

佛教慈濟基金會委員慈誠培訓—福慧足跡□紀錄表

上人的叮嚀：

每一年新的日曆要掛上之前，總是默默期許：新年伊始，每一張日曆我都要好好地利用，每天都要寫上有價值的「生命日曆」。一年三百六十五個日子，不知已經撕下的日曆，有否寫下值得回顧的生命篇章呢？倘若空白度日，現在就要立即把握好未來的日子。

時間飛逝，有形的來不及紀錄，可是無形的不斷累積。在慈濟，要成為委員或慈誠都必須經過一段時間的考驗——從會員發心成為見習委員，見習之後還要接受培訓，了解慈濟精神且身體力行才能授證。每位受證的慈濟人，都期待秉持「佛心師志」——「以佛心為己心」，把凡夫心換成佛心，學習佛的慈悲、智慧，盡除內心無明煩惱、修正習氣；還要「以師志為己志」，發心立願行菩薩道，為苦難人拔苦予樂。

(摘錄自2013年歲末祝福、慈濟志工培訓手冊之上人開示)

姓名 _____ 編號： _____ 培訓年度： _____ 年

所屬組隊別： _____ 區合心 和氣組隊： _____ 互愛組隊： _____ 協力組隊： _____

■靜思法脈勤行道—聞□思□修 我所體會與力行的靜思法脈是： (請寫一句話)

一、精神理念：以佛心為己心，以師志為己志，誠正信實，推展慈濟精神，募心募款 具正知見	第一季__月 自我評述	第二季__月 自我評述	第三季__月 自我評述	年度總自評	我的心得與省思
1. 精神理念：正信正念，認同慈濟精神，一心一志，積極投入。					
2. 形象威儀：內修誠正信實，維護團體形象，觀照個人威儀。					
3. 合和互協：以「知足、感恩、善解、包容」自修自律，以「合心、和氣、互愛、協力」團體共事。					

4. 募心募款：每月每戶按時繳款，將慈濟理念與舊法新知分享會員。					
5. 長養悲心：尊重生命，愛護地球，力行齋戒。（紀錄響應齋戒天數）	天	天	天	天	

二、舊法新知，培訓上課—打勾	__月	__月	__月	__月	__月	__月	__月	精進尋根	我的心得與省思

三、防非止惡，恪守慈濟十戒	第一季__月 自省與評述	第二季__月 自省與評述	第三季__月 自省與評述	年度總自評	我的心得與省思
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1. 不殺生 2. 不偷盜 3. 不邪淫 4. 不妄語 5. 不飲酒 6. 不抽煙、不吸毒、不嚼檳榔 7. 不賭博、不投機取巧 8. 孝順父母、調和聲色 9. 遵守交通規則 10. 不參與政治活動、示威遊行					
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■慈濟宗門人間路—信□願□行 我所體會與力行的慈濟宗門是：

(請寫一句話)

一、積極投入慈濟四大志業，八大法印。(1~7項，依實次數紀錄)	第一季	第二季	第三季	年度 次數	我的心得與省思
1. 慈善志業 如：訪視、居家關懷、急難救助、諮詢……等					
2. 醫療志業 如：醫院志工、衛教活動、捐髓活動……等					
3. 教育志業 如：社教志工、帶動兒童、青少年、教師……					
4. 人文志業 如：人文真善美、人文推廣、讀書會、入經藏……等					
5. 社區活動 如：環保、愛灑人間、勤務、福田、生活、香積……等					
6. 凝聚共識、法親關懷 如：共修精進、組隊聯誼會、助念告別式……					
7. 其他—其他各項慈濟志業耕耘					

<p>自我評述：分享此期間志業投入的狀況、簡要心得，或遇到的困難等。</p>					
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	__月	__月	__月	__月	__月	__月	年戶數	我的心得與省思
<p>二、以理事圓融之智慧， 力邀天下善士耕福田一記 錄募心募款戶數</p>								

茲同意以上個人資料供慈濟相關活動聯繫、志工團隊運作及管理各項需求使用。 填表人同意請親自簽名：

Buddhist Tzu Chi Foundation Commissioner/Faith Corps Training

---- Footprints of Blessings and Wisdom - Record Form

Reminder from Master Cheng Yen:

Before we hang up the new calendar every year, we always make a silent wish, that, as the new year starts, we will make good use of every single calendar page and write down a worthwhile “life diary” every day. A year has 365 days. Are the chapters of life we have written as we removed each calendar page worthy of being remembered? If we have idled away our time in the past, we should seize every single day in the future.

