

EATING PANCAKES

吃煎饼

(佛光丛书8704慈庄法师导编著《佛教故事大全》下册)

(Extracted from Fo Guang Publication 8704, compiled by Ven Ci Zhuang
"Buddhist Stories Collection," Vol 2)

有一个人愚痴，要到远方去做生意，他的干粮在路上被小贼子偷去，因此饿了好几天，饿得实在耐不住了，就到饼店买煎饼来吃。他一连吃了六个饼，觉得肚子还是不饱，就再买第七个，刚吃到了半个，就觉得很饱了。

There was a foolish man who wanted to go to a faraway place to do business. On his way there, his food rations were stolen by a thief, and hence he was hungry for a few days. When he could no longer stand his hunger, he came to a pancake shop to get some food. He ate six



pancakes and felt that he was still not full, hence he bought the seventh pancake. After eating half of that, he felt very full.



他摸摸肚子，禁不住咧开嘴笑。但是，心中又忽而感到很懊悔，就用手打自己的嘴巴，说到：“我为什这样笨，不知节约。早知道最后半个煎饼能吃饱，买这半个就够了，何必买前面六个呢！”

He touched his tummy, and couldn't help it but grinned merrily. However, he suddenly felt very regretful, and started hitting his mouth with his hand, saying, "Why am I so foolish, not knowing how to save up. If I had known that this last half a pancake could satisfy my hunger, I should have just bought this half pancake, instead of buying the previous six!"

旁边的人听到他这样讲，都抿嘴笑。

Overhearing what he said, the other people beside him all chuckled.

我们修行正道，都要勤苦修学多时，才有得到证果的一日，那不是一夕一旦的事。



As Dharma practitioners, we have to practice hard for a long time before we can attain enlightenment. That is not something that can happen overnight.

其实，凡事都不是一蹴而就的！

In fact, nothing is easy!

—— 咒 ——

卫塞节花絮

文 • 影音部

卫塞节 2567
VESAK DAY



沐浴在佛光下 洗涤身心得清净

七月法会花絮

文 • 影音部

盂兰盆 七月超度、祈福消灾
Ullambana The Season of filial Piety 7th Month Prayer



盂兰盆
Ullambana



消灾
Prayer



般若信箱

答复 ● 释法源

翻译 ● Li Lian Ngiam



问：如何化解别人对我们的恶言恶语？

答：我们在日常生活中，一定要训练自己时常保持在觉性状态中，所以当别人用恶言恶语怒骂我们时，头脑才能够冷静下来，分析底细，加以化解。要知道：

（一）在觉性的状态能够迅速稳定情绪而免于被恶言恶语激怒，进而避免陷入无理性的争论。无理性的争论结果会搞得双方更加生气、更仇恨彼此，也因而说出更多错误的话语并进入更难以收拾的困境。

（二）借境练心：在日常生活中，人际之间难免各式各样错综复杂的关系，所以我们和别人交往就面对很多考验，最重要是能够察觉自己的内心，要慎防贪、嗔、痴烦恼的生起。

古德说：不怕念起，只怕觉迟！

警觉内心烦恼的生起，养成冷静的观察力、勤于思考和分析的习惯，就不难深入体验烦恼的无常性、因缘和无我，不让我们的心和烦恼相应。

总之，在日常生活中时常自我观照活在觉性的习惯中，借助生活的考验帮助我们提高自我掌控的思考能力，让我们的智慧不断提升，你不成为排忧解难的能手才怪！

Q：How do we resolve others' harmful speech towards us?

A：In our daily lives, we have to keep training to maintain in the state of awareness, so that

when others use harmful words to scold us, our minds would be able to remain calm and be able to analyse deeply, so as to resolve it internally. We should know that:

(1) In the state of awareness, we are able to quickly stabilise our emotions. This would prevent us from being agitated by the harmful words and falling into irrational arguments. Such arguments will increase the anger and hatred towards each other, and lead to more wrong speech, thus creating a situation that is even harder to resolve.

(2) Use external circumstances to train our minds: in our daily lives, we will inevitably have many different kinds of complicated relationships with different people, and therefore when we interact with others, we would encounter many challenges. What is most important is to be aware of our inner mind, and be mindful of the rising of desire, hatred and ignorance.

As the teaching from the past great master goes: Do not be afraid of the arising of thoughts, but be afraid of losing awareness!

Be keenly mindful of the arising of our inner kleshas (defilements), cultivate the habit of calm observation, detailed and sharp analysis. With this, we can easily experience deeply the impermanence, causal relations and non-substantiality of our kleshas, and not allow our minds to correspond with them.

