



Provided by I-Kuan Tao USA

By Xiaodao Wang, Ji Chu Zhong Shu, Ming Hwa Temple, Toronto

This was a trip filled with extraordinary moments. Long before we arrived at the camp, I had heard how remarkable it was—an event that only takes place once every ten years. I felt incredibly fortunate that we learned about it in time and had the opportunity to participate. The response at our temple was overwhelming; nearly every child who met the age requirement registered immediately. I was lucky enough to lead five children to the camp. From the very beginning, I could feel the care and dedication of the organizers. The registration form was well-organized and thoughtful, followed by numerous follow-up chats and Zoom meetings that were both detailed and well-guided. These interactions fostered a sense of community even before the camp officially began.





# 2025美國一貫道總會 青少年成長營之三

◎ 美國一貫道總會提供

※ 基礎忠恕道場加拿大明華道院多倫多講堂 汪小島

後學非常有幸參加了今年在美國舉辦的 2025 青少年身心靈成長營，這是一個非常令人感動及難忘的經歷。當後學聽說今年要在美國加州舉辦一個全美道場共同參辦的夏令營時，就深受觸動，隱約中已經感覺這將是一場盛會。尤其聽聞這個夏令營十年才辦一次時，後學感到非常幸運能夠在報名截止前知曉這消息並且最終能參加，中堂裡對這消息的反應是一陣轟動，幾乎所有符合資格的孩子都報名了。（後學和多倫多的道務助理商量，要鼓勵我們的青少年參加，共襄盛舉，讓他們知道在北美還有很多年輕的修道人，此道不孤！）很榮幸，後學最終得以帶領五位青少年，在八月如願踏上行程。還記得最開始在網路上報名時，後學就已經感受到美國一貫道總會的用心與投入。精美的登記表格，以及之後主辦單位多次在 LINE 上向我們介紹夏令營的概況，和在 ZOOM 會議中介紹營隊流程，這些互動讓後學很快就體會到一種參與感，以及對夏令營的嚮往與期待。

They say first impressions matter and ours was unforgettable. The campsite was located in a private area of a beautiful mountain, surrounded by pristine nature and a peaceful atmosphere that instantly set the tone for a meaningful experience. From time to time, we spotted deer gracefully wandering around the camp, adding a touch of peace to the serene surroundings.

We were warmly welcomed, and quickly settled in after registering. The joy and wonder we felt upon arrival stayed with us throughout the entire camp. Everything was meticulously prepared, from the professionally printed handouts to the thoughtfully designed classes and activities, all created to engage and inspire. As one of the designated photographers, I had the privilege of experiencing nearly every session and event firsthand.

The curriculum was brilliantly structured, beginning with the Four Qs: IQ, EQ, AQ, and MQ. Once these concepts were understood, the program deepened into the theme of filial piety, which moved everyone profoundly. Toward the end, the teachings expanded to show how the Tao can be applied in everyday life—offering practical wisdom for handling daily challenges and extending kindness to those around us. The grand finale, *From Mars to Heaven 2.0*, featured Peng DCS, a principal engineer at NASA. His inspiring talk elevated the entire experience, showing us how to balance our lives and our spiritual journey when practicing Tao.

The classes were thoughtfully crafted, laying out a clear path for our children, from learning the principles of Tao to practicing them in daily life. And beyond the lessons, the camp was filled with fun, well-designed activities that allowed campers to learn and play in harmony.

On the evening of Day 4, each team was invited to perform something that showcased what they had learned. Despite having just two one-hour sessions to prepare, the campers delivered an array of creative and impressive performances. I was truly amazed by their talent and spirit. It reminded me that when given the stage, our children

人們都說第一印象很重要，後學對本次夏令營的第一印象可以說是特別深刻。營地座落在一個非常清幽的山腰，周圍環繞的高大樹木，展露質樸的自然風光，營造出一片寧靜的氛圍，也為這次夏令營勾勒了一個完美的開始，而偶爾遇到的徜徉在營地中的小鹿，則為這份寧靜更添一絲墨彩。

我們在營地受到熱情的歡迎，大家報到之後很快就安頓了下來，而歡樂與驚喜很快就充滿整個營隊活動期間。一切都太完美了，舒適的住房、整潔的餐廳、優雅的環境、專業印製的手冊、精心設計的課程和遊戲，這一切都讓大家對夏令營產生無限的憧憬。而身為夏令營的攝影之一，後學有幸親身體會到幾乎每一堂精彩的課程和活動。

課程的設計獨具匠心，從「四 Q」開始：智商（IQ）、情商（EQ）、逆境商數（AQ）、道德商數（MQ）。先介紹這些概念後，再深入探討「孝道」，最後再進一步向大家介紹如何將「道」應用於日常生活中；講師們向大家示現他們如何用智慧應對日常生活中的煩惱，繼而介紹道的尊貴以及如何廣結善緣。課程最後，彭家彥點傳師的「從火星到天堂 2.0」課程則將營隊推到一個高潮，他的話語激勵了在場的每一人，他向我們展示了在繁忙的工作之餘，我們依然可以修道，聖凡可以兼顧！

夏令營課程的設計可以說是用心良苦，為青少年們指明一條清晰的修道之路。從了解「道」的理念，到如何在生活中體會「道」。在上課之餘，許多精心設計的遊戲也让大家在歡樂的活動中自然地感受到「道」的無所不在！

在第四天的晚會中，每個小組都表演了一個節目，展現大家在夏令營中學到的知識。儘管之前兩天，每天只有一個小時的小組討論及準備時間，青少年們仍然為大家奉獻了一場精彩絕倫、才華橫溢的盛會。年輕人的創意與熱情讓後學驚嘆不已，也感受到只要給年輕人適當的平台，他們就可以展現出無限的奇蹟。我





can show us wonders; the sky is truly the limit. We need to give them more opportunities and trust them to shine at the Temple. I was deeply moved by the way campers cheered for one another. There was only love and support, with no trace of jealousy or competition. The I-Kuan Tao stage night elevated the camp to a whole new level.

