



2015 IKT USA Youth Summer Camp

© 陳楷文 Kevin Chen

Before I start, I would like to thank the Grace of Heaven, all the Tao Transmitting Masters, lecturers, group leaders, and volunteers for their hard work in putting this event together.

I am Kevin Chen from Michigan, member of Team 10 MI-LA. Prior to the Camp, I was very reluctant to sign up for the Camp, but I finally gave in my parents and Tao Transmitting Masters who really wished for me to attend. However, after writing the scholarship essay* on reasons why I wanted to attend the Camp, I started to truly realize what I could accomplish with the Camp.

The Camp was without a doubt a remarkable experience that has exceeded all my previous expectations and has really made an everlasting impression on my life. Being in the middle of summer vacation, I did not feel I was here at Camp to learn anything. However, on the first day of Camp, “The Four Cups” activity absolutely changed my mindset about the Camp. I felt that since I was already here, I might as well take something away from it. And with that, I changed my attitude; I would take the Camp seriously, give up computers, phones, games, all stress from school, and to truly live in the moment. From the classes, personal stories from the lecturers and all the meaningful but also fun activities, there was so much I have learned in just the short six days. Before the Camp, I was merely practicing Tao just because my parents did, but now I have learned so much more about Tao, the history, the purpose on why we cultivate, and with that, more about who I am.



2015 美國一貫道總會 青少年身心靈成長營有感

◎ 中譯 薛瑞嬌

在開始分享之前，後學要感謝 天恩師德，感謝 老中慈悲，感謝所有點傳師、講師、營隊隊輔、辦事員及志工的辛苦付出，讓這次的營隊活動能如此圓滿。感恩慈悲！

後學是陳楷文，來自於美國密西根州（隸屬密西根忠恕道院），是第十組 MI-LA（由密西根及洛杉磯兩地成員所組成）的學員。參加夏令成長營之前，後學非常不願報名參加，但終究抵不過父母及點傳師們的愛心苦勸，因為他們真的很希望我能參加。就在著手寫完「為何要參加青少年夏令營」的助學獎學金（註）申請短文後，後學自己才開始體認到參加營隊能夠有所收穫。

這次的青少年成長營活動，毫無疑問地是一次超乎尋常的經歷，它遠遠超過後學對這次活動的期待，並給了後學一些永生難忘的感想。正值暑期假日，原本後學不認為會在營隊裡學到什麼；但在活動第一天開場「四個杯子」的活動中，它完全改變了後學對這次成長營的觀感。後學想，既然已經來了，何不從中學習而有所收穫。有此想法後，後學改變了態度，開始以嚴謹的心來看待此活動。進而關掉電腦、不玩手機及電動遊戲，徹底放下所有來自學校課業的壓力，而開始活在當下。從所有講師們的課程與所分享的一些個人生活經驗，以及寓教於樂的活動中，使後學在短短的六天中受用無窮。來成長營之前，後學的修道僅只是隨從父母而已；但現在後學已更加了解道、道的歷史及為何要修道的原因，也使後學更加了解自己。



▲ 行前與點傳師們合影於舊金山忠恕道院。

Even though I have been vegetarian many years, I did not truly understand the reason why. From just one day, “Green day,” I have now realized the true essence behind why we practice vegetarianism in the Tao society. Along with the countless scientific and factual benefits to the world, seeing the video of the workers abusing the animals, especially the baby pigs, has made me want to do more and take action. I now feel that being vegetarian is a good start, but it is not enough; I still have much more to cultivate and to spread vegetarianism and Tao to all those around me.

On the day learning about Filial Piety, there was one very emotional activity, “Life’s List,” that has inevitably made a deep profound impression on me. Simply, materialistic items such as computers, phones, games do not matter in the long run, what really matters is the people who you love. The activity has made me realize that nothing is permanent, and you truly have to be grateful and to cherish each and every moment with your loved ones.

Along with this activity, there was an abundance of exceptional clips and activities on the topic of filial piety that I feel would be really great to “borrow” for use in our own Michigan Summer Camp (, which coincidentally is the theme of our Camp this year). Along with learning more about filial piety, there was also a great deal to take away from the camp on how to be a better group leader. I have made so many new friends from all around, and really strengthened the bond with those from Michigan who I have already known, which is very important and valuable for our upcoming Michigan Summer Camp as well. This IKT Youth Summer Camp was an exceptional model and a huge benefit for each and every person, especially in leading our individual Temple’s camps as well.



