带着三个年幼的孩子, 对于未来, 她不知所措。亲友都远在马来西亚, 阿香举目无亲, 让身在吉隆坡的朋友很不舍, 主动联络新加坡慈济人去关怀她。

「当时我崩溃了, 真的不懂这条路该怎么走, 什么都不想做, 孩子也不想理了。」阿香回想来时路, 深深的彷徨依然历历在目。「十年来我跟社会好像脱节了, 不知道要如何去找工作, 又没有学历, 所以会比较辛苦。」

尽管她一个人要面对陌生的外界, 独力处理房贷、家务、孩子的起居和学业等等问题, 但阿香初次与慈济访视员见面时, 却意外地没有答应接受慈济的补助。

## 尊重, 打开心门

先生骤逝七天后, 慈济人就走访阿香的家。初次见面, 慈济访视员曾金娥记得阿香愁云满面、眉头深锁, 「跟我们说话也没有什么回应, 我们看了蛮心疼的。」

阿香还因曾经有过不愉快的被帮助经验, 即使见到慈济人, 不但深锁心房, 也不太愿意

打开家门让访视员进屋。后来感受到慈济人的善意, 她依旧一再婉拒经济补助。访视员心里不舍, 善巧地提议: 「我们不帮你, 我们尊重你的意愿。可是我们可以做朋友吗? 以后我们来和你聊聊天?」这一回, 阿香没有再摇头。

起初几个月, 访视员几乎每月两次拜访, 希望陪伴她走出低潮期。「我们知道她是一个非常坚强的人, 不想轻易麻烦我们。」为了想了解阿香的需求, 访视员从交谈的蛛丝马迹中, 关注她种种生活变化和困难。由于阿香无力承担房贷, 只好选择卖屋, 搬迁到较小的三房式组屋。

访视员曾金娥说: 「其实当时我们有追踪她的房子和房贷问题, 然后把重点和日期记录下来, 何时卖房子, 何时有人看房子, 何时搬迁等等, 一直跟进这方面的事。」访视员默默地召集了一群有心付出的社区志工, 只



志工待阿香如同家人, 曾经三度协助阿香搬家。  
摄影/ 曾美莲

当阿香（左一）和孩子身体不适时，志工带着她来到佛教慈济义诊中心看中医。  
摄影/王绥喜



要接到阿香的搬家通知，马上就可以动员协助。

尽管阿香百般不想麻烦慈济人，但是举目无亲的她，遇到困境，第一个想到的是给访视员打电话。早有准备的志工们一呼百应，张罗车子，还安排了有水电专业的志工协助拆卸和安装家电等等。一连搬运了三四次，终于把新家安下来，这让阿香内心很感动。

## 关怀，如一家人

对于志工的关怀，阿香没有视为理所当然；她更把丧偶的哀恸化成为母则强的力量。在孩子的老师的介绍下，她找到了一份学校食堂帮工的工作，赚取生活费之余，还能就近照顾孩子。

靠着薄酬和政府福利金，1100新元的生活费需维持一家四口的生计，阿香想尽办法节省生活开销，不开空调和电视机，把存下的洗衣水用来冲马桶等等。在三餐方面也是

能省则省，早餐吃点面包或饼干，中午煮一锅粥，晚上也就是两道菜配饭。阿香感恩地说，有时食堂有剩饭剩菜，老板都让她打包回家。

看她面对困境的自立自强精神，让访视员既佩服也不舍。默默守护是访视员给予阿香心底的承诺。

志工一步步陪伴她解决生活上的困难，成为她心灵依靠。只要一通电话，志工陪伴她到义诊中心看病；一通电话，志工陪她去警察局解决房客与老板的一些误会……互信互爱的情谊也在点滴互动中培养。尤其访视员见到阿香从自我封闭，到如今可以走出来接触人群，感觉特别欣慰。