In conclusion, in our daily lives, we should often self-reflect and have the habit of staying in awareness, then make use of the challenges that we face in life to help us elevate our self-control and analytics skills, so that our wisdom can be further developed. It would be a wonder if you do not become an expert at resolution!



青木瓜沙拉

Green Papaya Salad

指导 • 黄其铖

[食材]

青木瓜（生，刨丝）3碗、
长豆（生，切丁）1/2碗、
天贝（生，切丁）1碗、
小番茄（切半）1/2碗、
麻风柑叶（切细）1汤匙、
小酸柑汁1/2碗、
酱油1/4碗、
岩盐酌量、
腰豆（搅碎）1碗。

[做法]

- 混合所有材料，搅拌均匀即可上桌。

[Ingredients]

Green Papaya, raw and shredded
3 bowls,
Long beans, raw and diced 1/2 bowl,
Tempeh, raw and cubed 1 bowl,
Cherry tomato, halved 1/2 bowl,
Kaffir lime leaves, finely chopped 1
tablespoon,
Calamansi/Small Lime juice 1/2 bowl,
Shoyu 1/4 bowl,
Rock Salt to taste,
Cashew, coarsely ground 1 bowl.

[Method]

- Combine all ingredients and tossed evenly. Serve fresh.

母亲节聚餐会

文 • Dedrick Loo

海印学佛会于2023年5月14日星期日举行聚餐会，参与者有很多信徒的一家老小、教师、大寮护法，当然还有法师。在宁静温馨的环境中，大家沉浸在正念觉知中，品尝大寮护法们烹煮的美味素食大餐。

餐会结束后，孩子们列队向父母、教师、护法和法师，呈上他们自制的感恩卡片，表达深深的感激之意。他们真挚的回应，使人感到佛教界后继有人，心里无不宽慰得很，阿弥陀佛！



Cultivating Mindfulness (Awareness) and Gratitude on Mother's Day

• Dedrick Loo

On Sunday, May 14, 2023, the Children and teenage Dharma class held an event in the society's dining area to celebrate Mother's Day. This event brought together parents, children, teachers, volunteers, and the monastic community.

Parents and children sat around a simple table adorned with vegetarian delicacies, embarking on a profound journey of mindful eating together. In this tranquil environment, they immersed themselves wholeheartedly in the practice of mindful awareness, savoring each bite of food with mindfulness and gratitude.

After the meal, one by one, the children expressed deep gratitude to their parents, teachers, volunteers, and the monastic

community, presenting homemade gratitude cards. Their sincere words resonated in the dining area, expressing gratitude for the love, guidance, and selfless dedication given by those who played important roles in their lives.

As a response, parents also had the opportunity to convey words of love and encouragement to their children. This reciprocal exchange of gratitude and care deepened the understanding and bond between parents and children.

This inspiring event serves as a reminder of the importance of cultivating mindfulness and gratitude in daily life. It highlights the significance of the close connection between family and community, recognizing the crucial roles played by parents, teachers, volunteers, and the monastic community in the growth of children.



Children's Outing at Haw Par Villa (Tiger Balm Garden)

• By Serena & Albert

Children in the class went on an outing to Haw Par Villa Chinese Mythology and Folklore Theme Park on 4th June 2023, where statues and dioramas in the garden teach traditional Chinese values, Chinese folk history, and morality.

The children also joined the guided tour to Haw Par Villa's infamous 10 Courts of Hell to discover how concepts behind the graphic representations of sins and punishments in the afterlife educate and remind people of the consequences of their actions. The guided tour on 10 Courts of Hell depicts in detail the punishments in the afterlife that would await the souls of sinners.

Children had a chance to understand more on "karma", "one reaps what one sows" and "cause and effect". It all originates from how we as humans cultivate and nurture our good moral values; doing virtuous deeds and understand results of karma.

Being mindful will help us, in a way, to minimize and eliminate our three poisons – greed, hatred, and ignorance.

During our journey in the 10 Courts of Hell, the tour guide shared with us the virtues that we as human should practise, which relate to the ten Virtues in Buddhism:

The Ten Virtues of Buddhism:

Body: Protect Life, Give Generously, Maintain One's Discipline

Speech: Speak Honestly, Reconcile, Speak Pleasantly, Speak Meaningfully

Mind: Generosity, Loving Kindness, Correct View of Reality

The children visited numerous attractions in the theme park. The teachers made use of the opportunity to engage with the children further, and reminded them about the Buddhist teaching on awareness/ mindfulness (觉性), good and evil (善与恶) and cause and effect (因果) during the stopover at the various sculptures and dioramas, such as Pagoda Pond Buddhas, etc.

