

# 修成林佛教寺院住持 釋長恆法師新春賀詞

Chinese New Year's Greeting Speech by Rev. Chang Heng,  
the Abbess of Sau Seng Lum Buddhist Temple

「兔躍雲程賀新春，國泰民安慶新年」，春風吹暖大地，百花爭艷盛開，大家歡喜迎接新的一年到來。

新的一年來臨，讓我們延續著勇敢堅定的信念，堅強地走向漸見曙光的未來。雖然疫情尚未完全消除，但憑著人人堅守自律的態度，衝破重疫的重圍，我們得以再次拉近人與人之間的距離，心裏懷著感恩，且更要珍惜每一次見面相聚的機會。

爆竹一聲除舊，大地萬象更新。讓我們可以藉著歲月的轉換，來轉化自己的命運，以樂觀的心態，迎接新的一年新的氣象。同時，也讓我們可以重新檢視自己過去一年所做過的事情和經歷過的生活。

同時，我們也要謹記“三養”，這樣才能讓我們的生命活得更有意義。這“三養”就是養身：照顧好自己的身體、養心：培養一顆平靜不貪欲的內心、養志：發願止惡行善。

人身難得今已得，佛法難聞今已聞，今生我們不但已獲得難得的人身，更能夠有機會聽聞佛法，那我們就應該好好保養身體，精進學佛，發願不斷地向善向上學習，同時止惡揚善的行持，才能真正地走入美好人生的正道，渡人渡己。

最後，祝福大家在新的一年裏，能夠將“三養”實踐於生活中，同時捨惡以趨善，行善以捨惡，為自己創造一個身心清淨安康，生活順暢如意的人生。

恭祝大家：玉兔賀新歲，福壽皆安康



'The rabbit leaps over the clouds to greet the New Year, the peaceful country and its citizens celebrate the New Year.'

The spring breeze warms the great earth and beautiful flowers of all varieties are in full bloom. Everyone happily welcomes the New Year.

The New Year is here, so let us continue our courageous and steadfast faith, walking sturdily towards the dawning future. Although the endemic has not been completely eliminated, but with everyone's self-disciplined attitude, we all have broken through the siege of the endemic, and we were able to bring people closer to each other again. With a feeling of gratitude, we cherish every opportunity to meet and get together.

With the sound of the firecrackers, the old is removed and everything on earth is renewed. Through the changes of years, let us transform our own destiny. With an optimistic mindset, we welcome the New Year and the new atmosphere. At the same time, the change also provides us an opportunity to re-examine what we have done and the life that we have experienced in the past year.

At the same time, we must also keep in mind 'the three nourishments', so that we can live our lives more meaningfully. The 'three nourishments' refer to physical body: to take good care of our physical body; nourish the mind: cultivate a mind that is calm and free of greed; nourish our ambition: to vow to stop all evils and to do all good.

It is difficult to take a rebirth as a human but we have already got it, it is difficult to listen to the Dharma but we have already heard it. In this life, we have not only managed to obtain the human body, but we are also given the opportunity to listen to the Dharma, we must therefore take good care of our physical bodies, strive diligently to learn the Dharma, vow to continue to learn from goodness, whilst at the same time, we are to stop all evils and promote good deeds. Only then can we truly walk on the right path of a better life, helping others whilst helping our own self.

Finally, I wish everyone will be able to practice 'the three nourishments' in your daily life in the new year. At the same time, you will be able to renounce evils for the good, practise good deeds to give up evils, create a pure and healthy body and mind for yourself, and sustain a life that is smooth-sailing and fulfilling.

*May the Jade rabbit greets the new year  
with happiness and well-being for all.*







# 修成林季訊

Sau Seng Lum Newsletter

# 69

## 2023

# 玉兔賀新歲 福壽皆安康

The Jade Rabbit Greet  
the New Year  
May You Be Blessed With  
Happiness and Longevity







# Chinese New Year Blessing and Chanting Ceremony

# 新春 12.1~5.2.23 正月初一至十五 9am-5pm 祈福 過好年

## 新年鴻運燈 New Year Fortune Lamp

為自己與家人點一盞「新年鴻運燈」，祈願一年平安吉祥、鴻運當頭！

Light the New Year Fortune Lamp for yourself and family, pray for peace, auspiciousness and good fortune all year long.