Time flies. We don’t even have time to record our tangible actions, yet our intangible thoughts are constantly accumulating. In Tzu Chi, to become a Commissioner or Faith Corps member, we must first undertake a period of training-----from first level certification training, to second level training and finally get ready to be certified when we understand the Tzu Chi Spirits and put it into actual practice. Every certified Tzu Chi volunteer is expected to retain “the Buddha’s Heart and Master’s Commitment.” To “take the Buddha’s heart as our own heart” means to transform our mundane mindset into into the Buddha’s, learn the compassion and wisdom of Buddha, eliminate all ignorance and afflictions and correct our bad habitual tendencies. In addition, we should also “take Master’s commitment as our own,” form the aspiration to walk on the Bodhisattva-path, relieve those in need from their suffering, and give joy.

(Except from 2013 Year-End Blessing Ceremony and Master’s Teachings from Tzu Chi Volunteer Training Guidebook)

Name: _____

Number: _____

Training Year : _____

Unity Team Area:_____ **Harmony Team:** _____ **Mutual Love Team:**_____

Concerted Effort Team:_____

■ The Jing Si Dharma-lineage is a path of diligence — Listen, contemplate and practice

How I have understood and practice the Jing Si Dharma-lineage:

(please write one sentence.)

<p>A. Spiritual principles :</p> <p>Take the Buddha’s heart as our own heart and the Master’s commitment as our own, uphold the values of sincerity, integrity, faith and steadfastness, promote Tzu Chi spirit, amass people’s goodwill and collect donations, have proper understanding and views</p>	<p>1st quarter Month: ____ Self-evaluation</p>	<p>2nd quarter Month: ____ Self-evaluation</p>	<p>3rd quarter Month: ____ Self-evaluation</p>	<p>Annual self- evaluation summary</p>	<p>My learning and reflection</p>
<p>1.Spiritual principles: Have right faith and right thought, identify with Tzu Chi’s spirit, delicate yourself actively.</p>					
<p>2. Appearance, etiquette, and dignity: Internally practice sincerity, integrity, faith and sincerity, maintain the team image, attend to personal dignity and etiquette.</p>					
<p>3. Unity, harmony and coordination: self-practice and self-discipline on the basis of “contentment, gratitude, understanding, and forgiveness.” Work together in accordance with “unity, harmony, mutual love, and concerted effort.”</p>					
<p>4. Amass people’s goodwill and collect donation: Each household donates on time monthly. Share with Tzu Chi members the principles of Tzu Chi, understand the Dharma with a new insight.</p>					

5. Cultivate compassion: Respect the life, take care of the Earth, abstain from meat, fish and seafood (Record the vegetarian days).	Days	Days	Days	Days	
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B. Participation in training classes	Month: _____	Month: _____	Month: _____	Month: _____	Month: _____	Month: _____	Month: _____	Spiritual Retreat	Realizations and reflections

C. Prevent wrongdoing and evil: Observing the Ten Precepts of Tzu Chi	1st quarter Month:_____ Self-reflection and evaluation	2nd quarter Month:_____ Self-reflection and evaluation	3rd quarter Month:_____ Self-reflection and evaluation	Annual self-evaluation	My realization and reflection
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<ol style="list-style-type: none"> 1. No killing 2. No stealing 3. No sexual misconduct 4. No lying 5. No drinking 6. No smoking or use of stimulants or narcotics 7. No gambling or speculating 8. Practice filial piety and develop pleasant manners and speech 9. Abide by traffic rules 10. No participation in political activities or protects 					
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■ The Tzu Chi School of Buddhism is a path in this world – Faith· Vow· Practice

How I have understood and practice the Tzu Chi School of Buddhism:

(Please write one sentence.)

A. Actively participate in Tzu Chi’s Four Missions, Eight Footprints. (Please honestly record the numbers by the Lists 1-7)	1st Quarter	2nd Quarter	3rd Quarter	Annual Total amount	My realization and reflection
1. The Mission of Charity (e.g. case visit, home care, emergency relief, consultation, etc)					
2. The Mission of Medicine (e.g. hospital volunteer, medical/health outreach, bone marrow donation, etc)					
3. The Mission of Education (e.g. community education volunteer, leading Tzu Shao, Tzu Ching, teachers’ association, etc)					
4. The Mission of Humanistic Culture (e.g. documentation volunteers, culture promotion, study group, sign language, Sutra adaptation)					
5. Community activities, environmental protection, share the spirit of love (e.g. recycling, tea gatherings, transportation, cleaning, accommodations, cooking, etc.)					
6. Establish common understanding, care for Dharma-family members, (e.g. chanting services, team meetings, funeral services).					
7. Other -- other Tzu Chi Mission participation					
Self-evaluation: Share the progress of participating in different missions, brief realization or any difficulties encountered.					

B. Apply a wisdom that perfectly melds principles and practice, invite good people in the world to cultivate this field of blessing -Record the number of donating members.	Month:__	Month:__	Month:__	Month:__	Month:__	Month:__	Annual amount of Households	My realization and reflection

By signing below, I agree to provide the personal contact information above in all events, volunteer team operation and management, and any other programs related to Buddhist Tzu Chi Foundation.

Signature: _____