「他们（访视员）就是我可以讲心事的人，让我比较安心。他们也在迷茫时，好像菩萨，出现在我面前，帮助我很多。」感受身边人的爱，让阿香有信心走出人生低谷。

## 付出, 启发善念

2015年慈济岁末祝福祈福会中, 阿香慢慢认识慈济在全球的志业, 也通过影片看到了很多比自己更苦的人。「慈济要帮助的人太多了。」她还希望访视员不要以她为念, 「先去照顾那些需要关心和帮助的人」。

阿香看到一幕幕受苦众生的影片画面, 启发她原来自己还有助人的能力。「就算没有(很多)钱, 我也可以布施。」她开始每天投一两角在竹筒里, 慢慢累积起来捐助有需要的人。除了自己投下善念, 她也鼓励孩子一起响应, 培养善心。

作为母亲, 看着孩子们从舒适的五房式组屋生活转换到三房式组屋, 睡在地上的薄床褥, 吃也吃得随便, 阿香有深深的歉疚感, 常自我埋怨。她了解因缘果报后, 调适心情, 积极面对生活压力, 也从无奈、抗拒到后来愿意接受外界的帮助, 渐渐地孩子也不再埋怨。看到孩子越来越懂事, 阿香心里觉得安慰。

将家庭顾好是阿香目前的牵挂, 但她心底蕴藏着付出的念头。2016年慈济新春慈善义卖会, 访视员邀请她参与。阿香「马上就答应, 因为我想到义卖会就是可以帮助到穷人」。她带着孩子来做志工, 孩子负责擦拭餐具, 而她则负责准备食材。自谦「鸡手鸭脚」的她, 抱着学习和感恩的心态来付出。

阿香曾经埋怨无法给予孩子好的生活, 现在的她学会了知足, 想到自己还有一个家, 就心满意足了。「我先生虽然不在了, 但身边还是有很多人爱我。」阿香微笑地说: 「我心灵上满足了。」

感念着志工为她做的一切, 阿香默默发愿要加入志工行列。因为有着众人的关怀, 看似柔弱的阿香有了一股坚强的意志力, 学习靠自己双手工作, 扛起家计, 也学会付出帮助他人。纵然未来还有很多考验, 但她知道, 前路并非只有她一个人行走。慈

阿香(中)感受志工的用心陪伴, 决定加入慈济捐款会员的行列, 付出自己一分力量来助人。志工曾金娥(右二)亲自把第一张收据交给她, 祝福她的生活变越好。摄影/王绥喜





## 外形易整 内心难调

树干有如人的身体，树根有如人的心。一个人的身心如果不健康，脸上再怎么美化那就如只在枝叶上下功夫，树干或树根烂掉了，再怎么修整枝叶也都没用，因为这只是昙花一现，最终将失去生机，所以看不到希望。



### 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。

有一次我应邀去一个连锁经营的发廊集团演讲，那是该集团举办全台店长及主管干部们的训练课程。间中也有医美的医师负责讲解最新的医疗科技，分享如何透过这些先进的科技，将脸上的皱纹、雀斑去除，甚至还可以透过医疗美容进行人体塑身，将身材与脸部整形得更美。现场百多位年轻的从业人员，人人都有时髦的打扮与穿着，有些人的发型很新潮，有些则满头金发甚至色彩缤纷，可以想象他们平时在上班时候的打扮是更甚于此。

爱美是人的天性，没有人喜欢自己长得丑，人人都希望自己有端庄的五官，以及人见人爱的脸蛋，不但人家看了喜欢，自己也能活出自信。不可



讳言，优雅的淡妆及合身又颜色搭配得宜的服装，是一种个人的基本形象管理，这也是一种礼仪及人文。而医疗美容随着科技日新月异，让一些身体或脸部有缺陷或瑕疵的人得到改善并增加个人自信的机会，这是医美功不可没之处。然而，就像一棵树一样，修整枝叶不能说不重要，但最重要的莫过于这棵树是否健康地成长，也就是树干尤其是树根的照顾必须优先于枝叶。树干、树根照顾得好，地底下的根茎广伸，土壤之上的树干茁壮，则自然枝叶茂盛、树桠健硕，甚至高壮到无法修剪，这样外观看起来也是很壮观，所以不只数大就是美，甚至树大也是美。