## 初一特備

### Special events on the 1st day of Chinese New Year

(11.30am 開始，派完為止 until stocks finish)

素食飯盒結緣、大吉大利柑、龍馬精神水  
Distribution of vegetarian lunch box, mandarin orange and dessert

## 正月初九供燈 30.1.23

### Lamp Offering on the 9th day of Chinese New Year

## 正月十五素食飯盒結緣

### Distribution of vegetarian lunch box on the 15th day of Chinese New Year 5.2.23

(11.30am 開始，派完為止 until stocks finish)

## 十五天新年祈福法會

### 15-Day Chinese New Year Blessing and Chanting Ceremony

梁皇寶懺、藥師懺、藥師經、新春許願燈、禮拜88佛、蓮花獻佛、88佛籤、24諸天籤。

Emperor Liang Repentance, Medicine Buddha Repentance, Medicine Buddha Sutra, New Year wishing lamp, Paying homage to the 88 Buddhas, Offering of lotus flower to the Buddha, 88 Buddhas' Divination Lots, 24 Devas' Divination Lots.

## 新春布施

### Lunar New Year Dana 29.1.23 (11am) 正月初八

歡迎護法信眾、善心人士踴躍參與布施紅包予本林腎病者。

All devotees and benevolent individuals are welcome to join our New Year's angpow distribution event to Sau Seng Lum dialysis patients.

## 元宵節供燈與祭祖

### Lamp Offering and 正月十五 5.2.23

### Pay Tribute to Ancestors on Chap Goh Mei

修成林佛教寺院 (八打靈) **RUMAH BERHALA SAU SENG LUM (PJ)**

No.7 Jalan 1/5, Seksyen 1, 46000 Petaling Jaya, Selangor Darul Ehsan.



# 新春歡迎闔家來 修成林（蒲種）展覽中心

We welcome you and your family to visit  
Sau Seng Lum (Puchong) Exhibition Centre  
during Chinese New Year

## 新年開放日期

Opening Dates during Chinese New Year  
10am - 4pm

**22/1**      **23/1**  
(正月初一)      (正月初二)

**24/1**      **28/1**  
(正月初三)      (正月初七)

**29/1**      **4/2**  
(正月初八)      (正月十四)

**5/2**  
(正月十五)

**福**      **禮**  
**兔**      **拜**  
**迎**      **羅**  
**春**      **漢**

The fortune rabbit  
ushers in the  
Chinese New Year  
and pay homage to  
the Arhats

自在心經迷宮館  
Heart Sutra Maze Hall

渡恆河求懺悔  
Cross the Ganges River

羅漢籤祈福  
Arahants' divination lots

燃點平安燈  
Lighting lamps of safety and wellbeing

十二生肖守護菩薩  
Guardian Bodhisattva of the  
Twelve Chinese Zodiac

萬佛牆城 - 藥師消災殿  
Great wall of Buddha - Shrine of the  
Medicine Buddha



向五百羅漢拜年  
Pay a New Year call to 500 Arhats



蓮花獻佛  
Offering of lotus flower to the Buddha



新春許願樹  
New Year wishing tree

22/1/2023 (正月初一)

**素食飯盒結緣**

11:30am 派完為止

22/1/2023 First day  
of Chinese New Year:  
Vegetarian lunch box  
distribution

(11:30am until stock finish)

聯絡電話：修成林HP：018-226 2846 | 03-7782 7546

修成林（蒲種）展覽中心 SAU SENG LUM (PUCHONG) EXHIBITION CENTRE  
Pusat Pameran, Jalan Putra Perdana 10, Taman Putra Perdana, 47100 Puchong.



修成林佛教寺院慶祝開山**121**週年紀念啟建  
Rumah Berhala Sau Seng Lum 121st Anniversary Celebration

# 消災吉祥 清明

CALAMITY DISPELLING, AUSPICIOUS &  
CHENG MING PUJA

超渡法會

解冤消災，增福延壽，平安吉祥皆具足  
超薦除業，轉生善道，花開見佛生淨土

1~2/4 2023  
(星期六至日SAT-SUN)  
農曆閏二月十一日至十二日



歡迎即日報名

You are welcome to register with us today

6018 262 6147

6018 262 2635

6017 394 7739

報名只需發其中一個手機，  
無需重復發去其他手機。  
For registration,  
just send to ONE of the contacts



修成林佛教寺院(八打靈)  
RUMAH BERHALA SAU SENG LUM (PJ)  
No.7 Jalan 1/5, Seksyen 1,  
46000 Petaling Jaya, Selangor.



