

(文接第一页)

不少难民，以小孩和妇女为多，都是无家可归的。我们分些救济金给各个家庭，他们都表感激。原本他们都不是乞丐，可是受到无情海啸的肆虐，一夜之间都变成了难民。距离海啸灾难已有三个星期了，但还是摆脱不了惨绝人寰的悲凄、家破人亡的无奈。希望能看到更多在逆境中求生的斗志，绽放重生的笑容。

在赈灾期间，心情有些复杂。我走上海边的大岩石做了深呼吸，合十衷心祝福所有受到海啸打击的灾民及灾区在灾难后重生。属于佛教国土的斯里兰卡，我还会再来！

专注此刻，活在当下

在这场人间大浩劫，仍幸存活在地球的人，岂能不感恩？怎能不珍惜福？渺小的人类在浩瀚的天地间，是如此脆弱、如此微不足道！尤其是看到他人的死亡，更能感受到生命的无常！我真幸运还留在世上。即使生命

每天都在向死亡迈进，而死亡只不过是的一笔人人都得偿还的债务。人最宝贵的生命是不分贵贱的，凡人也都只有一次。人生不过是一瞬间的事，死也只不过是一刹那的事。

「既然如此，有幸活着就应当“专注此刻，活在当下”。我们虽不能决定生命的长度，却可以控制它的宽度；我们虽不能预知明天，却可以掌握今天；我们虽不能样样顺利，却可以事事尽力。

天灾人祸更令人领悟无常。经历震撼人心的大自然天灾，我们仍能健康幸运的活着，就更应趁有生之年，找到人生的真正方向，体悟生命的真义，而后帮助一切受灾灾民重建家园，早日获得安宁。

他们还在等待等待……

在此我呼唤诸位佛友尽心尽力继续来帮忙这群需要帮忙的灾民。“给我们一个家！”——坚强灾民的呐喊！

海啸无情，人间有爱，只要有爱，我们就有希望。凭着这股信念，我们希

望看到这次灾难后，人性的坚韧和顽强，为这印度洋的一颗泪洒下曙光……

继闻字上
05年2月6日

P/S:

观音禅林将继续为斯里兰卡海啸灾民筹集善款。

有意捐献者请邮寄支票，志名：

KWAN YIN CHAN LIN ZEN MEDITATION CENTRE
并在背面注明“海啸赈灾基金”

或您可将善款汇于国外救济团体于斯里兰卡之银行账户：

PERALYA CAMP

TSUNAMI RELIEF FUND

PEOPLE BANK HIKKADUWA

A/CNO: 1650037001

CONTACT PERSON: KPNANDASIRI



A complimentary newsletter published bi-monthly by Kwan Yin Chan Lin



2004年12月26日上午，印度尼西亚苏门答腊附近发生强烈地震，引发巨大海啸，波及南亚多个国家。受灾区域极为广泛，直到目前为止已有几十万人死亡。灾民数以百万计，这场世纪大灾难为无数人带来极大的创伤与悲痛。

事发后三星期，我们一行人在1月19日前往斯里兰卡赈灾。随众有德国籍法师、郭振兴中医师、燕珠与丽珍等。我们抵达斯里兰卡时已是凌晨四点。一位相识的斯里兰卡医生到机场迎接我们，随后到他离开机场大约30公里的住家休息。休息过后早上九点半出发，租了一辆厢形车与斯里兰卡朋友共九人前往灾区探访。车子沿着东南面的海岸线行驶，我们一路上走走停停观察灾情，触目所及皆是败墙残瓦，满目疮痍。

最触目惊心的一幕“死亡列车”
一列被无情的海啸掀翻摧毁的火车，不难想象那里曾经有过一幕尸横

遍野的恐怖景象！在12月26日那时，据说这辆载满搭客的列车正川行在斯里兰卡，离首都哥伦布90公里，离海岸线200米左右的轨道上……突然一阵巨浪往岸上冲来，当时海边的人潮逃往火车避难，有的涌进车厢内，有的爬上车顶。无情的海啸巨浪却将火车



推翻了，所有搭客无一幸免，全都罹难。海啸退去时，火车的内外周围即发现了1500具尸体。这场灾难发生在斯里兰卡南部一个名为TELWATTE的小村落。当我们来到惨剧现场，火车已被置回轨道上。不过由于南部沿途的部分轨道被海啸冲毁，火车只好停止服务。现场是宁静的。不过所有的人包括灾民，经过这列火车时都不愿多谈，仿佛这火车就是灾难所留下来最大的阴影。这样的平静让人有窒息的感觉。我们在火车旁看到了一些玻璃碎片，想必是事发时，一些搭客希望打破玻璃逃亡，垂死挣扎所留下来的痕迹。我走进火车内一探究竟，车厢内仍可嗅