树干有如人的身体，树根有如人的心。一个人的身心如果不健康，脸上再怎么美化那就如只在枝叶上下功夫，树干或树根烂掉了，再怎么修整枝叶也都没用，因为这只是昙花一现，最终将失去生机，所以看不到希望。人如果心灵有缺失、精神很萎靡、脾气很暴躁、心胸很狭窄、情绪很不稳、事事很敏感、处处爱计较、心地不慈悲……等等，则脸部保养得再好、整形得再美，人家看了也顶多是「耐看」——要忍耐一下才看得下去。这是在外表上下功夫，在怎么整形也整不出发自内在的气质与涵养，内在的气质与涵养是要让心智经过日积月累的淬炼与熏陶，这也不是一蹴可



及，而是要「修于内，行于外」，不假时日不见成效。外在不能说不重要，而是内在更重要。以车子来讲，款式跟颜色就是外型，称为「体」，有如人的外相；引擎跟电池是内在，称为「理」，有如人的心灵。这样一解析就清楚明了其相互关系了。

以佛法的角度来阐释，想要有面相好看或法相庄严的「果」，就要先种其「因」；这个「因」，就是「修炼忍辱」，修忍辱才能面无可恶相，也才会得相好的果。面相或身行要庄严好看不是光靠外在的美容、做脸、化妆、整形，甚或穿着新潮名牌的服装就可得，医疗上有特殊必要性的整形重建当然无可厚非，但如果只是为了让脸蛋年轻美丽而进

行整形或美容，这并非根本之道，能整到几岁？车子用了二十年，任我们再怎么保养，外型再怎么喷漆打蜡，终究还是列入古董车。所以根本之道还是要「相由心生」，从内修开始。我们整个身体外观对我们的新来讲都是「外相」与「外境」，所以心才是主角。整形再怎么整，也只能整到外形，而无法整到我们的内心。同理，驯象师可以驯象的身，不能驯象的心。人也是如此，练身容易，练心难。

### 相由心生，内生外相

外表与内在也是需不落两边，依中道而行，这样才是心行一体的一乘之道。以一间屋子来讲，住宅之外为墙，之内为



壁；心宅之外为行，之内为心。所以，把心的相放宽，让外相跟内心相印而内外一致，这样才不会局限在小小的心宅里，也才有可能自转内心的小乾坤，进而扭转乾坤大法轮。一切法离不开自性，欲净其土，先净其心。性是根本，相是枝叶，如只要树根不要枝叶，则树根有何用？这棵树也不成样、不成形。如只有枝叶却没有树根，则这必是枯枝落叶了。所以，性相相连、一体两面，理论是如此，事相也是如此，这样才是理事相应，也才是佛法不离世间法。这样的道理人人听得懂，也能马上一点就通，如此有为与无为相印证，也是一种巧妙。

把脸皮撕掉，看到的就是血淋淋的肉，则每一个人都长得差不多的恐怖。同理，人死了以后，如是土葬终会剩下一副骷髅，如是火化将会是一堆骨灰，而活着的时候也是靠一副骨架支撑着，所以用X光机把人看透了，每个人也是长得差不多，这就是「实相」。没有人会说这副骷髅比较美，那副骷髅不美，但很奇怪，人的六识一接触到六尘就很容易起虚妄心与分别相，也很容易被外境或外相所迷惑而妄心分别，证明人人重外相、外表甚于往内实修去启发真心。这个透视人生的道理懂了，才有可能见物就见性，见人也见性，这就是「明心见性」。我有一位朋友因为肝脏不好，经人介绍去大陆一间专门做肝脏