[www.sausenglum.org](http://www.sausenglum.org)



[customer care@sausenglum.org](mailto:customer care@sausenglum.org)



任何詢問，敬請聯絡  
For more information, please call

603-7782 4092

603-7782 7546

(Mon-Sun 9am-5pm)



第 42 屆  
The 42<sup>nd</sup>

衛塞節

# 萬盞心燈 供佛陀

## Ten Thousand Brilliant Lights Offering to The Buddha

農曆三月十五

4.5.2023

BE 2567 佛曆二五六七

佛曆二五六七

### 為父母, 家人和自己

燃燈供佛，祈願平安健康，廣種福田消除業障  
*Offer light for yourself, parents and family, pray for peace and good health, cultivate the fields of merits and eliminate karmic obstacles.*

### 召集您的親朋好友一起 點燈供佛做慈善

供燈所得款項捐入  
非營利的修成林國際學校（特殊教育）

*Gather your relatives and friends to light up the lamp for a good cause.  
The proceeds from light offering will be channelled to  
non-profit Sau Seng Lum International School (Special Education)*



10

每盞 Each  
(個人/Per Person)



### 歡迎即日報名

You are welcome to register with us today

6018 226 2725

6018 226 2803

報名只需發其中一個手機，  
無需重複發其他手機。

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to ONE of the contacts*



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[customercare@sausenglum.org](mailto:customercare@sausenglum.org)



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603-7782 7546

(Mon-Sun 9am-5pm)





修成林

時間：  
10:00am ~ 3:00pm  
9:30am 準時報到

# 快樂兒童日營

HAPPY CHILDREN'S DAY CAMP

第57屆

19.3.2023

天天向善，  
我更快樂

Being Kind Every Day  
Makes Me Happier

第58屆

23.7.2023

因為有您，  
心存感激

I Am Grateful Because  
Of You

第59屆

26.11.2023

心靜自然涼

A Calm Heart Keeps  
Us Cool



宗旨：結合生命教育，培養正見童心  
目的：充實生活品格，建立正確的人生觀  
參加資格：一至六年級、通曉中文（不接受特殊兒童）  
\*志工老師非專業特殊教育老師  
報名：每場20（包括茶點、午餐、活動用具等）  
活動地點：修成林（蒲種）展覽中心

Sau Seng Lum (Puchong) Exhibition Centre  
Pusat Pameran Jalan Putra Perdana 10,  
Taman Putra Perdana, 47100 Puchong.

報名：  
012-9088735





修成林佛教寺院 121<sup>st</sup>  
Sau Seng Lum Buddhist Temple 121<sup>st</sup> Anniversary



# 皈依三寶 典禮 2023

歡迎即日報名

You are welcome to register with us today

6017 641 1808

6018 226 2803



報名只需發其中一個手機，無需重復發去其他手機。  
For registration, just send to ONE of the contacts


## Taking Refuge in the Triple Gem Ceremony

皈依佛法僧，接受三寶的祝福，讓佛法的慈悲與智慧，點亮心燈，照亮人生。還未皈依的您，歡迎即日起報名參加**2023**年皈依三寶典禮。

Taking Refuge in the Buddha, Dharma and Sangha, and receive the blessings of The Triple Gems. Let the compassion and wisdom of Dharma light up the lamp of your mind and illuminate your life. We welcome your enrolment in "2023 Taking Refuge in the Triple Gem Ceremony".

- 日期/Date : 29/10/2023
- 時間/地点 Time / Venue : 另行通知 To be confirmed

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For more information, please call

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(Mon-Sun 9am-5pm)

 懇請幫忙傳閱，功德無量！感恩。Please render help to circulate this info, thank you.



