



紀念金公祖師160歲誕辰暨天然古佛成道65週年感恩大會

Commemoration of the 160th Anniversary of Patriarch Jin-Gong's Birth and the 65th Anniversary of Buddha Tianran's Return to Heaven

民族舞蹈

歌舞是人類與生俱來，本能的一種藝術。民族舞蹈風格純樸，是心靈的感悟與情感的表現。每逢節日，族民懷著真摯的熱情，宛如今日的盛會，展現華夏民族所具有的久遠歷史及精神。

值此佳際，帶來活潑的山地舞～「快樂一家人」。說明了～我們的家鄉在理天，從前是一家人，現在還是一家人，有緣相聚更要珍惜，因為我們都是一家人。

『金山民族舞蹈社』是由發一崇德舊金山道親們所組成的。柏丹老師帶領著完全沒有舞蹈經驗的成員，在初步演練中，困難重重，為了護持這場盛會，大家勤加演練並充滿法喜，奉獻愛與祝福。

Folk Dance

Song and dance is an artistic skill that human beings are born with. The pure and simple style of folk dance is an emotional expression of our spiritual being. During every holiday, native inhabitants would use their most sincere and genuine enthusiasm, just as we are doing today, to reveal the long history and spirit of the Chinese people through folk dance.

In honor of today's occasion, we will be presented with a lively folk dance accompanied by the song "A Happy Family". The song is to illustrate that our native home is in Heaven, that we used to be part of the same family and are still part of the same family today, and that we should cherish our good fortune to be together as one big family.

The "Golden Mountain Folk Dance Group" was established by the Tao members of Fa Yi Chong De in San Francisco. Led by their Teacher Bai Dan, the completely inexperienced Tao members encountered many hardships and challenges in the beginning. But to display their support for this distinguished event, everyone practiced diligently with a heart full of joy, devotion, love, and blessings.



太極饗宴

中國功夫的太極拳是世界知曉，為老中青少的人士所愛好，可說有人的地方就有人打太極拳。它有健身、護身、及觀賞的特點，尤其是健身，對於年長者的腳力及平衡不穩幫助很大；年輕人可增強耐力及體力，減輕壓力；小朋友可增加成長力。故深受大家之喜愛，現今也非常多歐美人士加入學習。

今天表演的太極饗宴，以輪番上陣之方式展現，內容豐富，有各家門派之太極拳，例如陳式、楊式、吳式、孫式、趙堡式，並有劍之颯爽英姿，棍之俐落，拂塵之清靈沉著，最後再以功夫扇的活潑，新穎之音樂，非常生動活潑的展現出功夫扇之美輪美奐。今天的表演極富有觀賞之價值。

Tai Chi Performances

Tai Chi Quan (Taiji Chuan) is a Chinese Martial Art renown all over the world, love by people of all ages. Some say wherever there are people, there will be someone practicing Tai Chi Quan. People practice it for different purposes including health fitness, self-defense or artistic performances. Today, most people practice Tai Chi Quan to promote good health. People of all ages can benefit from the practice of Tai Chi Quan. It is a good exercise for children. Most people find that practicing Tai Chi Quan help them relieve stress, build up physical strength. For seniors, they can develop strong sense of balance and focus. Tai Chi Quan becomes more and more popular all over the world, even in America and European countries.

Today, we have several Tai Chi Quan practitioners demonstrating different styles of Tai Chi Quan including Chen, Yang, Wu, Sun and Zhao Bao; in addition, they will be presenting various Tai Chi weapons, including sword, staff, horse-tail duster and fan. Please enjoy the graceful moves of the sword, the powerful flowing moves of the staff, the out-of-this-world elegant moves of the duster and the lively and cheerful moves of the fan.

