

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

「祥龍降臨千家福，慈悲喜捨萬壽康。」又是一年大地回春，萬象更新，世界各地普天同慶，喜迎吉祥龍年的來臨。

在中國傳統文化中，龍被視為祥瑞的動物，寓意吉祥、好運、富貴和繁榮興盛。龍亦代表著無窮的力量、進取的精神、朝氣蓬勃、威武不屈和無所畏懼。

在佛教中，龍則是大乘佛教的象徵，代表著智慧和慈悲。龍眾乃佛教護法“天龍八部”之一。在《法華經》和《金光明最勝王經》中皆有提到八大龍王，而且諸龍王能興雲佈雨，能消滅眾生之煩惱。

走過活潑積極的兔年，今年來到穩重進取，力量無窮的龍年。大家在為事業奮進，努力的朝著曙光積極向前之時，不要忘了在我們的生命中，還有更有意義，更需要我們把握時間去實行的事情，那就是“養身、養心、養命”。

以健康清淡的食物、培養運動的習慣來養身，照顧好自己的身體。以簡樸節約的衣食住行，減少生活上的欲望來養心，培養一顆平靜不貪欲的內心。以禮佛懺悔，行善增慧，行孝增福來養命，深信因果，創造出自己福慧圓滿的命運。

期許大家，在新的一年里裏，要以慈悲智慧來修養身、心、命。以感恩和奉獻來關懷身邊的人，以寬容和體諒來維護家庭和諧。以龍馬精神和奮發無窮的力量來開創前程，推動經濟走向繁榮。由小至大，由內至外，為自己和下一代修福修慧修好命。以修身齊家治天下的心態，為世界和平昌盛獻一份力量。

祝願

世界和平
人民安康





'The auspicious dragon graces a thousand families with loving kindness and joy with blessings of longevity and good health.'

Once again, the earth enters and undergoes its rejuvenation as spring returns, heralding a renewal of all things. The people around the world join in universal celebration, joyously welcoming the arrival of the auspicious Year of the Dragon.

In traditional Chinese culture, the dragon is regarded as an auspicious creature symbolizing good fortune, luck, wealth and prosperity. The dragon also embodies boundless strength and power, a pioneering spirit, vibrant vitality, unyielding might and fearlessness.

In Buddhism, the dragon is a metaphor of wisdom and compassion, embodying the protective deities known as one of the "Eight Kind of Demigods" in Mahayana Buddhism. The sutras such as the Lotus Sutra and the Sutra of Supreme Golden Light mention the eight great dragon kings, capable of bringing clouds and rain, as well as dispelling the afflictions of sentient beings.

Having traversed the lively and positive Year of the Rabbit, we now step into the poised and formidable Year of the Dragon characterized by boundless strength. As we strive for success in our careers and progress towards the dawn of a new era with determination, let us not forget the meaningful aspects of life that require our attention – the practices of nurturing the body, cultivating the mind and cherishing life.

Nurturing the body involves consuming healthy and light foods, establishing habits of regular exercise to care for your physical well-being, while nurturing the mind entails leading a simple and frugal lifestyle, minimizing material desires and fostering a tranquil and content inner self.

Nurturing life involves showing gratitude through Buddhist practices, repentance, engaging in virtuous deeds to enhance wisdom, as well as practicing filial piety to accumulate blessings. With a deep understanding of the law of cause and effect, we can shape our destinies towards completeness in blessings and wisdom.

In the New Year, let us aspire to cultivate our body, mind and life with compassion and wisdom. Let us express gratitude and contribute to the well-being of those around us, maintain and uphold family harmony with tolerance and understanding. With the spirit of the dragon and boundless determination, let us forge ahead and embark on new endeavours, propelling the economy towards prosperity.

From the individual to the collective, from within to the outside, let us work towards accumulating blessings and merits, wisdom and good destiny for ourselves and the future generations. Embrace the attitude and move towards self-improvement, harmonizing the family and societal contribution, let us contribute a force of prosperity and peace to the world.

Wishing everyone a year filled with benevolent actions for self and others, cultivating and expanding fields of merits, as well as forming virtuous connections with others. Together, let us usher in a new hope for a harmonious world!

***May the world be at peace
and the people are safe and healthy***





修成林季訊

Sau Seng Lum Newsletter

70

祥龍

降臨千家福

慈悲喜捨萬壽康

The Auspicious Dragon Graces A Thousand Families With Loving Kindness And Joy With Blessings Of Longevity And Good Health



新年祈福法會

Chinese New Year 會

Blessing and Chanting Ceremony

正月初一至十五
10.2~24.2.24

初一特備 10.2.24



Special Events
(11.30am-2pm)

素食結緣、龍馬精神糖水
Serving of vegetarian lunch
and dessert



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.