到一股令人难受的味道。火车内外都堆满了许多衣服、背包、鞋子等用具，看了令人心酸。事发现场是个沿海、平静的小村落，约有450个家庭安居在这里多年。但是一场海啸灾难过后，多数的村民都已遇难身亡。这真是叫人悲从心生！

天灾撼人心

这场世纪灾难，天人同悲。海啸无情，人间有义。我们在火车惨剧附近，遇见了一位来自美国的越南籍法师名叫LIEU QUAN。他很发心，自己单独到这里来赈灾。经他介绍，我们也认识了好几位来自各国的义工，有医药人员、工程师、教师等。有一位女医生问我们是否可布施些鞋子给他们，因为当地的灾民没鞋子穿，即使接受了治疗也无法痊愈。我们为他们解决了这小小问题，也布施了一些钱。这只是尽我们的一点绵力。且看这些善心人士来参与赈灾活动，不分国籍、肤色、宗教、阶级、身分，只是为了不幸的灾民伸出温暖的援手，出钱出力。大家放下成见，一心只是去做，真是让我们赞叹不已。

今天我们走了100多公里路，一路上所看到的尽是败墙残瓦，当时海啸的破坏度可想而知。隔天我们到难民营探慰灾民，这些灾民暂被安置在寺庙、教堂、学校、孤儿院或临时扎起的帐篷。我们到了每个难民营都看到

(文续后页)

海啸无情，人间有爱

只要有爱，我们就有希望。凭着这股信念，我们希望看到这次灾难后，人性的坚韧和顽强，为这印度洋的一颗泪洒下曙光……

观音禅林 儿童周日佛学班 又招生了!!!

| 班级 Class | 新生年龄 Enrolment Age | 上课日期 Date of Commencement | 上课时间 Time |
|------------------------------------|--------------------|--|-------------------|
| K2, 小一, 小二 K2, Pri. 1, & 2 | 6-8岁 | 2005年3月20日 至 2005年12月11日 (每逢星期日) 20/03/05-11/12/05 (Sunday) | 上午10时正至 12时30分 |
| 小三/小四 小五/小六 Pri. 3, 4, 5 & 6 | 9-12岁 | | 10am-12.30pm |

- 成功录取者须各缴交行政费 \$30.00. 学费全免。
Upon acceptance, an administration fee of \$30 will be charged. The course is free-of-charge.
- 询问电话 For enquiries, pls call: 63920265 / 63924256



名额有限，报名从速！

Limited vacancies only, please register early!

- 报名表格可从 即日起到本寺接待处索取，或 直接从网站截取。附两张相片。
Registration forms are available for collection at the KYCL reception counter.
- 报名截止日期: 3月13日
Closing date for registration: 13 Mar 2005

Coming...

预告...

50° Zen Meditation Course for Beginners (please register)

第50期禅修班开课 (共6课 - 请报名)

12/3/05 7:00pm

Guan Yin's Birthday Celebration (Pengerang International Zen Centre)

庆祝观音诞 (假滨佳兰国际禅寺举行)

28/3/05 10:30am

3-day Zen Meditation Retreat (Pengerang International Zen Centre - please register)

参禅精进三日修 (假滨佳兰国际禅寺举行 - 请报名参加) 25-27/3/05 7:00pm



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Give us a House - cry of the Defeated but Courageous

Tsunami Killer Waves

Dec 26, 2004. The world was shaken to its core by the enormity of the destruction in the wake of the Tsunami disaster that struck across Asia. The death toll was a staggering 300,000. And the numbers are still rising. This devastation has affected millions of lives and caused untold grief and sorrow.

3 weeks after the Tsunami, a small group consisting of Bhante, a German monk, chinese physician Guo Zhen Xin, Yan Choo and Li Zhen, left for Sri Lanka. Bhante had travelled from Sri Lanka. His connections with a doctor in Sri Lanka, who had been helping in the relief effort, gave us an opportunity to offer support and help. The journey began...

Jan 19. We touched down in Sri Lanka and were met by the doctor. It was 4 am. After a short rest, we set off with a small number of other volunteers in a rented van and headed toward the worst hit coastal areas. Several stops were made to assess the Tsunami aftermath.

