



## 養心在蔬食 勸君多採擷

## Nourishing the Mind with a Vegetarian Diet

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位於加拿大卡加利市的華嚴聖寺，每三個月就舉行一次君康素餐會。2013年立春前夕，蛇年以來第一次的「君康素宴」在五觀堂內如期舉行。293位素食饕客，55位巧手慧心的義工，22道純素嘉餚，17樣外賣美饌，和諧地交織出一片充滿活力的早春風光。

卡加利市在過去曾是牛隻的集散地以及肉食包裝中心，素有「牛城」之暱稱；每年七月固定舉辦全世界規模最盛大的牛仔競技大賽。華嚴聖寺為了在此地宣揚素食之美，並響應環保，從2006年開辦蔬食餐會至今，已經廣開素宴37次。

當天一大早，廚房義工們已在廚房內洗青菜、刨蘿蔔、切素料；大眾分工合作，相互接力，井然有序。一如既往，法師及義工們早早在七天前就著手設計菜單，準備採買食材事宜。餐會前一天，義工們齊心佈置五觀堂，寬敞的五觀堂經過善巧規劃後，分成五個部份：它們分別是售票處、服務部、外賣區、取餐區及用餐處。這一次的餐會，適逢中國農曆新年前夕，因此餐廳內高掛了許多紅彩燈籠，增添了濃厚的年味及喜氣。

上午十一點整，身著法總黃衣背心的義工們早已各就各位，準備迎接食客；取餐區的夾菜人員，素來秉持乾淨衛生的服務原則，他們個個戴著頭巾

Avatamsaka Monastery in Calgary holds a special vegetarian gathering every three months. Early this year, to celebrate the Chinese Snake Year, they held a big Jun Kang Vegetarian Luncheon. There were 293 guests and 55 volunteers. Twenty-two vegetarian dishes were served to the guests, and seventeen delicacies were provided for take-out.

Calgary, known as the “cow town,” used to be a cattle distribution and meat-packaging center. Every July, it hosts the world’s biggest rodeo competition. Therefore, since 2006, Avatamsaka Monastery, wishing to promote vegetarianism and environmental awareness, has offered plant-based dishes. The Monastery has held these vegetarian luncheons thirty-seven times over the years.

Early in the morning on the day of the event, volunteers washed vegetables and prepared all the ingredients for the dishes. There are many helpers and jobs, but everything is organized. As always, the Dharma Masters and volunteers began planning the menu and materials to be purchased a week in advance, and the night before the Luncheon, the volunteers decorated the dining hall. Since Chinese New Year was just a few days away, they even hung up red lanterns to celebrate the event. For this special occasion, the dining hall was divided into five sections: one for selling tickets, a service area, food serving area, dining area, and food-to-go area.

At eleven o’clock sharp, volunteers stood in their places wearing yellow staff vests, ready to welcome guests. In the dining hall, all the dishes were ready to be served and all the helpers were wearing

及口罩，以確保大眾們能吃得開心，更能吃得安心。在古箏演奏的讚佛樂聲中，蛇年的素食饗宴就此揭開序幕。不同族裔背景的人，紛紛攜家帶眷而來；五觀堂裡，一張張藍色的布椅上，也座無虛席。

「君康素宴」最大的特色是菜式豐富多元，每道菜不僅色香味俱全，而且都儘量保有食材的原味。每次的餐會，廚房都會努力推陳出新不同的菜色，所以很多人來到這裡，便一改過去對傳統素食的刻板印象，他們發現原來素食也可以這麼好吃，並兼具欣賞的藝術價值。來到「君康素宴」的客人，有些人平時並不吃素，單純只是好奇而嚐鮮；有些人為了健康因素而吃素；有些人是嚴格的素食主義者，所以選擇到佛寺來用餐……，理由種種不一。然而，許多當初純粹被佳餚吸引而來的人，後來也逐漸親近佛寺，最後走上學佛一途。