新年點燈

New Year Lamp Lighting

守歲燈、正月初一燃燈供彌勒佛、吉祥燈、
藥師消災燈、正月初九供燈、元宵節供燈、
大悲咒84相供燈

Lamp Offering on Chinese New Year's Eve, Lamp Offering
to Maitreya Buddha on the 1st day of the 1st lunar month,
New Year Auspicious Lamp, Medicine Buddha Lamp
(Calamity Dispelling), Lamp Offering on the 9th day of the
1st lunar month, Lamp Offering on Chap Goh Mei, Lamp
Offering to the 84 Manifestation Statues of the Great
Compassion Mantra.

新年祈福法會

Chinese New Year Blessing and Chanting Ceremony

梁皇寶懺、藥師懺、藥師經、新春許願燈、
祈求工作順利、結貴人緣（貴人運，助緣）

Emperor Liang Repentance, Medicine Buddha Repentance,
Medicine Buddha Sutra, New Year Wishing Lamp, Pray for
Success at Work, Strengthen Relationships (Attract People
to Assist you)

禮佛求平安

Paying homage to Buddha for peace and well-being

禮拜88佛、88佛籤、24諸天籤、大悲咒84相籤

Paying homage to the 88 Buddhas, 88 Buddhas Divine
Lots, 24 Devas Divine Lots, 84 Manifestation Statues of the
Great Compassion Mantra Divine Lots.

歲末點燈暨祭祖 8.2.24

Per-Lunar New Year Lamp Lighting
and Ancestor Worship

元宵點燈暨祭祖 24.2.24

Lamp Lighting and Worshipping Ancestors on
Chap Goh Mei

新春布施 Lunar New Year Dana 18.2.24 (10.30am)

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 angpow distribution event to Sau
Seng Lum dialysis patients.

正月十五 24.2.24

素食結緣 (11.30am-2pm)

Serving of vegetarian lunch

聯絡電話 Tel: 603-7782 4092, 7782 7546

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.

Web: www.sausenglum.org



Sau Seng Lum
Buddhist Temple
Petaling Jaya



新春向 五百羅漢 拜年

PAY A NEW YEAR CALL TO
500 ARHATS IN CELEBRATION OF
CHINESE NEW YEAR

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



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

新年開放時間 **10am - 4pm**

Opening Dates during Chinese New Year

10/2-18/2 正月初一至初九

24/2-25/2 正月十五至十六



心經迷宮館

Heart Sutra Maze Hall

渡恆河求懺悔

Cross the Ganges River

燃點平安燈

Lighting lamps of safety and wellbeing

萬佛牆城 - 藥師消災殿

Great wall of Buddha - Shrine of the
Medicine Buddha



蓮花獻佛
Offering of lotus flower
to the Buddha

正月初一

First day of
Lunar New Year

10/02/2024

11:30 am

素食結緣 Serving of
Vegetarian Lunch

新春許願樹

New Year
Wishing Tree



聯絡電話 修成林HP: **016-687 9119 03-7782 7546**

平日及公共假期**參觀**及**素食訂餐**須提前3天預約(只限旅遊團)

For **group tour** and **vegetarian meal reservations** on weekends and Public Holiday, 3 days advance booking is required.

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.

Google Map/Waze:
Sau Seng Lum
Puchong
Exhibition
Centre

修成林佛教寺院慶祝開山122週年紀念啟建
Rumah Berhala Sau Seng Lum 122nd Anniversary Celebration

消災吉祥 清明

CALAMITY DISPELLING, AUSPICIOUS & CHENG MING PUJA



6~7/4/24

農曆二月廿八日至廿九日

星期六至日 SAT-SUN

超渡法會

平安吉祥皆具足

消業障

超薦除業

花開見佛生淨土

增福延壽

求懺悔

轉生善道

解冤消災

曾報名 RECURRING REGISTRATION

聯絡回曾報名的手機號，不重複發去其他手機號。
Contact the same mobile phone number that you registered with previously. Please do not register with other numbers.

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



新報名
New Registration

6018 226 2725
6017 641 1808



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



customer@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)

衛
塞
節

第 43 屆
THE 43rd

萬盞心燈 供佛陀

TEN THOUSAND BRILLIANT LIGHTS OFFERING TO THE BUDDHA



農曆四月十五

22.5.2024

佛曆二五六八

Vesak Day



10

每盞 Each
(個人/Per Person)

新 報 名

6018-2262 396

6018-2626 142



NEW REGISTRATION

曾 報 名 RECURRING REGISTRATION


聯絡回曾報名的手機號，不重複發去其他手機號。
Contact the same mobile phone number that you registered with previously. Please do not register with other numbers.

歡 迎 即 日 報 名

You are welcome to register with us by phone or online today.

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.

 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

 customer@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)



修成林 122nd 周年 Anniversary
Sau Seng Lum

快樂兒童日營

Happy Children's One Day Camp

第60屆

The 60th
21/04/24

黃金難買寸光陰
Time, Priceless Beyond Gold



第61屆

The 61st
09/06/24

百善孝為先

Filial Piety:
The Foremost of Virtues



第62屆

The 62nd
01/12/24

管理情緒生智慧

Nurturing Wisdom Through
Emotional Management



時間 Time:

10am - 3pm

9:30am 準時報到

Register at 9:30am

(Please be punctual)



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

(由於志工老師非專業特殊教育老師, 故
不接受特殊兒童, 敬請見諒)

報名: 每場20 (包括午餐及活動用具等)

Objective: Integrate life with education to cultivate
virtuous heart

Purpose: To enrich the one's character and establish
a proper outlook on life

Participation Requirements: Primary 1-6, proficient in
Chinese (we are unable to accommodate special needs children
as our teachers are volunteers who have not been professionally
trained to handle children with special needs. We apologize for
any inconvenience caused, and thank you for understanding)

Registration: 20 per session (inclusive of lunch and
materials etc.)

