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Editor's note

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"Mindfulness Writing"

-The world of small books-

Contributor: ACC Namibia

About a month ago, I had handed all the third and fourth grader’s little notebooks to record whatever they liked on each page. You could illustrate drawings, write compositions and show off their ideas with no limitations. Within the month, the children were ecstatic to share their little notebooks. I flipped through each page with interest and each page containing a unique little script and these small fragments of their lives are brilliant. Some children would make sure to fill each page back to back and some would leave blank pages to be drawn on later. They would write whom they would consider their closer friends and write letters to their nanny’s, teachers and the dean addressing apologies and admitting their wrong doings. Whatever goes in their mind they usually do not get an opportunity to share their thoughts and feelings, this activity was executed under a rule of not making any judgmental comments and to respect the children’s thoughts. Some girls write down their worries for their family members and ask in their notes if they can go back to see their family to check if everyone is healthy and to make sure no one catches the contagious virus. When they return to their tribes they start recollecting memories of them being at ACC and the opposite happens when they are in ACC. This truly shows the nature of a child’s mind compared to an adult’s mindset. Always remember the expectations of your family and keep your original beliefs. No matter where you are, the support of your family is the motivation to keep moving forward.

Note from the children:

Making friends is a very important skill, you can get help and share, you can’t bully, you can’t take other people’s things, you can’t lie, and you can’t speak bad of others. Good friends will be kind and respect each other, and share things. Sometimes you will do wrong things, and good friends will tell you what is right and wrong. If someone does not have something, good friends will share. If someone is in danger, good friends will help each other.
In addition to the curriculum’s content of local schools at all levels, the children’s learning in campus will also arrange multiple courses such as the Chinese language and physical education to open their minds and establish a correct outlook on life.

In the class, Ven. Yu wrote on the whiteboard of the three categories of wrongdoings, eight types of suffering, the law of cause and effect and explained the content to the children with examples from life experiences.

She explained the principles in a simple way, and the children nodded frequently. Knowing the ways of suffering can get rid of suffering. Most people in Africa live below the poverty line learning about Buddhism can strengthen mindfulness and deepen the concept of cause and effect and embrace with of attitude of gratitude. Only by accepting the truth, goodness and beauty can then life be turned around in graceful ways.

On Saturday’s Scouting activity, each child used a sheet of A4 paper to draw a small poster of ways for pandemic prevention. I had asked them “plain paper or colored paper?” Children rushed to answer with; “white! I like blue! I like red paper!” When everyone was finished with answering, a boy smiled and said to me “I like them all, as long as they are given by ACC, I like them all, ACC gives me a lot of things.” This sentence was beyond my expectation, I quickly praised him with “Wow, it’s great, you are very grateful!” After I looked at the children in the teams that had drawn on the colored paper that they usually do not get their hands on easily on their reactions to getting their hands on this precious resource. As a teacher, I always want to share positive energy and kind thoughts with my children.
The PuHsein Education Foundation “Guanyin Office” held an inauguration ceremony at 10 am on September 13, 2020 in Guanyin Township, Taoyuan. More than 80 distinguished guests and donors came on that day. We sincerely invited Ven. Huili to host the opening ceremony. Starting from the donation of land by South African Jian Songbo and Gao Zimei, the donor groups of PuHsein and ACC had both been hoping for an official address; after many years the place is finally ready to move in. After lunch, Ven. Huili the thanksgiving certificates were congratulated to the donors that had worked together to make it possible. In future, the PuHsein Education Foundation “Guanyin Office” shall serve as a multipurpose office including practice conference, mindfulness teaching, coaching and training, storage...etc. Special thanks to Ven. Yongguan, Hwang Yuanhua, and President Le Huimei, who led the members of the Bodhi Society for their joint achievements; manager Li in charge of construction, site manager Tseng, and colleagues from ACC Taipei. I also want to show my gratitude towards the professional team led by ACC Taipei’s director Ms. Liao Yiyin and the planning work by Cai Architects to build this 5-story building in Guanyin Township. As well as to thank all participants in their cooperation and support during this difficult time.
The Dean Dad’s story
Contributor: ACC Mozambique

The Dean “KC” went to Africa as a volunteer in September 2011 and served at Eswatini ACC until July 2017 and assisting in the establishment of Mozambique ACC, an unfamiliar place to establish during that time. The Dean is perceived by the children to be a quiet figure and is efficient with delegating and guide others with work and finishing all necessary tasks. The dean can be found anywhere on campus, you can find him at the Children's Village, Great Hall, Flower Garden, Happy Farm and the Water Tower. Or you could also find him roaming around and discussing how to make a balanced meal for children, explaining to the workers on how to save resources when working and having quick conversations with the campus doctor about the overall children's health. He repeats these actions every day teaching and assisting others when they are in need, the children and staff look up to the loving dean.