美味的蔬食並不是吸引饗客來的唯一原因，許多人也將三月一次的餐會，當做文化交流和家庭聚會的場合。此外，大部份的人也喜歡從僧眾、服務的義工身上感受祥和喜悅的正面能量。這幾年，「君康素宴」在四眾弟子的深耕努力下，在卡加利市已逐漸廣為人知。三家英文素食網站 (Calgary Vegetarian Society, Calgary's Whole Food-Plant Based & Vibrantly Living Group, [www.VEGonline.info](http://www.VEGonline.info)) 主動積極地幫助我們傳播消息，因此西方面孔的食客每次都在增加。這次在取餐區發心做義工的四位西方人士中，Sebastian, Yves 和 Daryn 是禪坐班的年輕學員，Roger 本身雖然是基督教徒，但是喜歡在佛寺做義工。他們意興勃勃的熱忱服務，為餐會注入一股清新活潑的朝氣。

在這次活動的問卷調查裡，許多人給予「君康素宴」高度的肯定，大部份的人希望能增加餐會舉辦的次數；還有父母希望我們能為五歲以下的小孩，設計素食菜式；更有人讚揚吃了這一頓飯，稍稍轉化了他的性情和脾氣。

1989年曾有人請示上人：如何保護生態系統和地球環境。上人說：「最根本的救治環境之道是返璞歸真，不爭、不貪、不求、不自私、不自利、不妄語。」上人希冀將佛法落地生根於西土並推廣素食。透過「君康素宴」，上人的理想已逐漸萌芽。我們遙望將來有更多的人，因為「君康素宴」而加入吃素的行列；我們更期望不久的

paper masks and gloves in accordance with sanitation rules. Beautiful Buddhist songs were played on zithers to start off the festival. Guests of all ethnicities filled the hall, some even bringing their entire families.

The distinguishing feature of the Jun Kang Vegetarian Luncheon is the variety of food served. There were many dishes, consisting of different flavors and colors. Not only do they look good, they taste delicious as well. The principle of cooking here is to preserve the original flavor of the ingredients. At every luncheon, the staff invented many new dishes to increase people's interest in vegetarian food. These efforts were rewarded by feedback from the people who came. Many said that they never thought vegetarian food could taste so good and even have an artistic appearance. It really changed their impression. The guests' motivations for coming to the luncheon often vary. Some people are not vegetarian, but come out of curiosity; others are vegetarian for different reasons. Quite a few people first came to the monastery because of the food, and became Buddhists later.

However, delicious food is not the only attraction. Many people come because they enjoy the cultural exchange and family gatherings. In addition, most enjoy the positive energy and happiness that is readily seen in the Sangha and the volunteers. Through the past years, thanks to the efforts of both the Sangha and the laity, Jun Kang Vegetarian Luncheon has become well-known in Calgary. Three associations that promote vegetarianism (Calgary Vegetarian Society, Calgary's Whole Food-Plant Based & Vibrantly Living Group, [www.VEGonline.info](http://www.VEGonline.info)) also help us spread the news. As a result, the amount of Westerners who attend the luncheon increases every year. This year, volunteering at the serving unit were four young Westerners: Sebastian, Yves, Daryn, and Roger. Roger is a Christian, but he enjoys helping out here when he can. The other three are meditation students at our monastery. They, like everyone else, bring tremendous enthusiasm to this place.

A survey was taken after the event, and most people gave very positive feedback. Almost everyone wanted more frequent luncheons, and parents wanted us to design a menu for children under five. Some people even said that the meals had caused their temperament to mellow out a bit.

In 1989 someone asked the Venerable Master what we could do to protect the ecosystems and our global environment. The Master said, "To protect the ecosystem, we need to begin by fixing the root of the problem. We should not fight; we should not be greedy; we should not seek; we should not be selfish; we should not seek self-benefit; and we should not tell lies." The Venerable Master wished that we could start spreading Buddhism in the West and promoting vegetarianism; holding these Jun Kang Vegetarian Luncheons is a start. We hope that more people will be influenced to eat a plant-based diet by virtue of these vegetarian luncheons; we also look forward to all other branch



法總素宴



將來，法總每一個分支道場，也都能開辦「君康素宴」，以此善巧方便，接引更多的眾生走向慈心的彼岸。❀

all other branch temples holding similar events in the future, as an expedient method of crossing over more living beings. ❀

