



## WINTER YOUTH & Children's Talent Camp

The Youth and Children's Talent Camp has come to a successful end on the 6th July. Together 100 youth and children from all over South Africa participated.

This year, the theme revolved around the traditional puppet making and puppet drama. During the Youth Camp, the teenagers got together and made their own puppets, taught by Mrs. Stella Lu, and practised plays that teach us about some simple Buddhist way of life and Buddhism. Master Hui-Xing taught us simple movements such as running and walking with puppets. The participants enjoyed the lesson and really made some creative lines and actions for the plays that they were going to perform. During all this learning about traditional arts, we also had a baking lesson. This was a hands on experience on making Mexican Wedding cookies. The participants were beating their own butter and making the dough to perfection. After the cookies came out from the oven, in all shapes and sizes, they had to eat the cookies that they made.

Camp would be boring if there was no vigorous exercise and group work. This was when the Amazing race, basketball and dodge ball came into the scene. During the fun-filled amazing race, participants were in groups of 8 and participated in 5 games that definitely required group work on the whole. See them run and scream and shout to cheer fellow members in order to win! They really showed team work.

All great and enjoyable times come to an end. It is not really an end, since we are getting the children for the next camp.

During the children's camp, the events are very similar. The only difference was that they played stalk the lantern and soccer. To make sure the youngsters got their exercise, the clues made them run from one corner to another at the temple. Watching them enjoy themselves made us happy.

We can not just think of having fun by ourselves, we must think of our parents too. We had a praying ceremony where we send our wishes to our parents to show that we are grateful and we love them.

After so many days away from our parents, it was time to depart and head home to our parents. As all the children waved good bye to each other, tears were shed. But as we all know, there will be a time that we will meet again, during the December Summer Camp!



## NanHua

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## COURTESY

by Master Hsing Yun

Courtesy is fundamental to one's conduct. Whether or not one has a good upbringing can be determined from whether they are courteous. Courtesy is just not just superficial gestures, but has to be developed from within. A quality and educated life, without doubt would possess courtesy. There is courtesy between young and old, courtesy amongst friends, courtesy between males and females, courtesy with respect to different religion, courtesy at an international level. Courtesy is a fundamental skill to proper conduct.

1. Courtesy is a form of self-cultivation: In self-cultivation, one must first cultivate one's mind, remove arrogance, learn to be humble, to have respect and deal with others and all things with courtesy.
2. Courtesy conveys our kind intentions: Courtesy represents respect, praise, kindness and friendship. One's respect for another can be conveyed through gestures of a nod or a smile, to show another of their goodwill, so that they can understand and acknowledge the intentions to result in a collaborative relationship.
3. Courtesy is a fundamental rule in how to relate to others: In our dealings with others, the most important thing is to be courteous. In life, invariably there will be situations of conflict and disputes. Though who is in the right often comes down to who treats others with courtesy. If I hold out my hand to shake yours and am met by rejection, then you have displayed rudeness. If I smile at you and am met with coldness, then you have been impolite. Being impolite means one is of lesser upbringing and character.
4. Courtesy is the moral principle for families: The first thing parents should teach their children is courtesy from a young age, this includes teaching them greetings from when they first learn speech. When they are a little older, teach them to have the initiative to greet others first and to use words like please, sorry, thank-you, etc. In the home, even amongst brothers, sisters and parents courtesy should be practised at all times, as so to uphold the moral principles within the family unit.
5. Courtesy is the harmony within society: Society is made up of many different groups of people, of differing backgrounds, different cultures and different living habits. Amongst all these differences, for society to be in harmony, courtesy needs to be the common standard. This relates to people respecting each other, being accepting and tolerant, being forgiving, being sympathetic to others. Courtesy can be demonstrated through words, through actions or through tangible objects. The harmony and peace of society is dependent on people having respect and courtesy for one other; and in being helpful and friendly to each other.
6. Courtesy is the 'bridge' that bonds people: 'With courtesy one may traverse the world, without it every step is difficult to take.' Courteous people are welcome by others, whereas rude people are avoided by others. Courtesy is that bond that binds people, across nations. Just like bridges connect places over water streams, courtesy is the 'bridge' that bridges the gap between people. If people and nations can treat one another with courtesy and truly value the importance that courtesy plays, can the world possibly not be a peaceful one?