On the last day of the camp, after breakfast, we watched a beautifully prepared recap video that brought the camp to a perfect ending. It was clear that many children didn't want it to end, and they truly cherished every moment they had experienced there. I believe this experience will leave a lasting impact on their lives later.

Thanks to the collective effort and countless sleepless nights from contributors across many temples in the U.S., this incredible event was made possible. I feel so fortunate to have been part of it. Often, high expectations lead to disappointment, but not this time. It exceeded even my wildest hopes. I witnessed so many people with loving hearts and pure spirits, and it was nothing short of inspiring.



們需要的是在道場中給予他們更多的天地與空間，讓他們去成長與發光！而在晚會中，各組彼此互相加油，也讓後學深受感動，他們之間只有鼓勵與支持，沒有一絲的嫉妒與競爭。整個夏令營也因這個「一貫道舞台之夜」而更加精彩。

最後一天的早餐之後，我們欣賞了一段精心製作的影片回顧，為夏令營劃下一個圓滿的句點。每一幀畫面都帶給大家一段美好的回憶；同時後學也可以感受到大家的依依不捨，後學相信這個夏令營將對許多年輕人的人生帶來深遠的影響。

感恩全美各道場志工們的努力和無數個不眠之夜，才讓這場精彩的盛會得以成功。很多時候，高高的期望常常是伴以淡淡的失望，但這次夏令營則完全超出後學最好的期望。後學也非常幸運能夠在這裡見到眾多充滿愛心與正能量的道親，2025 年的夏天，一個難忘的八月！





By Jennifer Wang, Ji Chu Zhong Shu, Ming Hwa Temple, Toronto

As a group leader, I had the privilege of guiding campers while also sitting alongside them in the classes, learning just as much from the experience as they did. Topics such as the 4 Q's—IQ, EQ, AQ, and MQ—along with lessons on living the Tao in our daily lives and filial piety, encouraged me to reflect deeply on myself. I came to realize that leadership is not just about guiding others but also about constantly improving myself, becoming more patient, empathetic, and grounded in values. The lesson on AQ especially resonated with me, as it reminded me that resilience is not built in moments of ease, but when we face challenges with the right mindset.

My favorite part of the camp was without a doubt the people. Listening to each speaker, sharing stories, and simply being in the same space with people from temples all across North America was inspiring. That unity represented how the I-Kuan Tao Foundation and Taoism connect us beyond distance, creating bonds rooted in shared beliefs and values.

The camp would not have been possible without the Tao Transmitting Masters, volunteers, and leaders who gave so much of their time and energy. I am deeply grateful for their efforts and in return, I will continue to stay active in the Tao community, giving my support in future events, and sharing the lessons that I have learned with others.

This camp was all around a great experience and I hope to continue growing from this kind of opportunity. I am leaving not only with new friends and memories, but also a greater perspective and lessons that I can carry forward into my personal and everyday life.



### ※ 基礎忠恕道場加拿大明華道院多倫多講堂 Jennifer Wang

後學有幸能夠參加這次的夏令營，身為一名小組長，在幫助和輔導小組隊員時，還可以與大家共同參班、一起學習前賢們的寶貴經驗。課程包括：四種商數（4Q：IQ 智力商數、EQ 情緒商數、AQ 逆境商數和 MQ 道德商數），以及如何在日常生活中修道與盡孝，這些都讓後學深深反省自己。後學開始認識到，領導力不只是需要引導他人，還包括不斷提升自己，變得更有耐心、更有同理心、更有良好的價值觀。而 AQ 的課程則特別觸動後學，因為它提醒我，堅韌的意志是無法在輕鬆的環境中獲得的，而是在我們以正確心態去面對困境與迎接挑戰時建立起來的。

毫無疑問，夏令營裡後學最喜歡的是這裡的人。聆聽每一位成員的心得，還有他們生活中的故事，這些都令人陶醉。光是與來自北美各地道場的人們共處一室，就已經令人激動。因為道的共同信仰與價值觀，一貫道總會辦的夏令營超越了距離的限制，將我們聯繫在一起。

如果沒有各位點傳師、志工和策劃小組付出大量時間和精力，這次活動是不可能成功的。後學衷心感恩他們的付出，作為回報，後學將繼續在道場中不斷地學習，積極參與未來道場中的活動，並與大家分享後學所學到的經驗。

這次夏令營的體驗非常令人難忘，後學希望能夠藉此機會不斷成長。在這次活動中，後學不僅結識了一些新朋友，也收穫很多美好的回憶，更難能可貴的是，後學獲得更開闊的視野與寶貴的經驗，這些都可以運用到我個人的日常生活中，並不斷受益。