



**美中佛教會**  
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诸位敬愛的佛友：

新年吉祥。转眼聖誕即过去了，有四句激励语与您共勉於这个艰难日子，祈愿各位人人安好，学佛精勤！

#### 四句化疫年：

1. 持好五戒，行十善法，個人與社會治亂維安之本。
2. 勤奮學習新技能，助長國家生產力，走在時代同步與時俱進。
3. 深得語言三昧，跨越文化屏障，理解國家興衰，看清世界變更，立足文明之高峰。
4. 生活於家國社會，志心遠離，好要禪思，如法修道，不負佛囑。

祝願一切眾生平安快樂、勤修四梵住及八正道！

Dear Friends of MABA,

Greetings and Happy New Year! Christmas is over in the blink of an eye. I have four motivational thoughts to encourage you in these difficult times. My wish is that everyone will be well and diligently practice the Dharma!

#### ***Four Thoughts for the Coming Year:***

1. Observe the Five Precepts and practice the Ten Kinds of Virtues, which are the foundation for calming chaos and promoting peace in society.
2. Diligently learn new skills, be productive, and keep abreast of the times.
3. Cultivate samādhi in language, cross cultural barriers, understand the country's fluctuations, clearly see global changes, and stand on top of the world.
4. Live in unity with family, society, and country; be resolute in detachment; delight in contemplation; practice according to the Dharma; live up to the Buddha's teaching.

May all sentient beings be happy and peaceful; practice the Four Brahma-vihāras and the Noble Eightfold Path with diligence!



釋繼如  
*Jirú Shī*  
(住持 Abbot)  
12.27.2021