

矽谷梵音

Pure Sound From Silicon Valley

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勸素食

秋來霜露滿東園 蘆菔生兒芥有孫 我與何曾同一飽 不知何苦食雞豚

----宋. 蘇軾

Exhortation to vegetarian Eating

In autumn, frost and dew cover our eastern fields; We harvest mustard greens and turnips galore, My friend and I already ate our fill, Why bring pain to chickens and pigs?

—– Su Shi (Song Dynasty)



不爭、不貪、不求、不自私、不自利、不妄語。

No fighting, no greed, no seeking, no selfishness, no pursuing personal advantage, and no lying.

修道要念念清淨

In Cultivation, Every Thought Must Be Pure

◎ 宣公上人 開示

By the Venerable Master Hua

往昔所造諸惡業, 皆由無始貪瞋癡; 從身語意之所生, 一切我今皆懺悔。

有時又想染污。如此隨波逐流,不知漂流到何處?這都是往昔所生的念,所以今生結這種果。前念想修行,後念又想還俗;前念想弘揚佛法,後念又想滅佛法。啊!複雜得很;這要怎麼辦呢?就要學習般若智慧。

所謂:

擇善而從,不善而改; 是道則進,非道則退。

要時時提高警覺,如臨深淵,如履薄冰,這麼小心來修行。所謂「差之毫釐,謬之千里。」

所以修行是:

舉動行爲管自己,

行住坐臥不離家。

要念念清淨、念念光明;不要念念染污、念念黑暗。

我們每一念都要很小心 的,每一念若是善的,則光 明增多;但若是念惡,則越 來越黑暗。善人有一股白 光,惡人則有一股黑氣,所 以做善做惡,自然會現出形 相來。你能瞞得了人,但瞞 不了鬼神、佛菩薩。所以無 論出家人或在家人,不要在 佛教中不但不立功,反而造 罪業。要知道爲什麼從無量 劫來,總不能脫輪迴苦,仍 是迷迷糊糊的?就因爲糊塗 賬算不清,是非混淆,清淨 和染污一半一半的,所以超 不出六道輪迴。

矽谷梵音 第173期2010年9月

我們若想真正修行,若 想要成佛,那在未成佛之 前,一定要勇猛精進,不能 隨便。

要知道:

是日已過, 命亦隨減; 如少水魚, 斯有何樂?

無常鬼就快來了,我們怎麼 能這麼散亂,不修行呢?

大眾!

當勤精進,如救頭然; 但念無常,慎勿放逸!

Of all the evil karma I have ever done, Based on beginningless greed, anger, and delusion,

And born of body, mouth and mind, I now repent and vow to reform.

ue to the confused mixture of good and bad karma that we have created, sometimes we have wholesome thoughts and sometimes unwholesome ones. With wholesome thoughts, we avoid evil and do good. With unwholesome thoughts, we do evil and avoid goodness. We have been vacillating between good and evil for endless eons, doing a few good deeds one day, committing some bad deeds the next day, and doing some neutral deeds the day after that. As we cultivate, it's not easy to escape the retribution from our karma. So, at times we feel like cultivating. At other times, we don't.

Sometimes we want to be pure, and sometimes we prefer defilement. We drift along, letting the waves of life carry us where they will. Our present condition results from our thoughts in past lives-thoughts of cultivating mingled with thoughts of returning to lay-life, thoughts of prop-agating Buddhism mingled with thoughts of destroying Buddhism. What can we do? Learn Prajna wisdom.

Choose what is good and follow it; Take what is bad and change it. If it's the Way, advance upon it; If it's not the Way, retreat from it. At all times we must be as cautious in our cultivation as if we were walking on the edge of a cliff or on the brink of thin ice. Off by a hair at the start, we will be off by a thousand miles in the end. Cultivation means:

In every move and deed, watch yourself.

Whether walking, standing, sitting, or lying down, be mindful of yourself.

Every thought must be bright and pure rather than dark and defiled. We must be careful in every thought. Whole-some thoughts increase the light, while evil thoughts dark-en all. Virtuous people have auras of white, while evil people are surrounded by darkness. Whether you do good or evil shows in your appearance. You may be able to fool other people, but you can't fool ghosts, spirits, Buddhas, or Bodhisattvas. Therefore, whether you are a lefthome per-son or a layperson, you should create only merit and not offenses. Why have you suffered in samsara for limitless eons, lost and confused? Because you haven't cleared your accounts. You can't escape the six paths because your deeds are a mixture of good and evil, half pure and half defiled.