# 诸佛菩萨圣诞及活动看板

## BUDDHA AND BODHISATTVA FESTIVAL & ACTIVITIES

<b>JAN</b> 农历十二月初十 <b>1.1.23</b> <b>元旦点灯祈福</b> Lamp Lighting for Blessing on New Year's Day	<b>JAN</b> 农历十二月廿九 <b>20.1.23</b> <b>岁末祭祖</b> Lunar Year End Ancestor Worship	<b>JAN</b> 农历正月初一至正月十五 <b>FEB</b> <b>22.1-5.2.23</b> <b>弥勒佛诞供灯新年祈福法会</b> Offering of Lamp on Maitreya Buddha Festival CNY Blessing & Chanting	<b>JAN</b> 农历正月初九 <b>30.1.23</b> <b>初九供灯</b> Lamp Offering on the 9th day of the Lunar Chinese New Year
<b>FEB</b> 农历正月十五 <b>5.2.23</b> <b>元宵节祭祖</b> Pay Tribute to Ancestors on Chap Goh Mei	<b>MAR</b> 农历二月十九 <b>10.3.23</b> <b>观音诞供灯</b> Offering of Lamp on Avalokitesvara Bodhisattva Festival	<b>MAR</b> 农历二月廿一 <b>12.3.23</b> <b>普贤菩萨诞供灯</b> Offering of Lamp on Samantabhadra Bodhisattva Festival	<b>MAR</b> 农历二月廿八 <b>19.3.23</b> <b>快乐儿童一日营</b> Happy Children's Day Camp
<b>APR</b> 农历闰二月十一至闰二月十二 <b>1.4-2.4.23</b> <b>消灾吉祥暨清明超度法会</b> Calamity Dispelling, Auspicious & Cheng Ming Puja	<b>MAY</b> 农历三月十五 <b>4.5.23</b> <b>万盏心灯供佛陀</b> Ten Thousand Brilliant Lights Offering to The Buddha	<b>MAY</b> 农历三月十六 <b>5.5.23</b> <b>准提菩萨诞供灯</b> Offering of Lamp on Cundhi Bodhisattva Festival	<b>MAY</b> 农历三月廿五 <b>14.5.23</b> <b>母亲节报亲恩灯暨报恩祭礼</b> Lighting of Gratitude Lamp & Gratitude Ritual on Mother's Day
<b>MAY</b> 农历四月初四 <b>22.5.23</b> <b>文殊菩萨诞供灯</b> Offering of Lamp on Manjusri Bodhisattva Festival	<b>JUN</b> 农历五月初一 <b>18.6.23</b> <b>父亲节报亲恩灯暨报恩祭礼</b> Lighting of Gratitude Lamp & Gratitude Ritual on Father's Day	<b>JUN</b> 农历五月初五 <b>22.6.23</b> <b>端午节祭祖</b> Pay Tribute to Ancestors on Dragon Boat Festival	<b>JUN</b> 农历五月十三 <b>30.6.23</b> <b>伽蓝菩萨诞供灯</b> Garan Bodhisattva Festival
<b>JUL</b> 农历六月初三 <b>20.7.23</b> <b>韦驮菩萨诞供灯</b> Offering of Lamp on Skanda Bodhisattva Festival	<b>JUL</b> 农历六月初六 <b>23.7.23</b> <b>快乐儿童一日营</b> Happy Children's Day Camp	<b>AUG</b> 农历六月十九 <b>5.8.23</b> <b>观音诞供灯</b> Offering of Lamp on Avalokitesvara Bodhisattva Festival (Enlightenment Day)	<b>AUG</b> 农历七月初一至七月卅 <b>SEP</b> <b>16.8-14.9.23</b> <b>七月(一个月)地藏超渡</b> 7th Lunar Month (1 Month) Ullambana Puja
<b>SEP</b> 农历七月卅 <b>14.9.23</b> <b>地藏菩萨诞供灯</b> Offering of Lamp on Ksitigarbha Bodhisattva Festival	<b>SEP</b> 农历八月十五 <b>29.9.23</b> <b>中秋节祭祖</b> Pay Tribute to Ancestors on Mid Autumn Festival	<b>OCT</b> 农历九月初九 <b>23.10.23</b> <b>重阳节祭祖</b> Pay Tribute to Ancestors on Chong Yang Festival	<b>NOV</b> 农历九月十九 <b>2.11.23</b> <b>观音诞供灯</b> Offering of Lamp on Avalokitesvara Bodhisattva Festival (Renunciation Day)
<b>NOV</b> 农历九月廿九 <b>12.11.23</b> <b>药师佛诞供灯</b> Offering of Lamp on Bhaisajyaguru Vaidurya Prabharaja Buddha Festival	<b>NOV</b> 农历十月十四 <b>26.11.23</b> <b>快乐儿童一日营</b> Happy Children's Day Camp	<b>DEC</b> 农历十一月初十 <b>22.12.23</b> <b>冬至祭祖</b> Pay Tribute to Ancestors on Winter Solstice	<b>DEC</b> 农历十一月十七 <b>29.12.23</b> <b>阿弥陀佛诞供灯</b> Offering of Lamp on Amitabha Buddha Festival

供燈、供花、供果、供齋、施藥及供養三寶, 所有項目生者/往生者皆可報名  
 觀音誕、藥師誕皆有寶寶祈福禮

歡迎即日報名 You are welcome to register with us today



6017 641 1808 / 6018 226 2730