




# ***The Life Changing IKT Youth Summer Camp: Tears, Memories & Family***

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Thanks to the Grace of Heaven, Holy Teachers, the Senior Elders and the Tao Transmitting Masters for giving the Tao Youth members the opportunity to learn and cultivate ourselves in Tao at the first IKT Youth Summer Camp. I want to thank Tao Transmitting Master Hung Hua Chou for her guidance, Lecturer Angela Hsueh for her leadership, Lecturer Tracy Ho for her passionate speeches, Lecturer Alice Huang for her emphasis on showing appreciation, the rest of the planning committee: Andy Leung, Eugene Li, Lisa Huang, and Rebecca Li and all the volunteers who made this event possible.

My name is Allen Chen. I had the privilege and honor of serving as one of the team leaders of Penta Squad. My reflection is unique in that I was both the youngest team leader and a student learning alongside my team members. I initially had a difficult time finding the perfect balance between being a leader and a friend. I lectured my members on the first day so harshly that all my team members became silent. At that moment, I told myself I would never lecture them again. I broke my promise within five minutes, but thankfully my team members understood my intentions and together we grew as a team. Through this, I learned that a leader must be responsible and learned how to lead the team in learning and improving.



# 改變生命的歷程

## 美國一貫道總會青少年身心靈成長營： 淚水、回憶、一家人

◎ 中譯 陳怡芬

感謝 天恩師德、祖師鴻慈、老前人及點傳師慈悲，讓道場青少年有機會在美國一貫道總會青少年身心靈成長營裡學習「道」。後學要在此感恩承辦單位周宏華點傳師帶領的團隊：薛雲文講師擔當主持人的領導能力、胡珮琪講師動人的專題、黃韻如講師時時強調感恩的重要性，還有感謝其他的策畫團隊成員們：梁思遠講師、李羽景壇主、黃韻恆講師和李思琦講師；及各道場讓這次活動能夠順利開辦的所有前賢們。

後學是陳柏瑋，很榮幸能學習擔任 Penta Squad 的隊輔。這次的學習經驗很獨特，因為後學不僅是年紀最輕的隊輔，同時也以隊員的身分與小隊隊友們一起學習。一開始後學對於要在隊輔和朋友間找到平衡覺得並不容易，猶記得第一天後學以嚴厲的態度要求隊員，結果大家都變得沈默；在那個當下，後學告訴自己不要再訓誡他們，但不到 5 分鐘，後學再次嚴肅地要求隊員們遵守營隊的規矩。非常感恩後學的隊員們都能善解與體諒後學的目的，漸漸地我們終於成為一個團隊。經過了這次的經驗，後學學習到身為團隊的領導必須是個負責任的人，並且在領導團隊的過程中，要不斷地學習及改進。



▲ 美國一貫道總會理事長陳正夫點傳師慈悲致詞。

My team members had become my family during these short, six days. I was filled with pride when I saw them understanding the important lessons the Tao Transmitting Masters and Tao Lecturers pass on in classes. There was Andrew, who always made sure to sit in the first seat of the first row to actively participate and answer questions. There was Anthony, who took charge when the team leaders were not available. There was energetic Bard, who added his own extra movements to the morning exercises and did them with such enthusiasm, I could not help but laugh.

My team united as one. The station activities seemed like simple, fun games, but each one contained an important lesson. Each day, all station activities stressed the day's theme. In short eighteen-minute rounds, my team gained a deep understanding of filial piety as they learned to work as a team in "Moses Parts the Red Sea", the sacrifices and love of parents in "Mom! Dad! Come Help Me!" and the importance of trust in "I Got You!" and "Guidance."

In the camp, my team had the opportunity to practice what they learned through the team mission. My team cut short our meal time to only 15 minutes in order to have extra practice time in our five-minute skit. I am unable to put into words the love I felt when a family, who were all strangers six days ago, sang John Legend's "All of Me" without judgment or a single worry. I was initially very disappointed that the actual performance was full of mistakes, but eventually learned that even failures contain important lessons. There are factors beyond our control no matter how hard we try. The end result is not as important as the process as long as we tried our best.



