



素食文化品嚐大會廣受歡迎

CDR Hosts the First Vegetarian Food and Culture Fair

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位於加州首府附近西沙加緬度的法界聖城，在今年七月四日以很不一樣的方式慶祝美國國慶日。當天沙加緬度地區五百多位民眾應邀到法界聖城參加第一屆素食文化品嚐大會，不但將數十道美味的健康素食吃進肚裏，也將素食的種種好處記在心裏。這場活動由法界佛教總會的五個道場法界聖城、金輪寺、金聖寺、金山寺和萬佛聖城聯合舉辦。很多人希望法界聖城繼續主辦這素食文化品嚐大會。

這場盛會由馬拉格里歐提老師和謝佩卿擔任司儀。顏亞日老師領導的國樂團演奏揭開序幕，在和諧優美的樂聲結束後，恆貴法師致詞歡迎所有來賓。恆貴法師表示，肉食不僅對身體健康產生威脅，肉食所帶來的畜牧業更是大量破壞環境，使全球暖化等問題更形嚴重。尤其今天的肉類大都來自農場工廠，對人類的危害更大。歷來不少著名的西方科學家，藝術家和哲學家都是素食主義者，如達文西、愛因斯坦等人，因為他們知道素食有益健康，長養慈悲，減少戰爭和痛苦。法界聖城的創辦人宣公上人生前大力提倡素食，正是這次

The City of Dharma Realm (CDR) in West Sacramento, California, celebrated July 4th in a different way this year. The first Vegetarian Food and Culture Fair was held there on July 4th and over 500 people enjoyed dozens of delicious vegetarian courses as well as the benefits of a vegetarian diet. This event was made possible by collaborative efforts of monastics and laity from five DRBA branches: CDR, Gold Wheel Monastery, Gold Sage Monastery, Gold Mountain Monastery, and the City of 10,000 Buddhas. It was a happy occasion for Dharma friends to meet and work together. Participants hope that CDR will continue to hold this event in the future.

Mr. John Maragliotti and Peggy Hsieh were the MCs for the program, which started with a Chinese orchestra performance led by Mr. Agis Gan. When the harmonious music ended, Dharma Master Heng Gwei welcomed the guests by introducing the benefits of vegetarianism. She said that not only does meat-eating have negative impacts on human health, ranching (livestock production) has created an environmental crisis including the negative impact on global warming. Today meat comes from factory farms which threaten human health even more. Many eminent western scientists, artists, and philosophers are vegetarians because they know that vegetarianism is good for health, nurtures compassion and reduces war and suffering for mankind. The founder of CDR, Venerable Master Hua promoted vegetarianism when he was alive. That is actually the major reason that CDR is holding the Vegetarian Food and Culture Fair. CDR also plans to establish the International Vegetarianism Institute and a vegetarian restaurant at CDR is expected to open next year.



素食文化品嚐大會舉辦的遠因。法界聖城將成立國際素食研究院，並計劃在明年開辦素食餐廳。

洛杉磯的金輪合唱團在團長謝惠英的聯繫下，有17人前來法界聖城助陣表演，並擔任義工。即將錄製音碟的金輪合唱團水準很高，由活躍在洛杉磯的謝佩卿擔任指揮，羅彥森負責伴奏。這次唱出的「大哉美國」，「觀音頌」，以及「世界大同」等合唱曲為現場來賓帶來陣陣清涼，當天華氏一百度以上的高溫也被優美的歌聲驅散不少。

沙加緬度緬族婦女穿上傳統服飾為大家表演寮族8人舞。王氏姐弟的武術表演在大姐王詩敏帶頭下，將中國摺扇，刀劍，雙節棍舞得虎虎生風。少年鋼琴好手謝博文演奏的蕭邦夜曲等古典音樂使得現場氣氛從古老的東方立刻連到西方。四川音樂學院聲樂高材生陳煜的「長江之歌」，「乘著歌聲的翅膀」以及音響專家劉國忠的獨唱「送你一把泥土」分別表現出藝術歌曲與民俗歌曲的精華。而平均年齡只有五歲的小小三人組馬歐迪，蔣壘緹和蔣懿萱在恆是法師帶領下，表演了宣公上人的忍耐歌：「朋友們請你跟我說：忍耐，朋友們請你跟我說：忍耐。忍耐，忍耐，忍耐，必須忍耐，不要生氣，娑婆訶。」獲得全場熱烈的掌聲。

接著素食品嚐大會正式登場。每一張桌子都大排長龍。數十名義工端出將近五十道佳肴。中西各地口味，以及東南亞風味的美食色香味俱全。新鮮健康可口的食物讓五百多位來賓大快朵頤，更有人當場表示回家就要開始吃素了。恆是法師透露說，上次法界聖城浴佛節時，隔街對面的靈修中心成員有些人因為有事沒來得及參加，表示很遺憾。法界聖城也因此藉著慶祝美國國慶的機會，舉辦素食大會，邀請他們來結緣。現場並播放幻燈片，錄影，還有書展，都說明了素食的種種好處。

不少參加的民眾建議下次繼續舉辦這樣的素食大會。不過，法界聖城所有出家眾和義工可是忙翻了天。因為他們在推出海報之後，只有不到一個星期的時間籌備推出這項大型活動。只能用「將此身心奉塵刹，是則名為報佛恩」來形容他們的精神了。



Seventeen members of the Gold Wheel Choir came from Los Angeles to perform and volunteer through the coordination of Carol Lo. The Gold Wheel Choir has high standards and is going to record a CD. The conductor, Ms. Peggy Hsieh, who is active in L.A., led the choir to sing three songs: America the Beautiful, Praise of Gwan Yin, and the Commonwealth. Jason Lo played piano. Their beautiful singing refreshed the guests and chased away the heat which was over 100 F.

Eight Lao women from Sacramento performed two dances in their traditional costume. Crystal Wang and her two brothers gave a lively Chinese martial arts performance with a folding fan, bayonet, sword, and a 2-part club. Harrison Hsieh, a young pianist, played Chopin's Sonata and changed the ancient oriental atmosphere to a western one. Chen Yu, who graduated from Si-chuan Music Academy with a degree in Vocal Music, sang two songs: The Song of Yangtze River and The Song of Wings. And Philip Liou sang a folk song: Give You a Handful of Earth. The trio, Audie Maragliotti, Felicity Jiang, and Navatitti Jiang, averaging only five years old followed Dharma Master Heng Shr to sing the Patience Song which goes: Friends please follow me to say Patience, Friends please follow me to say Patience. Patience, Patience, Patience. Be Patient and don't get angry, Suo Po He! This song won rounds of applause.

As the gourmet food fair officially started, there was a long line by each table. Several dozen volunteers brought out nearly 50 mouthwatering Chinese, Vietnamese, Western and Malaysian dishes. The fresh, healthy and delicious food delighted all the guests, and some even decided to become vegetarian at home. According to DM Heng Shr, some members of the Spiritual Center across the street had regretted not being able to attend the Bathing Buddha Ceremony at CDR, but were pleased to join the July 4th event. A Powerpoint presentation, videos, and book show explained the benefit of vegetarianism.

Many participants suggested that CDR continue this Food Fair each year. It took tremendous effort on the part of all the monastics and volunteers. There was less than a week to prepare for this grand event after the flyers went out. "This deep resolve [we] offer to the myriad Buddhas' lands, and thus endeavor to repay the Buddha's boundless grace" is an apt description of everyone's spirit of giving.

