

# 君康飄香卡加利

## Jyun Kang Restaurant Opens in Calgary



DHARMA REALM NEWS | 法界音

### 君心仁慈，禪悅為食 康泰平安，法喜充滿

上人作的這副對聯，不僅詮釋了素菜館的名字，也說明了成立素菜館的宗旨，那就是：鼓勵大家吃清淨素菜，並希望通過素食人人身體健康，精神飽滿，同時長養慈悲心，減少世界的戾氣及刀兵劫難。上人也曾說過，每一座道場都要有家素餐館。這份信念，當法師多年前跟華嚴寺的信眾提起時，在張靄華居士的心裡就深植下這顆種子。然而這一盼，八個年頭過去了，在法師與信眾懇懇期盼下，卡城君康真素齋終於正式開鑼咯！

### 緣起

兩年前，張居士在健康檢查時意外發現直腸長了腫瘤。雖然醫生建議及早開刀，可是她的內心依然七上八下的，正當猶豫之際，人就被緊急送上手術臺。雖說住院前後不到一個月，但是這段期間，她思前想後自己生病的因緣及願力，開素餐館的種子終於萌芽。更可貴的是，張居士的同修—余健錚居士也力表贊同。

以下是對張靄華居士的簡短專訪：  
問：為什麼會想要開君康素菜館？

**May your heart be humane and compassionate;  
May you take Dhyana bliss for food;  
May you be healthy and peaceful;  
May you be filled with the joy of the Dharma.**

This couplet was written by the Venerable Master Hua to elucidate the name of Jyun Kang restaurant, and to explain the principle on which it was founded: to encourage everyone to be vegetarian, in the hopes that people will become healthy, energetic, and compassionate, and that there will be less violence and calamities in the world. The Venerable Master Hua once said that every DRBA branch monastery ought to have a Jyun Kang. Many years ago, when the Dharma Masters at Avatamsaka Monastery put forth this idea to the laypeople, its seed was planted in Eva Yu's heart. Finally, after eight years, under the anticipation of Dharma Masters and laypeople alike, their wish has come true. Ambrosia Veggie House (still called Jyun Kang in Chinese) in Calgary is officially opening.

### How it All Started

It all started two years ago. When Eva was undergoing a routine checkup, a tumor was found in her colon, and doctors suggested surgery as soon as possible. While she was still undecided, she was rushed to the operating table anyway. During this time, she thought about the vows she had made, and the reasons she had gotten ill, and made the decision to open a vegetarian restaurant. Equally praiseworthy is the fact that her husband, Kin, gave her his full support.

*Here is a short interview with Eva Yu.*

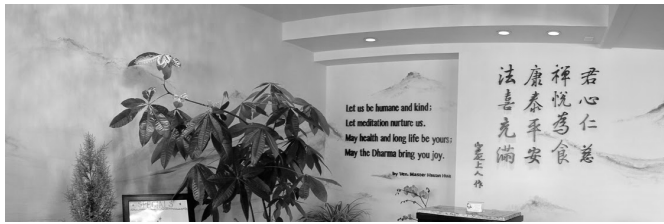
*Q. What motivated you to open a vegetarian restaurant?*

張靄華：其實有這個想法已經很久了，只是一直沒付諸行動，直到被醫生宣判要上手術臺時才猛然覺醒：今天要受這樣的果報，一定是前生殺業太重。如果有家素餐館，大家就有個地方吃素，同時殺業也會減少，身體也會健康，地球也更健康。

問：餐廳試開至今已三個月了，感想如何？

張靄華：首先很感恩法師們的支持，非常感謝十方善信的共襄盛舉，大家都非常熱忱地幫忙。雖然餐館裡裡外外都讓人忙得不可開交，但我個人覺得身體比退休前還好，精神狀況也更上一層樓。希望往後的日子，也有人發心把素餐館傳承下去，餐館還有空間可以再擴大。

卡加利終於有人發心要把上人託付的重責大任扛下來，當然廟上的居士也不落人後，不論是有形的打掃、油漆、組裝桌椅，還是無形的迴向，在在都熱心參與，法師們也都古道熱腸地從旁協助。餐廳