The social worker mother who crossed the barrier
Contributor: ACC Mozambique

Berta a mother and social worker had graduated from “Universidade Pedagogica MOCAMBIQUE” (located in Beira) in 2012. At the age of 42, she works as a part-time worker and student. She is an eager and motivated woman. Before serving in A02 orphanage in 2019, she was invited by the dean KC to come to Mozambique ACC to work and she still has ever since.

After Berta arrived at the vulnerable children campus, she followed the ACC staff who then drove to the tribes to find children who needed help and met the social welfare conditions. The journey was long and difficult to endure and after the trip a handful of children were returned to campus. Helping young children to clean, wash and put on new clean clothes.

The children are also treated with pustules on their heads as well astinea-capitis by our in-campus doctor.

Berta and the staff will start to introduce daily routines like the children’s morning and evening classes, eating rules and other daily activities. The process of how to tidy up their rooms and how to wash clothes all get taught by the staff to the children. They talk often with the nanny’s/mothers about the children and they listen to the mothers expressing the details of the children’s life and all of this is done personally. The children will gradually adapt to life in campus from worry and fear to excitement and motivation to learn, they will begin to like this new home at ACC Mozambique.

From time to time, Berta and Uncle Nunes will go to a nearby tribe to distribute food, and interact with the tribe children. In the country of Mozambique, Berta's initiative and courage to break through can be regarded as the nature of a unique woman!
Namibia is a water-scarce country, the water in the center is not easy to get and two wells provide water for 200 people every day. Therefore, children are often reminded to save water, even the drinking water from the kettle should not be wasted on any terms.

The day before yesterday, the children had lined up at the school gate to wait for class, and watching from a distance I had saw a child pouring water on the ground. Someone immediately reported to a teacher they were wasting water. I went up and asked the child what they were doing and the child had told me they were watering the small tree. When I took a closer look, a small plant less than five centimeters long was silently growing in the corner. The child’s observation ability was evident and his nature was to be nourishing and caring with love! When I passed by the gate in the afternoon of the past few days, I can see water around the small trees. The children still remember to water the trees. It is so sweet to watch! Every time you see a child’s move or action, we should not rush to make a conclusion, but we all must listen to the explanation first. Perhaps the current motive is not intended as negative. There must be a reason for everything, and the answer usually is not what we usually expect.

In the months of June and July, the wind is cold and the day is warm. At the beginning of the pandemic, the boys had only wanted to cultivate wasteland and grow vegetables. The project of excavating the unused open land in the courtyard from the poor soil covered with gravel and by sieving and filling the soil, as well as sprinkling water to raise the land, and relying on the knowledge learned in the agricultural course and replanting local seasonal vegetables in seedlings. The most difficult soil preparation and soil loosening practices can come to an end. The cultivated cabbage seedlings are also transplanted one by one. Nowadays, slow-growing cabbage and amaranth seedlings can be seen, as well as the local bok choy that can be picked. Seeing the green leafy vegetables in a row, the boys think about “the vegetables grow slowly, they don’t grow enough, they need fertilizer, because the Cook said that the vegetables are not fully grown or ready to eat.”. It was also discussed that all high school students in Yuan Tong School to return to class at the end of July. And the continuous watering and weeding work is bound to be undertaken by boys in grades 5, 6 and 7 of elementary school, so it is necessary to take shifts.

The older boys didn’t want to transfer the planting and watering work to the staff in the courtyard, so they assigned the task of “watering and weeding” to the younger brothers of the small year five and six’s to continue to take care of it. Because it is still uncertain when the primary school will start classes. But after a few months, the school boy’s have been living closely with us day and night. Although the growth of cheekiness is unescapable, they are more considerate of the dean and take care of everyone. From this, they understand that the Monk dad works very hard for the African children to have safe place to grow and study.