移植的医院准备换肝，结果医生通知他：「这个月送来的肝比较不美，下个月如果有比较美的肝我再通知你。」听起来人肝跟猪肝好像也没什么差别，这也算是众生平等。

凡夫常常执著在「好不好看」、「美不美」、「喜不喜欢」等等，那是分别心使然，所以会造成事事「妄心分别」，也因为有妄想与执著，所以烦恼如影随形、挥之不去，人生就是苦在这里。了解真相与实相的真理之后，继而以平常心面对无常与现实，如此把人、事、物与人生看透，那就是「去妄归真」。能以真心彻悟真相，就不会以外相去武断看待事情，更不会被外境所迷惑与误导，这样判断事情就比较接近真理。不只「不妄不真」是不二，「不美不丑」的不二境界也是真理，人与事的判断标准也不是绝对的，而是相对的，这都需要学习放空执著。这与感恩、尊重、爱是相得益彰，值得我们探讨与学习。

看到别人或事情不顺眼，不是那个人或那件事令我们不顺眼，而是自己心念跟修养不好，主要也是跟自己的思想、观念有关。外境的美或不美跟人与环境无关，而是与我们的的心境息息相关，谓之「自性显现」，也就是自己的心地风光；美则看什么或去哪里一切都美。好坏或美丑的评断最终还是系于自己的一念心，然而也因为人心无常，昨天看起来还很美的人跟事，今天有得比较跟


选择了，又觉得不美了；以前觉得这个人看起来很讨厌，现在受惠于人家的适时协助，感觉人家也不错，心里有感恩看人跟事就很欢喜；之前这件事很令人烦恼，甚至让人痛不欲生，现在一念心转万境转，心念转化、心智提升了，反而觉得很感恩。所以，变来变去的其实就是自己生、住、异、灭的心，也就是人心的四种心理现象。

### 修于内，行于外

心如果不美，再怎么擦脂涂粉也不会让人觉得美；心如果善良又会同理别人，则别人与之相处会如沐春风、充满欢喜，这样就是所谓的「有人缘」，也是静思语所言「心中有爱，人见人爱」，此乃人性的内在之美，不是靠美容整形可以做得来。有一些人，即使坐在那里不说话，别人看到他都会起欢喜心，这就是「戒德之香」，这样的人是因为持戒而威仪无缺、净如珠宝，所以会有戒德之香，因持戒而散发戒德与戒香。有一次，佛陀问阿难：「在花海中顺风可以闻到花香，但请问：什么香味即使逆风我们也可以闻到？」此即「戒德之香」。有德之人由于戒德清净，所以不但有德香，还可以防止散乱与掉举，所以能常处三昧之中，这是定的功夫。甚至能以

轻松自若的心态去处理世俗的大小事情，这是胸有成竹的谈笑用兵与运筹帷幄，也就是所谓的「游戏三昧」，看似游戏，实则游而不游，个中意境值得我们学习与体会。

俗语说：「知人知面，不知心。」其实，受过佛法教化的人比较能体会「知人知面，也知心。」盖因「相由心转」、「万法唯心造」。什么样的面相就知道是起什么样的心念，而什么样的心念会有什么样的造作，即使还未付诸造作显现于言行，终有一天还是会日久见人心，所以才说「命运是心态的延伸」。

「外形」会随着年龄日薄西山而老态龙钟，甚至病苦缠身，最后枯竭死去，乃至变成一副臭皮囊，最终归于尘土而化为一堆白骨；「内心」则可以透过佛法的修炼与熏陶，随着年龄愈大智慧增长而有长者风范，也会因心无挂碍与万缘放下而愈老面相愈庄严，乃至变成一尊老菩萨。外在不是不重要，外相甚至也是要做好形象管理，如此才是合乎礼。然而，先「修于内」，继之「行于外」，这才是永恒及究竟之道，轻重缓急能知所先后与取舍，则近道矣。 