If we truly want to become Buddhas, we have to cultivate bravely and carefully. We must realize that,

With the passing of this day,

Our lives are less by that much. Like fish in an evaporating pool, What joy is there in that?

The ghost of impermanence draws nearer. How dare we be scattered and careless in our cultivation?

Great Assembly!

Be diligent! Be vigorous!

Cultivate as if trying to save your own head!

Remember the transitory nature of life!

Take heed! Don't be lax!

Someone is wondering, "Do King Yama and the ghost of impermanence really exist?* Well, are you free from death? If so, there is no ghost of impermanence. If you are certain you won't have to undergo retribution, there is no King Yama. If, however, you cannot avoid death, then King Yama exists. If you cannot control your own destiny, then King Yama and the ghosts of impermanence exist. Don't try to be too clever and cheat yourself. Your disbelief in King Yama is the very reason you have not escaped birth and death for these endless eons past!



宣公上人法語

The Venerable Master Hua said:

有人問:「要如何利益人?是否要用錢去做功德?」不需要。只要你心裹沒有殺心、盜心、邪淫心、打妄語心,不飲酒了,這都是培福的地方。 所謂:

> 慈悲口,方便舌; 有錢無錢都作德。

你在口頭上不罵人了,不說粗言暴語傷害他人,這 也都是功德。我們處處要惜福,處處不捨福,處處 修福修慧。修福慧非一朝一夕所成,而是時時刻 刻、朝朝夕夕、年年月月,都要繼續做下去,不能 「一日曝之,十日寒之。」你若是這樣子,永遠不

"How can I benefit others?" you ask. "Do I have to spend money to perform meritorious deeds?" No, that's not necessary. All you have to do is free your mind of thoughts of killing, stealing, sexual misconduct, and lying, and refrain from taking intoxicants-these are all ways of fostering blessings.

With kind words and skillful speech, You can create merit whether or not you have money.

If you don't scold or berate others, you create merit and virtue. We should cherish our blessings and cultivate wisdom at every opportunity. The cultivation of blessings and wisdom, however, cannot be accomplished in a single day. The effort must continue moment-by-moment, morn-ing and evening, month after month and year after year. We cannot "Sun it for one day and freeze it for ten." If you do that, you'll never make progress. Therefore, we must confidently set our goals, advance with vigor, and never retreat. These are the qualities that every cultivator should possess.

《地藏經》是因果經,也是孝經

Earth Store Sutra, a sutra about cause and effect, and filial piety

恆才法師 開示/A Dharma talk given by DM Heng Tsai 袁華麗 英譯 / English translation by Huali Yuan

天誦《地藏經》已經 第六天了,大家可能 對《地藏經》很熟悉,而且 有人天天在誦,有人一天誦 好幾部,比較了解地藏經的 意思。《地藏經》教導我們 要知因達果,不僅是戒律, 也是孝經。

但是,這部《地藏經》 看起來很簡單,可是也很困 難,因爲在第四品的時候, 談到果報,就是你種什麼因 就得什麼果。你讀到第四 品,就會感覺要提醒自己不 要去犯,因爲經裡說起心動 念無非是罪,你打不好的妄 想,就犯了。

第四品提到殺生會得到 短命報, 師父常說殺生不僅 是殺外面有情的眾生,也會 殺你自己身上的眾生,譬如 你常常生氣,就是殺你自己 的眾生!因爲你常常生氣就 會動到肝火,身上細胞會死 掉,就會常常生病,所以就 會得短命報。

 到好的福報。

第七品是〈利益存亡 品〉,就是陽間的人也得到 利益, 亡者也得到利益, 這 就好像是孝經。第七品說到 四十九天以內,如果我們父 母或是家屬往生,我們要幫 他做功德, 誦經也可以、念 佛也可以;就是有錢捐錢, 供養三寶啦、印經啦,多做 善事。做善事,不但亡者有 利益,陽間的人得到的利益 更多,所以我們要利用這四 十九天以內、盡量幫他做。 如果你經濟上有困難,不用 很多錢,隨喜就好。還有, 至少不要爲了財產生氣,生 氣的話,亡者就得不到安 寧;所以說要和氣。千萬不 要殺生,要素齋,這樣才可以幫助广者。