▲ 小組代表心得分享。

在短短 6 天當中，我們的小隊變得像是一家人，後學看著他們聽懂點傳師及講師們在課程中所傳達的重要教誨，為此後學感到驕傲。像是 Andrew，總是主動坐在第一排第一個位置，在課堂中積極地與台上點傳師及講師們互動；而 Anthony，在隊輔不在的時候總是能主動挺身而出承接工作；還有精力充沛的 Bard，每天晨間活動時總會自己加上個幾招動作，充滿熱情，讓後學都忍不住笑了。

後學的小隊非常團結一致。闖關活動看似簡單的遊戲中蘊含著豐厚的道理，每一天的活動都呼應著當天的主題。比如在摩西分海的團隊活動裡，在每一回合短暫的 18 分鐘當中，後學的隊員能夠深切地領會到孝道的重要；透過呼喊：「爸！媽！快來幫我！」體會父母的犧牲及愛，並在「我接住你了！」及「引導」之（通關術語）遊戲中理解到信任的重要。

在營隊當中，透過所分配到的任務，我們小隊有機會展現所學。為了有更多的時間準備一場 5 分鐘的短劇，我們把用餐時間縮短到 15 分鐘。原本來自不同地方的陌生人，在 6 天之中的相處、互動之後成為一家人，像 John Legend 在〈我的一切〉歌詞裡所說的：「沒有分別對待，毋需煩惱。」讓後學無法以言語來形容當時所感受到的愛。我們的小隊在短劇中所展現出的成果，後學起初感到非常失望，因實際上台表演時失誤連連；但最終後學學習到：每一個錯誤裡頭都有寶貴的教訓；不論我們多努力，但還是存在著無法控制的因素，只要我們盡心盡力了，付出的過程遠勝其結果。



▲ 孝道體驗活動「I got you!」，使我們理解信任的重要。

I had a very difficult time holding back my tears during the more emotional activities such as Life's List. I will always remember the important lessons taught. I will cherish the time I have with my love ones and learn to let go of the materialistic items that simply pale in significance. Thank you Lecturer Tracy Ho. In these six days, I have lost count how many times I have wanted to cry. There was the "I Love You Mom" video where I witnessed these young kids opening up their feelings to express their gratitude and love. There was the bicycling video where all these orphans took on a journey to cycle all of Taiwan to find determination, courage and themselves. Compared to others, I am very fortunate and I will learn how to cherish all that I am blessed with.

I am so grateful to have been given this opportunity to attend the IKT Youth Camp. I met so many other Tao cultivators and made so many lifelong friends. There was no barrier separating anyone by their team groups as we were all in one family. From the midnight problem talks to the six am nonstop alarm at full blast, I will miss it all. Penta Squad, although many of you are only three years younger than me, you are all my kids. It was a life changing experience being at the IKT 2015 Youth Summer Camp. I cannot wait for the next one.



▲ 任務驗收讓小隊有機會展現所學。

在「生命的清單」這個感性的活動中，後學無法控制地流下感動的眼淚；後學永遠都會記得這些重要的課題，後學將會珍惜能夠與自己所愛的人相處的時光，放下對物質的慾望。再次感謝胡珮琪講師。在這6天當中，不知有多少次泫然欲泣的時刻，在「媽媽，我愛您」的影片中，後學見證到青少年敞開心房，勇敢地對媽媽表達感恩及愛慕之情。在另一部腳踏車的影片中，劇中的孤兒展開環島台灣的旅程，只為了找到生命的目標、勇氣和自我。和別人相比，後學實在非常幸運，後學會學習珍惜自己所擁有的一切。

感恩能有此機會參加一貫道青少年身心靈成長營，後學遇到了許多的修道前賢並且結交了許多可以成為一輩子的朋友。我們之間不分你我，因為我們都是一家人。無論是夜談或是清晨6點鬧鐘響到破表，後學都會永遠記得。Penta Squad，雖然你們當中有些人僅僅小後學3歲，但你們就像是我的孩子。暑期青少年身心靈成長營是一個改變生命歷程的經驗，後學迫不及待要參加下一次的營隊了！