环保点小档案



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

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S 560541

**Ang Mo Kio 2** 宏茂桥2

Blk 624 Ang Mo Kio Avenue 4,  
S 560541

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**Bedok 2** 勿洛2

Blk 111 Bedok North Road, S 460111

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## 巴西立环保点

# 欢迎您来做 大地园丁

撰文 陈柔洁



郭秋霞对于环保工作无怨无悔的投入，让儿子周世鸿看在眼里。从最初「不舍母亲辛苦」到现在认同「不忍大地受毁伤」的理念，母子俩携手同行，更有默契！

五年前首次飞往澳洲探望妹妹，郭秋霞在厨房里发现了两个桶，原来垃圾还要分类，可回收资源一桶，不可回收的一桶。她撇撇嘴说：「好麻烦！」

如今郭秋霞承担了社区环保点负责人的岗位，资源回收的分类方式远比当年更多更细，有塑料类、金属类、玻璃类、纸类、衣物类……资源分类之余，最重要的是通过言传与身教，让路过的居民看得到、听得到、感受得到保护地球的重要性。从做环保，到说环保，人事再繁琐，她都不觉得麻烦。

「我觉得是因为心，心态一转，认为做环保是拯救地球，就不同了。」2007年郭秋霞加入慈济，因为家住静思堂附近，志工叫她去静思堂后方的环保教育站「做环保」，她糊里糊涂地跟着做，耳濡目染中已停不下来！

2011年环保教育站停止运作，志工谢财福、胡秀琼、郑文秀和郭秋霞等人锲而不舍，物色了位于依莱雅路的新环保点，并得到巴西立第14区居委会的支持，环保点在2011年10月正式启动。「不少居民希望继续将回收物交给慈济，既做环保也做慈善。」2015年因为场地用于设立善济诊所，环保点从大牌605迁移到较为隐蔽的大牌608，少了路过的人流，但一些已熟悉慈济环保作业的居民，依然风雨不改地将回收物送来。

场地与动线规划一如既往，五个分类区靠停车位，方便回收物载送；隔着中央走道，静态展示区在靠近小河的那头。分类区的安排也有讲究，越重的回收物如纸类，越靠近回收商的卡车停泊处，以减轻志工搬运的负担。



维持美观是一种自我要求。志工林芷苓总是不嫌麻烦地把旧报纸折叠整齐，不仅自己看了愉悦，也让别人心生欢喜。




饮用水从家里烧好带来，洗涤水则从居委会提供的公用水喉取得，装在大桶里，方便志工随时净手、洗餐具。

由于社区环保点借用的是政府组屋底楼，中央走道绝对不能堆积回收物，免得干扰居民走动。若有人走近，露出有兴趣的神情，志工都会自动趋前，热情地介绍和招呼。郭秋霞说：「一定要让大德有温馨的感觉。」律己、不扰民、随喜接引，这已是志工们的默契，偶尔声量太高，郭秋霞轻轻一个双掌下压的动作，大家就心领神会。因为与社区共生，相互尊重，才能永续经营。

「我们不要以自我为中心，付出无所求，所做的都是为了利益众人。」虽然还有人对环保工作不理解而有微词，郭秋霞笃定地说：「做事秉持正信正念，多为别人着想，就没事。」

环保并非一个月才做一次。志工常向居民宣导，平日就可以善用政府在每栋组屋底层设的资源回收桶，将瓶瓶罐罐洗净后回收。不惹蟑螂蚂蚁的纸类和旧衣物，可以做好分类，暂存在储藏室，留待慈济的环保日。如果还能把儿孙辈带到环保点，亲身体验，学习做个有责任的地球公民。

志工林芷苓蹲在比她还高的旧报纸区，耐心地折叠整齐。她态度积极、身手利落，宁可自己多做一点，也不愿让民众觉得慈济的环保点「乱乱的」。「如果我们做美美，大德也会自动做美美。」以「美」来带动，果然奏效，「以前还会掺杂糖果包装纸、死蟑螂，现在改善很多！」