因爲這七七四十九天, 閻羅王七天審判一次,如果 他在世時有大善的話,如果他在世時有大善的地方;如果他不善的地方;如果他不要,就在那兒徘徊。因為 不惡,就在那兒徘徊。因德 不惡,就在那兒徘徊。時候就會生到好做時候就會生到好做時候就會生到好做的時候就會生到好做的時候就會大大下, 他造罪,會讓他的罪更重。 師父說,做功德,最好也會 有幫助,但四十九天以內最 好。

因爲亡者或者在地獄、 或者在餓鬼,很痛苦的;但 是我們陽間的人沒受到,就 不知道。所以我們要盡量幫 他做,讓他離苦得樂,幫他 一點忙。如果說你幫他做 一點忙。如果說你幫他做的 話,以後你往生的時候,你 的子女也會幫你做,所以要 有孝順心。這兒有個故事: 一個爸爸和兒子,在爺爺要 埋葬的時候,爸爸就隨便用 件草蓆捆一捆,就拿去山上 隨便扔下。等爸爸臨死前, 問兒子:「如果爸爸過世 了,你要怎麼做?」小孩 說:「像爺爺這樣做啊!」 所以我們長輩要做好榜樣要 給小孩看。如果你現在對長 輩很不孝順,做一點功德都 不肯,那以後你往生的時 候,晚輩也會這樣做。

It has been six days since we recited Earth Store Sutra, you may be quite familiar with the sutra, and some of you recite it every day, maybe several times per day, so you know quite well of the meaning of this sutra. It instructs us to understand the principles of cause and effect; it is not only a sutra of precepts, but also a sutra of filial piety.

In the fourth chapter, it mentions that the retribution of killing is short lifespan. The Venerable Master often said that killing refers to living beings not only outside, but also inside of our body, for example, if you frequently get angry, then it is a means of killing living beings within yourself! Because by doing so, your liver gets hurt and the cells in your body will die, and you will get sick quite often, as a result, you will undergo the retribution of a short lifespan.

Next let's talk about stealing. If you steal, then you will get the retribution of being poor. For example, there is a family who are very poor, say they have only 100 dollars left, and if you robbed him of the 100 dollars, then he would have nothing left; As a retribution, you will undergo the suffering of being poor. The Venerable master mentioned that Venerable Maudgalyayana's mother got the retribution of being a hungry ghost was because she had been stingy and unwilling to help others. On the contrary, if we are willing to use our belongings to help others, we will be rewarded with blissful blessings.

The seventh chapter is "benefits for the living and the dead", not only people who are alive, but also the dead will get the benefits, which can be taken as a sutra of filial piety. In this chapter, it mentions that if our parents or relatives passed away, then we should help him create merit and virtue in 49 days, either by reciting sutras or by reciting the Buddha's name. In other words, try to do as many good deeds as you could in 49 days, such as donating money, making offerings to Triple Jewel, printing sutras. By virtue of these good deeds, not only the deceased will receive the benefits, people who are alive will receive even more benefits, therefore, we should try our best to do good deeds on behalf of the deceased in 49 days. If you have financial difficulties, then whatever is affordable to you would be fine, not necessarily using a lot of money. At the very least, do not lose your temper over legacy, since if you get angry, the spirit of the deceased will not rest; therefore, you should stay harmony, refrain from killing under any circumstance, eat only vegetables, only by doing so, you can help the deceased.

Because King Yama makes judgments every seven days in 49 days. If the dead had done great wholesome deeds when he was alive, he would be sent to a great wholesome place. If he had done neither good nor evil deeds, he would linger around, therefore if we people who are alive help him create merit and virtue, he will get reborn in a better place; If you do not create merit and virtue on his behalf but kill living beings instead, then you will create offense for him and make his offenses even more serious. The Venerable Master said, it would be better to do meritorious things within 49 days; after 49 days, it helps, but within 49 days is the best.