The most horrific sight: The death train

We arrived at Telwatte Village. The scene of utter destruction was unimaginable. Part of the railway track was completely swept away thus putting a halt to train services. What used to be home for these 450 local families had turned into a land of desolation. Most of these families had lost their livelihood to this tragedy. It had cast a pall over this once peaceful village. Where we stood, it was calm – suffocatingly calm. The natives were subdued. We saw a badly damaged train. Its presence seemed to serve as a poignant reminder of the horrific event. As we explored inside the train, a stench permeated the stale air. We saw moldy baggage, torn clothing, strewn and scattered among the debris. From the jagged broken glass within, it appeared that people were desperately trying to break the windows in order to escape the raging waters crashing into the train. It was a heartwrenching sight. Eyewitness report said an estimated 1,500 people were on board the passenger train "Queen of the Ocean" and were all killed. The jam-packed train, filled to its capacity was leaving Colombo and had travelled 90 kilometers. It was chugging along some 200 meters from the

coast when the disaster struck. Panic drove many in the vicinity to clamber onto the train to escape the relentless tidal waves. But alas, this ill-fated train became a death trap for these hapless people.

Nature's wrath confounded mankind

As we travelled on, we met *Lieu Quan*, a Vietnamese monk who came of his own accord from the US to help in the relief efforts. Through him, we met other international volunteers: medical personnel, engineers, teachers, et cetera. He had also set up a fund for the Peralya Relief Camp. We made a monetary contribution to this worthy cause. A lady doctor-volunteer then told us that these villagers with foot injuries needed slippers as they were barefooted when they came for treatment. We saw to this small request. The courageous spirit and sacrifice of these volunteers touched us deeply because regardless of race, religion or status, casting aside preconceptions and prejudices, they put it all down and "only did it" with the sole purpose of helping to rebuild fractured lives. These selfless acts moved us beyond words.

Hundred kilometers up north, where once stood sturdy brick houses, now lay in ruins. A big question arose. Where had the people gone? The search began the following day. We came upon derelict schools and temples that had been turned into temporary relief camps. Scores of women and children made homeless by this disaster were taking refuge in the shelter. The plight of these people had never seemed more real as we went about offering assistance and donations to every family after ascertaining their needs. These gifts were received with gratitude. The villagers were not beggars but they were turned into refugees overnight because of the brutal killing waves. It had been 3 weeks since the disaster and they had yet to rise above this tragedy *and* recover from the painful loss of their homes and families. It is our fervent hope that despite losing their loved ones, these stricken villagers will find the strength and will to carry on living for the sake of their remaining relatives. And regain their smiles once again.

The ensuing days were filled with a myriad of feelings. As I walked toward boulders marking the coast line...only breathing, I offered a wholehearted prayer that the lives of

these survivors would settle into normalcy. As we left this heartbreaking land steeped in Buddhist traditions that is Sri Lanka – I vow to return.

Focus on the now, live in this moment

Nature's destruction had made us realized the transience of humankind. How can we not cherish our existence? In this all-encompassing world, human beings are indeed insignificant and vulnerable. Surrounded by innumerable deaths, we all the more felt life's impermanence. We are blessed. We are alive today. Even as each day draws closer to death; yet, death is merely a debt that everyone has to pay. Life, with its fragility, must be treasured. Rich or poor, life is man's most valued. Human beings only live once. Life is fleeting – and death is only transitory.

Since life is such, if we are fortunate enough to be alive, we should "focus on the now, live in this moment". While we cannot determine our lifespan, we can direct our lives. There is no knowing what tomorrow may bring but we can seize today. In spite of life's ups and downs, strive for the best. Discern life's true meaning and find your correct direction.

Let us work together and help the survivors reconstruct their homes and soon find peace.

They are still waiting...

The merciless Tsunami had left countless without a



Give them a House. They are still waiting...

home, but love and hope prevailed. With great faith in the human spirit, we can help them rebuild their lives. Let's shine a ray of hope for every tear in the Indian Ocean. If ever there was a time for your compassion and generosity, it is NOW.

Ven. Chi Boon
6 February 2005

Kwan Yin Chan Lin continues to raise funds for the relief efforts in Sri Lanka. Please make your cheques payable to:

KWAN YIN CHAN LIN ZEN MEDITATION CENTRE
Add: No 203D Lavender Street Singapore 338763
Please indicate on the back of cheques "Tsunami Relief Fund"

Or kindly send your donations directly to the bank in Sri Lanka.

Details as follows:
PERALYA CAMP
TSUNAMI RELIEF FUND
PEOPLE BANK HIKKADUWA
A/C NO: 1650037001
CONTACT PERSON: KP NANDASIRI

