

第二屆 素食文化 品嚐大會

為響應環保、衛生、保健、提昇飲食內涵，更重要的是，素食可以直接防止地球因為繼續暖化，而造成大自然的災害，素食文化品嚐大會是一項很積極又極有意義的活動。去年第一次在法界聖城舉辦，獲得社會大眾廣泛的支持與好評，估計去年參加人數約六百人。今年在社會大眾不斷垂詢下，於七月十三日，法界佛教總會所屬五間寺廟再次聯合於法界聖城舉辦，加上有不同宗教朋友的參與，精美可口的素食和精彩的節目，此次活動辦得有聲有色，與會者相邀明年再接再厲。 編輯部 整理



恆貴法師致詞：

上人慈悲、各位法師、各位貴賓、各位佛友，大家早安！

個人謹代表法界聖城的法師們歡迎大家蒞臨法界聖城，參加第二屆的素食文化品嚐大會。這是加州首府沙加緬度一個特吉祥的

日子（也是美國的國慶月），我們希望透過素食的介紹及推廣，祝願美國國運昌隆，風調雨順，國泰民安，以及世界和平。

法界佛教總會的創辦人宣公上人住世時，常常苦口婆心的提醒我們說「世界上最大的業力，就是殺生，殺生的業報比什麼都重的。互相殺、互相報復，這是世界最悲慘的一件事。」他老人家又說：「殺業太重的後果，形成天災人禍的因素；或者地震、或者海嘯、或者奇寒、或者奇熱，乃至風不調、雨不順、國不泰、民



不安的現象也是常見。」這正是我們目前世界面對的災難危機。不吃衆生可以增長慈悲心，食肉損害慈悲心。世界是人心所造成的，人心好殺，就是一個戰爭的世界；人心要是好生，就變成一個和平世界。希望大都能把好殺的心改為慈悲心。

今年的素食文化品嚐大會，我們很榮幸得到很多不同宗教朋友的響應及支持，例如 Brahma Kumaris 的 sister Hansa 慷慨提供印度素食及烹調示範，還有本地越南素菜館Andy N.，和本會越南弟子共同提供越南素食。當然，除了中國素食尚有馬來西亞及日本的素食，可謂國際素食品嚐大會。同時我們也非常幸運及有福氣，請到法界佛教總會資深比丘（恆）實法師，在百忙當中抽空蒞臨法界聖城為我們開示。

此外，我想對每一位遠道而來及本地參與及支持這個活動的佛友們表達真誠致意，非常珍惜大家日以繼夜，不辭勞苦的心血與努力，也希望各位來賓共賞今天為大家準備的精美可口的素食和精彩節目。祝福諸位身健康、精神愉快、發大菩提心、早成佛道。



The 2nd Annual International Vegetarian Food & Culture Fair

In recognition of the critical role of vegetarianism in solving environmental and health issues and preventing global warming and natural disasters, the International Vegetarian Food & Culture Fair celebrated its second successful year. On July 13, 2008, members of five Dharma Realm Buddhist Association monasteries joined several vegetarian organizations and vegetarian food vendors at the City of the Dharma Realm in providing a wide variety of delicious vegetarian dishes and exciting programs. Encouraged by the community's support and by the successful outcome of this event, the participants anticipate reconvening again next year to continue promotion of vegetarianism at the 3rd Annual International Vegetarian Food & Culture Fair. Through vegetarianism may we encourage peace in the world.

(Compiled by Editorial Staff)

A speech given by Dharma Master Heng Gwei:

Compassionate Venerable Master, all Dharma Masters, Honorable Guests, all Dharma Friends, Good Morning!

On behalf of the Nuns of the City of the Dharma Realm, I welcome you all to our Second Annual Vegetarian Food and Culture Fair. It is an extraordinarily auspicious day here in the state capitol and this is also the month of Independence Day; we just celebrated the Fourth of July national holiday. By this offering of vegetarian food for your edification and pleasure, we pray for timely winds and rains, for the prosperity of America, for the health of its citizens, and for peace in the world.

When the founder of Dharma Realm Buddhist Association, the Venerable Hsuan Hua, was still with us, he always patiently and kindly reminded us that the greatest karmic force of all (and the heaviest of all offenses) is killing. Likewise, the greatest and heaviest of all retributions is brought about by killing karma – by the taking of life. Killing is the weightiest of all offenses. Whether we kill other living beings randomly, or kill out of revenge, it is the most cruel and saddest thing in the world. The Venerable Master taught us that both natural and manmade disasters in the world are a direct result of killing karma. In fact, the heavy karma brought about by too much killing can produce earthquakes, tsunamis, extremes of heat and cold, untimely winds and rains, and other strange phenomenon, not to mention a kind of general malaise and feeling of unease among the

population. So, this is exactly the situation in the world today, with natural disasters on the rise and the many and various ecological crises that we all face. To not eat the flesh of living beings is to increase our kindness and compassion. Conversely, to eat meat is to harm our natural and inherent kindness and compassion. The world is made from the mind alone. If people are fond of killing, then this world is a world of war. If people cherish life, then this world is a world of peace. We sincerely hope that everyone can turn the warring mind into a mind of kindness and compassion.

This year we are truly honored and privileged to have support from many different groups, including Sister Hansa and our friends from the Brahma Kumaris (offering a cooking demonstration of Indian Cuisine) and our friends from Andy Nguyen's Vegetarian Restaurant in Sacramento (sharing their wonderful Vietnamese food with us). We also have Malaysian dishes in addition to Chinese, so this time we are able to enjoy a truly international representation of vegetarian cuisine. Also this year, we are very fortunate and blessed to have one of the senior Bhikshus from DRBA here with us, despite his busy schedule, to give us a Dharma talk.

Finally, I would like to express my appreciation for everyone's effort in making this event possible. Whether you are local or whether you traveled from afar, we thank you for your endless effort and hard work to make this Fair possible. We hope that all of you will enjoy today's delicious vegetarian food and wonderful performances. May you enjoy good health and happy spirits, and bring forth the enlightened mind.