Because the deceased undergoes sufferings in the hell or as a hungry ghost; but people who are alive do not know. So we should try to help the deceased, so that he can leave suffering and attain bliss. If you help him do so, after you passed away, your children will help you the same way, therefore you should be filial. Here is a story: When a father and son were about to bury the grandfather, the father casually wrapped the body with a straw mat, lightly threw off the mountain. So when the father was dying, he asked the son: "If I passed away, how would you do?" The child said: "Just like what you did to Grandpa!" So we should act as

a role model to for the children. If you are not filial to the seniors, and refuse to do any merit on behalf of them, then after you passed away, your posterities will do the same to you.

We Buddhist should not burn paper made to resemble money to the deceased. Usually people think that the deceased can use paper money. Actually it is not case. The Venerable Master said, "If it is the case, then Chinese people burn paper money, but Americans do not, does that mean American ghosts have no money to use?" Therefore, do not burn paper money, paper airplane, or burn paper lotus flower, by doing so, you are wasting time, money and contributing to air pollution. It is better to do other meaningful things, such as reciting sutras, bowing Buddhas or reciting the Buddha's name, which is more pure. If you do not know how to recite sutras, then just recite the holy name of Amitabha Buddha on behalf of the deceased, and transfer merit and virtue to him, so that he can get reborn in the land of ultimate bliss.

感恩...

Gratitude

長青學佛班學員/GSM Senior Buddhism Class 王恬 講於金聖寺 / Wang Tian Speaking at GSM

天是上人圓寂紀念 日,早上我以爲自己 不能從金聖寺山下拜到大殿 來,(註:清晨朝山),但 是到了這裡卻有一股勇氣, 我想,應該去試試看,我跟 馬太太一起,她的方法很 好,我們不是跪下去拜,我 們不是跪下去拜, 們選擇鞠躬,深深的鞠躬這 樣上來,雖然覺得很累,但 是我盡了力,覺得很開心。

今天我是存一種感恩的 心來的,雖然我沒有見過上 人,我來到美國是1996年, 上人已經圓寂了,但是我每 一次到廟裡來,或是到萬佛 城去,我都很有感應的,而 且是上人給我的一些感應, 我有時候走在路上,突然的 好開心好開心;有時候從金 聖寺回去,本來身體有些不 舒服,但就感覺輕鬆多了, 睡眠也好多了,我這病根很深,已經幾十年了,每次到廟上來,就覺得睡眠改善, 疼痛改善,就很輕鬆,心裡 很愉快,我覺得真的是佛菩薩慈悲我呢!

有師姐告訴我,「如果你有問題,可以在上人一性前,可以在上人一性問題,可以在上人一性問題,可以在上人一些問題,心裡有話就果有話就果每人,上人要問題,上人不好意思的,是是人,在好方面,很有講你是我就沒有講,很奇怪喔!我心事情都能夠解決時時時天榮法師告訴我一直是我講一講這種事情况,在多多事情來,但是我就是感覺上

人一直在幫我。

我回憶多年前,曾經在 上海皈依三寶,皈依後也沒 有學佛,也沒念經,就是有 時候到廟裡去燒香,覺得就 發發善心,不要做壞事,要 做好事,對自己的要求很低 很低,也沒想到要成佛,要 到西方極樂世界去,都沒想 過這些。我到美國以後,先 遇到別的道場,在那裡我請 了很多的CD 在家裡聽,星 期日就去參加法會一念經、 念佛, 那時候就逐步感覺到 自己好像不對了,從法師的 講經裡,我對照自己的毛 病,好像太多太多了。

學佛以後發覺自己很愚蠢,以前做了很多錯事,如果不是遇到佛法,那一定做錯的事情越來越多,最後肯定是越走下坡路了。從佛經

上,還有佛菩薩、上人給我 的幫助,感覺到真正成就了 我,所以如果自己不努力, 也實在是慚愧,一定要努力 改好自己的毛病。

我毛病太多了,特別是 思想不集中,小時後得了腦 膜炎,腦子轉得比較慢,這 個對我來講學經是個大問 題,我很著急,所以我一定 要把這個問題解決,對這個 問題我求了上人,我自己會 努力,但求上人要幫幫我, 讓我能思想集中的一心念 佛。