The children's outing to Haw Par Villa will become a cherished memory, where they bond with fellow children and teachers alike, learn and discover the teachings that will benefit them. They had an enjoyable lunch after much walking and learning session at Haw Par Villa. Also, they were reminded to be mindful when eating their lunch. They really enjoyed the food and company around them, and are looking forward to another outing event next year.



Dharma Parents Activity - Support and Companionship

• By Dedrick Loo

Concurrent with our Sunday Children Dharma Class on 9 July 2023, we organised an activity with our Dharma Parents. The activity's objective is to help parents support and accompany each other and increase understanding of themselves and their peers (others).

The activity ran by Venerable Fa Qian lasted for 2 hours, it helped our Dharma Parents learn more about themselves and their partners. By observing how we react when encountered with various situations (in the activity), we catch a glimpse of our tendencies in real life when interacting with our partners and children.

Do sign up for our Children Dharma Class and Dharma Parents Activities today!



Dharma Parents Activity



欢迎家长为明年就读小学、中学的孩子报名

报名处 : 海印学佛会4楼柜台接待处

开课日期 : 2024年2月25日 (星期日)

上课时间 : 早上10时至中午12时

学费* : \$4 (会员 - 家长/监护人);
\$40 (非会员 - 家长/监护人)

*我们庆幸有善心人士认同海印的佛法教育理念, 发心捐助款项赞助2024年的教育经费。

2024

课程
招生

儿童与少年学佛课程

Children & Teenage Dharma Course

Parents are welcome to register their children who will enroll for Primary / Secondary school next year.

Registration : Sagaramudra Buddhist Society
Level 4 reception counter

Start Date : 25 February 2024 (Sunday)

Time : 10 am to 12 noon

Fee* : \$4 (Member - Parents / Guardians);
\$40 (Non Member - Parents / Guardians)

* Kind donors have offered sponsorship for Year 2024 Dharma Courses in recognition of Sagaramudra Buddhist Society's Dharma Education Program.



Sagaramudra Buddhist Society 海印学佛会

办公时间 : 星期二至星期日 : 上午10时至下午5时30分

Office Hours : Tuesday to Sunday : 10.00 am - 5.30 pm

5 Lorong 29 Geylang Singapore 388060 Tel: 6746 7582

www.sagaramudra.org.sg

- 认识正信的佛教、澄清对佛教常见的误会。
- 佛教创始人 佛陀的生平及佛陀证悟的内容。
- 明了三宝的内容和意义以及为何要皈依三宝。
- 明白五戒和十善的内容以及持戒、修善的功德。
- 认识海印的学佛课程系统及掌握“眼前”的初步修学技巧。



2024

课程招生

华语基础学佛课程

认识正信佛教；步上离苦得乐之途

课程行政资讯：

授课法师：法源法师

课 程：单元1(12堂课)

上课方式：共4个单元(为期2年)。分上、下学期制

日 期：2024年3月5日(星期二)

时 间：7.15 pm - 9.15 pm

费 用：\$10 (会员)，\$30 (非会员)

欢迎至4楼柜台处询问、报名。

* 我们庆幸有善心人士认同海印的佛法教育理念，发心捐助款项赞助2024年学佛课程。



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课程纲要

- 什么是静坐？
- 数息的方法。
- 经行的方法。
- 工作坊。
- 通过静坐看清楚自己的身心状态。

2024

课程招生

华语静坐入门

放轻松 学静坐

课程行政资讯：

授课法师：法谦法师

课程：8 堂课

日期：2024年4月6日（星期六）

时间：3.00 pm - 4.30 pm

教材费*：\$5（会员），\$15（非会员）

欢迎至4楼柜台处询问、报名。

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《目前》 征稿启事

欢迎社会各方僧俗大德、学佛者针对特定主题，踊跃投稿，分享学佛修心体验与心得，以便增加读者对佛法的认识。

新系列主题：四事供养

主题文章截稿日期：

衣供养：（已截稿）

食供养：（已截稿）

住供养：01/02/2024

药供养：01/08/2024

每一天的点点滴滴，生活中的花花絮絮，引发自内心的感触，领悟出生活的佛化，无论小品、诗词、散文、漫画创作，一律欢迎！

投稿须知：

1. 来稿文体不拘，字数则以800-1000(华文)或350-600(英文)为佳；
2. 来稿须写明真实姓名、地址及电话，发表时可使用笔名；
3. 若是一稿数投，请于稿末注明；
4. 文稿一经发表，文责自负；
5. 编辑部有取舍与删改权，采用与否，一概不退还稿件；
6. 文稿一经使用，本刊将以薄酬略表谢忱；若却酬，敬请注明；
7. 来稿请电邮至
enquiries@sagaramudra.org.sg,
手写稿件请邮寄至海印学会
编辑组。

