



生命的覺醒

(本報綜合報導)去年三月,在來自中國廣東六祖寺登覺法師的啟發激勵下,愛克隆大學三位教授,習涓, Matt Lee 和 Kathy Felty 創辦了美國健康快樂禪中心,已經一年多了,禪中心創辦以來得到社會各界人士的關注與參與,這一非宗教性的公益組織目前在 North Hill 公共圖書館和 Hudson 公共圖書館定期舉辦靜坐禪修班,前來一起靜修的有各個年齡段的當地居民,有着不同的宗教信仰,不同職業和教育背景。

在生活工作節奏快的美國。人們一天工作後,放下各種纏累和思想中的各種芥蒂,一起安靜下來,將注意力轉向當下與內心的時候,就能聽得到自己靈魂的美妙音樂,感知到心靈的彼此相聯。

真正快樂生活是從關注內心開始,一個美好溫馨的內在世界是從感知心靈的相聯而發生,有一位第一次參加禪修的格林先生參與禪修後,分享自己的體會:這不到一個小時由老師帶領的禪修能聆聽自己靈魂聲音,是一種無比美妙的經歷。

禪修引導老師習涓表示:“人有無限的可能,每一個人都有潛力可以開發:得力在乎平靜安穩,得救在乎歸回安息。”聖經這句話中的平靜安穩和靜住安息是可以培養的。促進和養成這種平靜的心態和靜思的生活方式,是美國健康快樂禪中心的宗旨之一。習涓也希望有更多的人參與。



Financial Management Seminar 理財規劃講座

Date 日期: Saturday 星期六, 9/8/2018
Time 時間: 3:00 pm to 4:30 pm
(1 hours speech, 20 mins questions time)
Place 地點: Galaxy Karaoke Bar 星河卡拉 OK
Address 地址: 1593 East 30th Street, Cleveland, Ohio 44114
Members and Non-members - All Free 會員和非會員 - 全部免費

Topic: Balancing life today and dreams for tomorrow
主題: 平衡現在和未來的需求, 實現真正的財務自由

During this seminar, you'll learn ways to
Balance smart decisions about today with planning for tomorrow.
Plot your journey to retirement into doable steps so it's manageable.
Maintain financial balance by being prepared for risks and unexpected events.
Create a meaningful legacy today.

主要內容
羅馬不是一日建成的,財務自由也不是一、兩年就能達到的。每個家庭需要提早制定及規劃未來的財務目標,並持續地監督進度。講員將提供理財規劃的原則與架構,幫助您緩解焦慮與匱乏感,讓您的家庭早日實現財務自由,創造更有價值的人生!
講員將於會後為您解答個人投資理財相關問題 (Q & A section)
Present by 主講單位: :
Zhang & Associate, a private wealth advisory practice of Ameriprise Financial
講員(Speakers):
Annie Zhang, President, Private Wealth Advisor, MBA, CRPC (特許退休規劃顧問)
Amy Valentine, Business Development Manager, MBA, CFA (特許財務分析師)

Hosted by the Chinese Women Association of Cleveland
克里夫蘭中華婦女聯誼會主辦

Reservation contact: Judy Chu 216-816-8868 and Amy Lee 216-965-0669
RSVP by Sept 6, 2018 請在 9/6/18 前向 Judy Chu 或 Amy Lee 預先定位

Members are welcome to stay for Karaoke with friends after Seminar at their own expenses. Charges will be \$10 per person include one drink. (Note: This is NOT part of seminar program)
講座 結束後會員可自費與朋友一起卡拉 OK。每人收費 10 美元(包一杯飲品)。(注意:這不是講座的一部分)

Asian Lantern Festival Lights up the Zoo Night Sky

By Wayne Wong

The Cleveland Metroparks Zoo continues the Asian-themed celebration that was started with the June Grand Opening of the Asian Highlands exhibit, by featuring a gorgeous limited engagement Asian Lantern Festival with displays distributed through the Zoo during the weekends for much of the summer. While stunning at any time, the 40 giant sized exhibits are especially magical and beautiful after the sun goes down.

The Zoo has been working with the AsiaTown and Cleveland Asian Festival leadership to ensure a respectful and authentic Asian-themed experience for the many Zoo



Panda Lantern Wall (Photo: Lisa Wong)

Chinese School, LingYun Rising Star Gymnastics School, Janice Liu Erhu Studio, Spartan Bhangra Dance Team, and more. It has been a great way to highlight Asian culture and diversity and the audience of the evening sold-out events have been some of the most gracious and appreciative in Cleveland.

Originally, the Lantern Festival was scheduled to conclude August 19, but due to the popularity of the exhibit, the event has been extended - the last five days are **Thursday August 30, through Monday September 3 from 6:30pm to 10:00 pm. See them before they are gone!**

ShoJoJi Japanese Dancers in front of one of the largest Lantern Displays (photo: Ed Wong)



guests. Zoo officials reached out to Johnny Wu to discuss the program over a year ago, and he and leaders Lisa Wong, Asim Datta, and Oanh Loi-Powell have been helping to plan and coordinate special Asian attractions for the events for months in advance. For the Asian Lantern Festival, these True Community Partners worked quietly to help bring authenticity to the cultural activities and performances. Some of the great attractions they recruited to perform at the Zoo includes: OCA Greater Cleveland Dragon Dance, Kwan Lion Dance Team, ShoJoJi Japanese Dancers, Westlake



Dragon Dancers with publisher in front of Lantern walkway entrance (photo: Wayne Wong)

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