我有感覺,要改一些毛 病是很困難的,下了決心 改,但是有時候又出來了, 出來再改,所以逐步的感覺 進步了。

我學佛以後就有信心, 我們在學佛班法師給我們講 故事,講佛陀過去生的故 事,聽了以後,覺得這根本 做不到的,我的距離太遠 了,但是學到現在,這幾年 下來,我告訴自己:「爲什 麼做不到啊?我應該做到 啊!」所以在遇到事情,我就想,這不是爲自己,是爲別人做的,這是好事。

Today is the Memorial for the 15th Anniversary of the Venerable Master entering Nirvana. We had the bowing pilgrimage this morning. At first, I didn't think I would be able to do it, but when I arrived, I had a burst of courage and energy, so I decided to try it. I went along with Mrs. Ma. Since both of us have knee problems, instead of bowing down to the ground, we made deep half-bows. I was able to finish the

whole pilgrimage. Although it was very tiring, I'm very happy because I did my best.

Today I'm here with a thankful heart. When I came to America in 1996, the Venerable Master had already entered Nirvana, so I never had a chance to meet him. However, whenever I come to Gold Sage Monastery, or go to the City of Ten Thousand Buddhas, I can feel his presence and that he has helped me in some ways. For example, sometimes, when I return home from Gold Sage Monastery, my body will feel better, the pain lessens, and I sleep better at night. I have been chronically ill for more than ten years, but every time I come to the temple, I feel relaxed and happy. I think the Buddhas and Bodhisattvas are really compassionate to me!

A Dharma friend once told me, "If you have problems, you can talk to the Venerable Master and ask him to help you. You can tell him anything." I thought that if I told the Venerable Master every single one of my problems, he would be overwhelmed, because a lot of other people are also telling him their problems too, so I didn't do it. But it was really strange; whatever was on my mind was soon solved. I thought it was really amazing. Dharma Master Heng Rong asked me to talk about some of my experiences. I thought about it; since there are too many things, I can't remember them all, but if I were to sum it up, I would say that the Venerable Master has always been helping me.

I took refuge with the Triple Jewel in Shanghai many years ago, but other than that, I never actually did anything that was related to Buddhism, such as learning the Buddhadharma or reciting the sutras. The closest thing I did was go to the temple sometimes to burn incense. I thought that that was enough. I never even thought of realizing Buddhahood, or going to the Pure Land. As long as I don't do bad things, and be a good person, that would be sufficient. Later, when I came to America, I went to temples and brought many CDs home to listen to. On Sundays I would participate in Dharma assemblies—reciting sutras and chanting the Buddha's name. From the Dharma Masters' lectures, I saw that I had a lot of shortcomings. From learning the Buddhadharma, I discovered that I have made many mistakes, and that I had been very confused in

the past. If it hadn't been for the Buddhas, Bodhisattvas, the Venerable Master, and the guidance from the sutras, I would have made a lot more mistakes. So I tell myself that if I don't work hard and correct my shortcomings, it would really be a shame.

When I was little, I had meningitis, so I am a bit slow, and I cannot concentrate very well. This is a big problem for me, especially when I'm trying to learn sutras. Consequently, I ask the Venerable Master to help me focus and pull my mind together when I recite the Buddha's Although correcting name. faults is difficult, I am very determined to do it. Progress is slow, but I can feel that I am moving forward little by little.

The Dharma Masters tell us many stories in Buddhism class about the Buddha's past lives. At first, I thought it would be impossible for me to reach that kind of compassion and emulate the Buddha's conduct, but now, a few years later, I asked myself, "Why can't I do it? I should be able to do it as well!" Today, I have a lot more confidence than I used to. Whatever I do, I will think, this is not for me; this is for someone else, so it is a good thing.

Nowadays, I think before I act. I am not like what I used to be. My old way of thinking was, as long as I do not do bad things, I'm a good person; I would not take advantage of others, but if others treated me badly, I would definitely take revenge. But these days, I think differently. If someone takes advantage of me, I'm actually thankful, because that person helps me eradicate my bad karma. In the end, I want to say that I feel very lucky to be able to encounter the Buddhadharma, because it has helped me change for the better. I have a new purpose and direction for my life.