活動地點 Venue:

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.

歡迎報名

Welcome to Register

012-9088735

任何詢問, 敬請聯絡 For more information, please call **603-77824092 | 77827546**

報名表格可上網下載 Registration form can be downloaded from **www.sausenglum.org**

修成林佛教寺院诸佛菩萨圣诞及活动看板

SAU SENG LUM BUDDHIST TEMPLE BUDDHA AND BODHISATTVA FESTIVAL & ACTIVITIES

JAN 农历十一月廿

1.1.24
元旦点灯祈福
Lamp Lighting for Blessing on New Year's Day

FEB 农历十二月廿九

8.2.24
岁末点灯暨祭祖
Per-Lunar New Year Lamp Lighting and Ancestor Worship

FEB 农历正月初一至十五

10.2-24.2.24
弥勒佛诞供灯
新年祈福法会
Offering of Lamp on Maitreya Buddha Festival
CNV Blessing & Chanting

FEB 农历正月初九

18.2.24
初九供灯
Lamp Offering on the 9th day of the Lunar Chinese New Year

FEB 农历正月十五

24.2.24
元宵点灯暨祭祖
Lamp Lighting and Worshipping Ancestors on Chap Goh Mei

MAR 农历二月十九

28.3.24
观音诞供灯
Offering of Lamp on Avalokitesvara Bodhisattva Festival

MAR 农历二月廿一

30.3.24
普贤菩萨诞供灯
Offering of Lamp on Samantabhadra Bodhisattva Festival

APR 农历二月廿八至廿九

6-7.4.24
消灾吉祥暨清明超度法会
Calamity Dispelling, Auspicious & Cheng Ming Puja

APR 农历三月十三

21.4.24
快乐儿童一日营
Happy Children's Day Camp

APR 农历三月十六

24.4.24
准提菩萨诞供灯
Offering of Lamp on Cundhi Bodhisattva Festival

MAY 农历四月初四

11.5.24
文殊菩萨诞供灯
Offering of Lamp on Manjusri Bodhisattva Festival

MAY 农历四月初五

12.5.24
母亲节报亲恩灯暨报恩祭礼
Lighting of Gratitude Lamp & Gratitude Ritual on Mother's Day

MAY 农历四月十五

22.5.24
万盏心灯供佛陀
Ten Thousand Brilliant Lights Offering to The Buddha

JUN 农历五月初四

9.6.24
快乐儿童一日营
Happy Children's Day Camp

JUN 农历五月初五

10.6.24
端午点灯暨祭祖
Lamp Lighting and Worshipping Ancestors on Dragon Boat Festival

JUN 农历五月十一

16.6.24
父亲节报亲恩灯暨报恩祭礼
Lighting of Gratitude Lamp & Gratitude Ritual on Father's Day

JUN 农历五月十三

18.6.24
伽蓝菩萨诞供灯
Offering of Lamp on Garan Bodhisattva Festival

JUL 农历六月初三

8.7.24
韦驮菩萨诞供灯
Offering of Lamp on Skanda Bodhisattva Festival

JUL 农历六月十九

24.7.24
观音诞供灯
Offering of Lamp on Avalokitesvara Bodhisattva Festival (Enlightenment Day)

AUG 农历七月初一至七月卅

4.8-2.9.24
七月(一个月)地藏超渡
7th Lunar Month (1 Month) Ullambana Puja

SEP 农历七月卅

2.9.24
地藏菩萨诞供灯
Offering of Lamp on Ksitigarbha Bodhisattva Festival

SEP 农历八月十五

17.9.24
中秋点灯暨祭祖
Lamp Lighting and Worshipping Ancestors on Mid Autumn Festival

OCT 农历九月初九

11.10.24
重阳点灯暨祭祖
Lamp Lighting and Worshipping Ancestors on Chong Yang Festival

OCT 农历九月十九

21.10.24
观音诞供灯
Offering of Lamp on Avalokitesvara Bodhisattva Festival (Renunciation Day)

OCT 农历九月廿九

31.10.24
药师佛诞供灯
Offering of Lamp on Bhaisajyaguru Vaidurya Prabharaja Buddha Festival

DEC 农历十一月初一

1.12.24
快乐儿童一日营
Happy Children's Day Camp

DEC 农历十一月廿一

21.12.24
冬至点灯暨祭祖
Lamp Lighting and Worshipping Ancestors on Winter Solstice Festival

DEC 农历十一月十七

17.12.24
阿弥陀佛诞供灯
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



6018- 2262 368 / 017-394 7739