无限感恩

布施中法施最胜 — 法句经

正法的延续，有赖十方的努力。随喜助印《目前》会讯，能使更多人沐浴在法海里，共沾法益！

The gift of Dharma excels all gifts —

Dhammapada verse 354

Share the words of the Buddha, be part of a pure motivation. Give the gift of Dharma through your kind contribution to this journal.

吴姝臻

吴姝蔚

吴宣贤

冯木香合家

李明珠合家

王贵娘合家

李诚嘉合家

颜惠玲

颜水财

汤玉英

吴优合家

吴为合家

吴凡合家

林雅佳

周枕荣合家

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陈惜莲

陈鹏羽

陈思颖

黄婧美

黄婧善

黄文荣

杨家伟合家

吕孙强合家

吕宇斌合家

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黄婉丽合家

沈贵发合家

王树安合家

林金菊

黄素玲合家

彭卫翔合家

黎学娥

黎学英

易万婷合家

易镇豪合家

周耀安合家

黄星华

黄筱單

易恩彤

沈以量

柯建伏合家

李宗凤

朱清泉合家

蔡美莲合家

辜艺威

辜艺新

林惜娇

林惜卿

何淑婷

辜德源

蔡秀凤合家

丁家俊合家

王偉光合家

包爱明

蔡昀成

刘秀发

张堡音

胡豪展

胡筱媛

Tan Chor Hoon

Lee Woon Chee &
Family

Eddie Lee & Family

Kent Kong

Chloe Kor

Caley Kor

Cheri Kor

Brian Lim

Low Peng Koon

回向

故 王莽培

故 洪才润

故 林龙眼

故 颜子龙

故 李安

故 赵美

故 李海珠

故 许其通

故 柯长源

故 朱翠云

故 林钦發

故 徐赛凤

故 林惜香

故 林惜清

故 辜惠祥

Late

Khoo Geok Hong

Late

Tan Teo Cheng

Late

Tan Chor Leong

Late

Jai Prakash

2024 01-06月每周活动

2024 星期一休息 Closed on Monday enquiries@sagaramudra.org.sg

| Tue 二 5/03 – 21/05/24 | | Thu 四 7/03 – 23/05/24 | Sun 日 |
|--|--|--|--|
| <p>2024-1届基础学佛课程 (华语)单元1 2024-1 Fundamental Dharma Course (Ch) - Module 1 法源法师 Ven. Fa Yuan 7.15 pm - 9.15 pm</p> <hr/> <p>第11届成长学佛课程 (华语)单元6 11th Intake Progressive Dharma Course (Ch) - Module 6 法谦法师 Ven. Fa Qian 7.30 pm - 9.30 pm</p> | | <p>2023-1基础学佛课程 (华语)单元3 2023-1 Fundamental Dharma Course (Ch) - Module 3 持果法师 Ven. Chi Guo 7.15 pm - 9.15 pm</p> <hr/> <p>第9届成长学佛课程 (华语)单元8 9th Intake Progressive Dharma Course (Ch) - Module 8 法谦法师 Ven. Fa Qian 7.30 pm - 9.30 pm</p> | <p>少年学佛班 Teenage Dharma Class 儿童学佛班 Children Dharma Class 法宣法师 Ven. Fa Xuan 10.00 am - 12.00 noon 25/02 – 30/06/24</p> <hr/> <p>慈悲三昧水忏 Samadhi Water Repentance 法师 Venerable 10.00 am - 4.15 pm 7/01, 2/06/24</p> |
| Wed 三 6/03 – 29/05/24 | Fri 五 8/03 – 24/05/24 | | |
| <p>2023-2基础学佛课程 (华语)单元2 2023-2 Fundamental Dharma Course (Ch) - Module 2 法音法师 Ven. Fa Yin 7.15 pm - 9.15 pm</p> <hr/> <p>第15届基础学佛课程 (英语)单元4 15th Intake Fundamental Dharma Course (Eng) - Module 4 法尊法师 Ven. Fa Zun 7.15 pm - 9.15 pm</p> <hr/> <p>第11届成长学佛课程 (华语)单元3 11th Intake Progressive Dharma Course (Ch) - Module 3 法梁法师 Ven. Fa Liang 7.30 pm - 9.30 pm</p> | <p>第27-1届基础学佛课程 (华语)单元4 27th-1 Intake Fundamental Dharma Course (Ch) - Module 4 法宣法师 Ven. Fa Xuan 7.15 pm - 9.15 pm</p> <hr/> <p>太极拳班 Taiji Class 7.30 pm - 9.00 pm 黄锦涑老师 Mr Ng Heng Lai</p> | | |
| | | Sat 六 | |
| | | <p>静坐入门(华语) Introduction to Meditation (Ch) 法谦法师 Ven. Fa Qian 3.00 pm - 4.30 pm 6/04 – 25/05/24</p> <hr/> <p>八关斋戒 (华语) Taking Eight Precepts Retreat (Ch) 法师 Venerable 9.00 am — 8.00 pm 23/03, 25/05/24</p> | <p>金刚经共修 The Diamond Sutra Practice 法师 Venerable 10.00 am - 12 noon 17/03, 21/04, 19/05, 16/06/24</p> <hr/> <p>普门品共修 Pu Men Pin Practice 法师 Venerable 10.00 am - 12.00 noon 24/03, 28/04, 26/05, 23/06/24</p> <hr/> <p>清明春祭法会 Qing Ming Prayer Ceremony in Remembrance of Our Ancestors 法师 Venerable 10.00 am - 4.00 pm 31/03/24</p> <hr/> <p>卫塞节 Vesak Day 法师 Venerable 10.00 am - 2.00 pm 22/05/24</p> |