▲ 基礎忠恕點傳師及所有參與人員留影紀念。

雖然後學已吃素多年，但卻不知其背後的真正原因。從一天「綠色日」的活動中，後學了解到道親們為何吃素的真正用意，除了數不盡的科學及實質上對地球環境的好處之外，在看到一些養殖人員如何迫害動物（尤其是小豬）的影片後，使後學想以行動來做更多事。後學認為吃素是個好的起步，但仍舊不夠；後學發現自己還有很多地方要修，也應該進一步提倡素食主義和道給周遭的人。

在學習孝道的那一天，有個非常令人感動的活動：「生命的清單」，帶給後學相當震撼的印象。簡單來說，物質方面的東西，如電腦、手機及電動遊戲，長遠來看並不重要；真正重要的是你所愛的人。這活動使後學感受到，有形的東西沒有一樣是永恆的，所以要真心感恩及珍惜和你所愛的人在一起的每一刻。

此外，課程裡亦有許多很棒的影片及有關孝的主題活動。後學想，正好可以「借用」到我們密西根忠恕道院的夏令營（巧合的是，它也正好是我們這次夏令營的主題）。在學習更多有關孝道主題時，後學亦從中學習到如何成為更好的營隊隊輔。後學在此結交了許多來自美國各地的新朋友，也拉近了後學和原本就認識的密西根團員之間的距離，使我們彼此的關係更緊密，這對即將來到的密西根忠恕道院夏令營活動是極為重要的。這次美國一貫道總會所舉辦的青少年身心靈成長營，對每位學員而言是一個非常好的示範，也使大家都受益良多，尤其是對各道院營隊的輔導員幫助甚多。



從完成任務中體會到志工使命。▶

With all seriousness aside, the thing I miss most is all the great friends I have made, and all our deep late night talks about our more personal problems that extend well past the “10:30 Lights Out” time. Another great new thing I got to experience was a whole week without wifi, computers and phones. Indubitably it was one of the hardest weeks in my life, but I am grateful that it has allowed me to become more sociable and open; who knows, maybe I will try having no wifi again sometime. In addition, it was also really great to take a break from all my mom’s nagging, which I know now is her love. My hope is that the IKT Youth Summer Camps can certainly continue to happen, because I definitely will be coming back again; but maybe, not so many potatoes next time.

PS. In regards to the first I-Kuan Tao USA Youth Summer Camp, held in Redwood Glen, CA, between 7/24/2015 and 7/29/2015, for a total of 6 days and 5 nights, please refer to the website: <http://www.taousa.org> for more details on origin video recap, event photos, sharing, and reflection.

<https://www.youtube.com/watch?v=pmDEDOAQwYY>

IKT USA Youth Summer Camp 2015 Recap — 美國一貫道青少年身心靈成長營回顧

* *Note: To assist with the travel expenses, Michigan Zhong Shu Temple offered scholarship for youth counselors who attend the Youth Summer Camp. Applicants were required to submit Essay on reasons for wanting to attend the camp.*



任務驗收，在台上充分展現團隊精神。 ▶

除嚴肅的一面外，最令人懷念的是後學新交的好朋友們，以及在「晚上 10：30 熄燈後」，大家真心分享一些私人問題的時刻。另一個很棒的體驗就是讓後學一整週都不使用網路、電腦及手機（因受山區營地收訊不良所限制）。當然這是後學此生最難受的一週；但後學很感恩它成就了後學更懂社交及開放的思維；誰知道，或許未來會再次嘗試無網路的生活。此外，此行使後學得以暫時逃離母親整日對我的嘮叨；但後學亦體悟到，那是母親對後學的關愛。後學希望此美國一貫道青少年身心靈成長營可以持續辦下去，因為後學一定會再次報名，只希望下次馬鈴薯食材可以少一點。感恩慈悲！

後記：有關美國一貫道總會於 2015 年 7 月 24 日至 7 月 29 日，6 天 5 夜在美國北加州舊金山的紅杉木峽谷（Redwood Glen），所舉辦之第一屆暑期青少年身心靈成長營活動緣由、影片回顧、活動照片及各道場中英文心得感言分享等。請詳閱網址：<http://www.taousa.org/>

註：因此行由密西根州至加州參加成長營路途遙遠，為鼓勵學員報名參加，密西根忠恕道院特設立助學獎學金，補助部份的機票費用，以資鼓勵。



▲ 星光夜語，溫馨的分享時光。