Severe winter conditions, bad living conditions and poverty are creating much worse situation for many underprivileged majorities of South Africa. The government is trying hard to assist, but limited resources are hindering efforts of social welfare to all South African. Flu and coughing are common diseases affecting many in South Africa during the winter season, but these diseases are adding more burden to families with children, orphans and underprivileged.

In recognition of the role played by private sector to enhance the government efforts, Nan Hua Temple continues to support the government with poverty alienation programme.

In consultation with various stakeholders, BLIA and donors from different parts of South Africa, Nan Hua temple managed to distribute food (rice, cooking oil, sugar, salt) and clothing parcels to 1500 beneficiaries around Metsweding district and Mpumalanga province.

The community we visited was comprised of senior citizens, who can not access government grants due to lack of identity documents, child headed families, disabled people, orphans, underprivileged and those infected with HIV/AIDS.

Teachers from schools we donated were telling a sad story about kids who have to take responsibility of an adult as the parents perished with the aids pandemic.

The areas we visited were Bapsfontein in Ekurhuleni municipality (300 beneficiaries), Zithobeni in Kungwini municipality (200 beneficiaries), Denilton in Groblersdal municipality in Limpopo (200 beneficiaries), Verina in Kwa-Mhlanga municipality (200 beneficiaries), Kwa-Ndebele in Kwa-Mhlanga Municipality (400 beneficiaries) and lastly were in Refilwe - Cullinan in Denokeng Tsa Tsemame municipality (200 beneficiaries).

We thank all donors for making the 2008 winter donation a great success. We thank all organizations that played a vital role in ensuring we received a warm welcome. We extend our gratitude to South African Police Services for their support, no incident happened since we began until we finished.

Lastly our heart felt appreciation should be directed to our Abbot Venerable Hui Fang and Nan Hua Temple Manager Venerable Hui Xin for their support and efforts that made these donations possible. We also thank everyone who participated tirelessly preparing, and managing the entire project, no one else but our Ven. Jue Kai and Ven Yi Kwan.



Nan Hua Temple usually has two 7 day retreats every year. These retreats are for lay people and monastics to take time from their busy schedules in order to practice meditation and to improve their concentration and awareness.

The retreat at Nan Hua Temple was led by Master Hui Fang and focused on awareness of the breath, the rising and dissipation of feelings and the concept of impermanence. After 3 days each practitioner was interviewed by Master Hui Fang to determine their progress and any problems they felt were arising. Master Hui Fang would then offer them valuable instruction and guidance in dealing with their issues.



**7 day retreat**  
July 07 - 13

A 7 day retreat is never easy especially for beginners. The schedule is difficult and taxing on your body and muscles. It is conducted in silence, can be rather monotonous and beginners can often find themselves a little bored. Surviving 7 days of suffering and pain certainly does have its benefits, like feeling peaceful, happy and calm. We are left with a better understanding of impermanence as well as a method of mindfulness that can be used in our daily lives to overcome anxieties and to help improve problem solving. We would like to see you all at our next 7 day retreat in December 2008.

**FORTHCOMING**

*Peace and Light Festival* 27Sept2008

Nan Hua Temple will once again present the annual Peace & Light Festival on Saturday, 27 September 2008 where anyone and everyone can come and explore what the holistic community has to offer.

This is the seventh annual Light & Peace Ceremony which will bring together different religious representatives who will join us and pray for the peace and well-being of South Africa and the world.

The annual ceremony is also a great opportunity to fulfill our responsibility to promote cultural and racial tolerance as well as benevolence and coexistence in our diverse community and we need your participation.

Join us at the Light & Peace Ceremony and play your part to help create a rewarding experience for all.

**Beginner's Meditation Retreats 2008**

|           |            |
|-----------|------------|
| September | No Retreat |
| October   | 11-12      |
| November  | 08-09      |
| December  | 13-14      |