点燃外在的莲花灯
唤醒内在的自性光明

点心灯

供奉莲花灯

Offering of Lotus Lamps

祈愿：世界和平 国泰民安 合家平安 消灾吉祥
福寿康宁 智慧圆满 心想事成 诸愿成就

您现在可以做线上点灯，为您及您关心的亲友点上一盏
「光明灯」，祈愿心安平安。每盏每个月\$50(个人或合家)，
可以短期或长期供奉。

请参阅我们的网页：

www.sagaramudra.org.sg/webpages/lampoffering.aspx



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虔诵三昧水忏、
延生普佛、上供宣疏。
设有往生超度、
延生祈福、供佛消灾。



2024

法会

水忏法会

Samadhi Water Repentance

日期 : 7/1, 2/6, 7/7, 6/10, 3/11,
1/12/2024 (星期日)

时间 : 10.00 am - 4.15 pm

第1堂 10.00 am - 12.00 noon
慈悲三昧水忏上卷/午供/宣疏/过坛

第2堂 1.00 pm - 2.15 pm
慈悲三昧水忏中卷

第3堂 2.45 pm - 4.15 pm
慈悲三昧水忏下卷、过坛

往生莲位 (金额: \$220)

延生禄位 (金额: \$168)



Sagaramudra Buddhist Society 海印学佛会

办公时间 : 星期二至星期日: 上午10时至下午5时30分

Office Hours : Tuesday to Sunday : 10.00 am – 5.30 pm

5 Lorong 29 Geylang Singapore 388060 **Tel: 6746 7582**

www.sagaramudra.org.sg

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灾消吉至

大乘金刚般若忏法、 佛前大供

18/02/2024

正月初九 (星期日)

10.00 am – 4.20 pm

法会祈福类别

| 供佛 | 随喜供养 |
|---------|--------------------------------------|
| 个人延生祈福 | \$10 (一个人) |
| 合家延生祈福 | \$28 (一位长辈之名加 “合家”) |
| 平安吉祥禄位 | \$168 (个人/一位长辈之名加 “合家” /一个公司宝号) |
| 护坛如意大禄位 | \$1,000 (个人/一位长辈之名加 “合家” /一个公司宝号) |



2024
Year
of the
Dragon

大乘金刚般若忏法

Mahayana Vajra Prajna Repentance Ceremony

拜年： 10/02/2024 农历正月初一(星期六) 及

11/02/2024 农历正月初二(星期日)

12 noon 午餐招待

9 am 至 5 pm 若要和法师们拜年请前往学会3楼

注： 4楼柜台将于除夕至正月初二 (9/2 – 11/2/2024) 休息三天。

有兴趣参与新春法会大乘金刚般若忏法祈福的佛友们请尽早报名，共沾法益。



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