讓您的孩子在清淨的環境中學習

金聖寺周日育良佛學班招生 Sunday School Available at GSM

秋季班開班日期: 2010 年9月12日 上課時間:星期日, 9:00am - 11:00am

學員年齡:3~16歲

費 用:\$70 元 第二位孩子:\$50元

Class Period: Fall Semester starts on September 12

Time : Sunday 9:00am - 11:00am

Age: 3-16 years old

Fee : \$ 70 Second child: \$ 50



金聖寺

九、十月份法會活動表2010年

GOLD SAGE MONASTERY ANNOUNCEMENT OF DHARMA ASSEMBLIES

九月份活動 Buddhist Events in September, 2010					
9 / 12 (8:00am~9:00 am)		楞嚴咒法會 The Shurangama Mantra Recitation			
週日 Sunday	9 / 12	金光明最勝王經講座(9:00 AM~11:00 AM) Lecture on The Golden Light of the Most Victorious Kings			
	9 / 19	念佛共修法會 (8:15 AM ~ 4:00 PM) Dharma Assembly of Buddha Recitation			
	9 / 26	敬老節(start from 9:00am) Honoring Elders' Day			
週六	9 / 4	長青學佛班 Elders' Dharma Study Group (2:00 PM ~ 4:30 PM)			
週二 Tuesday	9/7	地藏菩薩聖誕法會(8:30 AM ~ 10:20 AM) Earth Store Bodhisattva's birthday			
週六 Saturday	9 / 11	一日禪 One Day Meditation(8:00 AM~3:45 PM)			
每日1 pm (法會期間除外) 大悲懺法會 Great Compassion Repentance					
慶祝地藏菩薩聖誕法會 Celebration of Earth Store Bodhisattva's birthday 金聖寺將安排巴士前往聖城參加法會,請於9月2日以前報名。				9/5 週日	萬佛聖城 (CTTB)
十月份活動 Buddhist Events in Oct. 2010 日期			Date	地 點	
長青學佛班 Elders' Dharma Study Group 9/4 週			9/4 週六 2:00pm~ 4:30pm		
念佛共修法會 Dharma Assembly of Buddha Recitation 10/3 週日 8:			10/3 週日 8:15A	AM~ 4:00PM	
楞嚴咒法會 The Shurangama Mantra Recitation 1			10/17週日 8:00AM~ 4:00PM		全聖寺
慶祝觀音菩薩出家日 Gwan Yin Bodhisattva's Leaving Home 10/2			10/23週六, 26週二 8:30AM (GSM)		
金光明最勝王經講座 Lecture on The Golden Light of the Most Victorious Kings			10/10, 31 週日 9 AM~ 11 AM		
大悲懺法會 Great Compassion Repentance			每日(Everyday) 1 pm		
慶祝觀音菩薩出家日 Celebration of Gwan Yin Bodhisattva's Leaving Home 金聖寺將安排巴士前往聖城參加法會,請於10月20日以前報名。 GSM will arrange bus tour for same-day travel. Please sign up before Oct. 20,				10/24 週日	萬佛聖城 (CTTB)

金聖寺

Dharma Realm Buddhist Association Gold Sage Monastery 11455 Clayton Road, San Jose, CA 95127

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尊老重賢孔孟訓 松柏長青祝君安

数老節Honoring Elders' Day

金聖寺謹訂於9月26日(星期日)早上9時開始, 舉行一年一度的敬老尊賢聯歡會,請提早報名。

Gold Sage Monastery will be conducting Honoring Elders' Day

文文年前,敬老節法師祝詞時,曾說:「佛性是大家都有的,佛有這麼大的智慧,這麼大的能力, 我們也都有,而我們現在就像小孩子,智慧還未開啟,能力未能展開...,而今天我們來到廟 上,就像回到我們真正的家,我們已經踏上這佛國的里程;宣化上人是一位智者,他創立了敬老節, 引領大家回到本有的故鄉...。」

各界耆老賢達們,歡迎回到我們本有的故鄉吧!

few years ago, a Dharma Master greeted the elders, "All of us have the Buddha nature. The Buddha has great wisdom and ability, and we have these qualities, too. However, now we are still like children, with our wisdom yet to open, and our ability yet to develop. . . . But when we come to the Monastery today, it's like we are returning to our True Home. By doing so, we already have embarked on the path to Buddhaland. The Venerable Master Hua is a very wise sage. He started the Honoring Elders' Day in order to lead us back to our a home that is inherent in all of us"

Every worthy and senior one, welcome back to our inherent hometown!