

# 華嚴聖寺君康素餐見聞記

## A Sketch of Junkang Vegetarian Buffet in Avatamsaka Monastery

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加拿大卡加利市拜能源黑金（石油）之賜，近三、四十年來蓬勃發展，如今人口已過百萬。各族裔餐館如雨後春筍，中日韓泰越各式食肆多過兩三百家，唯少有素食專賣店。

這兩三年來，佛陀慈悲，素食的推廣終於在華嚴聖寺這佛教聖地萌芽茁壯。人力物力惟艱，但在諸位法師及善信義工的發心推動下，「君康素餐」終於打出名號，中日越馬特色餐點博得佳評如潮。

最近一次的盛宴安排在四月十八日（週六）。當天上午十一點，寺內餐廳一切就緒，人龍井然有序緩緩前進。首先經過的是擺滿佛教書籍、文物的結緣品攤位，緊接著是琳瑯滿目的可口外帶餐飲點心，其次就是十餘道色香味俱全的主菜及甜點。

此次活動盛況更勝於前，所有長方形餐桌雙向對坐且坐無虛席。筆者身旁四位法裔素食男女是經由網路獲取信息，他們每位都被眼前唯美素食所懾住，來回取食兩三趟。筆者有感於他們初次參加素餐盛宴樣樣新鮮，特贈予額外餐券供其選購美味的外帶點心，讓其倍覺溫馨。

所謂「寓教於樂」，君康素餐以食結緣，推廣佛陀思維，不殺生，不造業；重環保，護健康。潛移默化，祈願與卡加利市民同耕福田，消業解障，

度過經濟蕭條的鴻溝，同登彼岸。



The city of Calgary, due to its wealth in black gold—oil, has been developing rapidly in the past few decades. It now has a population of more than one million. Hundreds of restaurants have shot up one after another, including Chinese, Korean, Thai, Vietnamese, and other cuisines. However, few among them are vegetarian restaurants.

In recent years, vegetarianism has been well promoted at Avatamsaka Monastery. No matter how hard to come by the resources are, Junkang Vegetarian Buffet has come into being, with the assistance of Dharma Masters, laymen, and volunteers, serving Chinese, Japanese, Vietnamese, and Malaysian cuisine which has won general acclaim.

The latest banquet was prepared on Saturday, April 18. At 11:00 a.m., everything was ready and people entered the restaurant at the monastery in an orderly fashion. They first passed a stand of complimentary Buddhist books and gifts, followed by various delicious takeout foods, and finally excellent main courses and desserts.

The event was an unprecedented success. It was standing room only. Four French-Canadians beside me arrived there through online information and were amazed by the gourmet vegetarian dishes, which they took several times. They were newcomers, interested in everything, so I gave them extra lunch coupons for takeout snacks. They felt very happy.

It is said that education dwells in recreation. Junkang Vegetarian Buffet connects with people through food, promotes the Buddha's ideas of not killing and not creating negative karma, and protects the environment and health. The Buffet sincerely hopes that through its imperceptible influence it will cultivate together with all residents of Calgary the field of blessings in order to remove obstacles, tide over recession, and finally reach the other shore of nirvana.