古谚说：「一日之所需，百工斯为备。」意即我们一天的生活所需，都仰赖各行各业的人的付出、各种物资的齐备。天然资源并非取之不尽，然而要做到资源回收再利用，需耗费不少人力。为了回收一叠旧文件夹，资深环保志工施成华使用了铁锤、螺丝起子、钳子、刀片，拆解出可回收的纸张、纸皮、金属夹、塑料夹等，以及不可回收的塑料包膜。



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湖畔全科医疗诊所

Lakeside Family Medicine Clinic

Block 518A, Jurong West Street 52 #01-02.

Singapore 641518.

**TEL** (65) 6262 6434

**FAX** (65) 6262 6443

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

慈济大爱幼教中心

Tzu Chi Great Love Pre School

Blk 703, Yishun Ave 5,

Singapore 760703.

**TEL** (65) 6759 6470

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

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. Singapore 519937.

**TEL** (65) 6582 9958

**FAX** (65) 6582 9952

**WEBSITE** <http://www.tzuchi.org.sg/>

**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

淡滨尼民众俱乐部

Tampines Central Community Club

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

[27.02.2017](#), [25.05.2017](#)

12.00noon-4.00pm

大巴窰民众俱乐部

Toa Payoh Central Community Club

93 Toa Payoh Central, S319194.

[24.02.2017](#), [26.05.2017](#)

12.00noon-4.00pm

Bloodbank @ Westgate Tower

1 Gateway Drive #10-01 to 05

Westgate Tower, S608531

[28.02.2017](#), [30.05.2017](#)

3.00pm-7.00pm

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.

[25.03.2017](#), [24.06.2017](#)

11.00am - 5.00pm

凯秀民众俱乐部

Senja-Cashew Community Club

607 Senja Rd, #01-02, S670607.

[18.03.2017](#), [17.06.2017](#)

11.00am - 5.00pm



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)

### 【机构关怀服务】Institutional Care

慈怀中心 (第三个星期五)

Hospice Care Association

Every 3rd Friday / 1.00pm - 3.30pm

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 静思堂集合出发)

\* 服务志工皆需要通过特别培训

*Special Training Session*

*will be provided before services*

\* 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。

~证严上人静思语

线上收看大爱电视台

**DaAi TV** <http://www.newdaai.tv/>

线上收听大爱网路电台

**DaAi Radio** <http://radio.newdaai.tv/>

# 慈济大爱安亲班

课后托管班 + 健康餐点  
孩子放学后的第二个家  
处处用心，如同父母心

即日起接受报名

询问热线

9798 2392 (Connie Lim)

对象 | 7岁至12岁学童

上课日 | 1PM-7PM (周一至五)

学校假期 | 8AM-7PM (周一至五)

Tzu Chi Great Love Student Care Centre

135, Queen's Avenue, Singapore 758591.



「嗯，满意！」经过志工的「巧手加工」和「慧眼鉴定」，一份份福慧红包制作完成！福慧红包是证严上人给予志工和会员们的感恩与祝福，每年岁末祝福来临前，志工总是呼朋唤友，一起用心投入红包的加工工序。今年因静思堂内同时举办慈少营队，东区志工不得不动用窄小的寮房和四楼夹层走廊，人人缩小自己，却依然做得欢喜。

（2016.11.26 东区福慧红包制作）

■ 撰文 陈柔洁

摄影 黄璫莹

These deftly made red packets of blessings and wisdom convey Dharma Master Cheng Yen's blessings and gratitude to Tzu Chi's volunteers and donors worldwide. Before the Year End Blessing Ceremony each year, volunteers will invite their family and friends to join them in making the red packets. This year, while the Tzu Chi Teenagers' Camp was being held in the Jing Si Hall, volunteers from the East Zone made use of a small guestroom and the corridor in the attic to do the craftwork, humbling themselves as they worked with joy. (Photo: Ng Shey Ying)