的英文名字Ambrosia，更是出自恒持法師的命名，無非希望來餐廳用餐的人，都可享用如希臘神話般的天廚妙供。餐廳處處可見海內外專業的手筆，舉凡菜單、餐具、室內設計等等，都別樹一格。由此可見，精誠所至，金石為開，所言不虛。

## 十月五日——開幕的今天

二零一四年十月五日，正式開幕的日子終於來臨了。在這別具意義的一天，余健錚、張靄華夫婦特別邀請恒來法師前來主持開幕典禮。以下是來法師的開示：

「歡迎大家的蒞臨，宣化上人常鼓勵人們開素食餐廳，一來可以讓大家都知道素食也可以很好吃；二來讓沒有吃素的人種下吃素的種子。萬佛城有君康素菜館，現在卡加利也有君康，好讓本地的人可以來享用清淨素食。」他又說：「余氏夫婦倆很用心打造這間餐廳，希望大家都能常來品嚐，支持素食。」

余健錚、張靄華夫婦也分別發表了開幕感言。首先張居士再次感謝大眾的支持，她說這是一條漫長

*Eva: I actually have had the idea for a long time, but I never put it into motion until that time the doctors ordered me to get surgery. I realized that I was undergoing this retribution today because I had killed too many beings in past lives. If we open a vegetarian restaurant, there will be a place for people to eat vegetarian food, so that we can decrease killing, and simultaneously help people lead healthy lives and make the Earth healthier.*

*Q: The restaurant has had a three-month trial run. What do you think of it so far?*

*Eva: First of all, I am grateful to the Dharma Masters and to all the Dharma friends for their help and support. Although it is always very busy and there is a lot of work to do, I feel that I am physically healthier than before I retired, and my mental health has never been better. My hope is that someone will carry on the mission in the future; there are plenty of rooms in the temple for the restaurant to expand.*

In Calgary, someone finally decided to take up the responsibility that the Venerable Master left to us. The community chipped in to help with this daunting task, cleaning, painting, assembling chairs, and making dedications of merit. The Dharma Masters also pitched in enthusiastically. The English name of the restaurant, “Ambrosia,” was provided by Dharma Master Chih, in the hopes that people who come to eat at this restaurant will enjoy food that is as wonderful as the ambrosia of the gods in Greek mythology. One can see the intricate handiwork of many people from different corners of the world in the layout of the menu, utensils, and interior design, which are all unique in appearance. It is said, “When you have utmost sincerity, anything is possible.” This is very true.

## Grand Opening on October 5<sup>th</sup>, 2014

The grand opening finally came on October 5<sup>th</sup>, 2014. On this meaningful day, Kin and Eva invited Dharma Master Heng Lai to host the opening ceremony. Dharma Master Lai’s speech is as follows:

“We welcome everyone to this new restaurant. The Venerable Master Hsuan Hua often encouraged people to open vegetarian restaurants, so that we can show people how delicious vegetarian food can be, and to enable those who are not vegetarian to plant the seeds of eating vegetarian food. The City of Ten Thousand Buddhas has a Jyun Kang Restaurant, and now Calgary has one to, so that the people here can enjoy pure vegetarian food. Mr. and Mrs. Yu have put a lot of effort into making this restaurant possible. I hope that everyone will come here to eat often and to support the vegetarian diet.”

Kin and Eva also spoke some words. First of all, Eva again thanked everyone for their support. She said that this is a very long



## GRAND OPENING

### 開業慶典



的路，同時表示這不是余家的專屬餐廳，而是屬於「大家」的。余居士也感性地表達餐廳可以順利開張，都要歸功於太太的堅持，也要感恩法師和大家的熱心協助，特別感謝仲慧芬居士把餐廳設計的這麼典雅，讓大家嘴裡品嚐美食的同時，眼睛也享受絕美的視覺饗宴。❀

road and also pointed out that this restaurant does not belong to the Yu family only, but belongs to everyone. Kin said that all of this was possible only because of Eva's determination, and also expressed thanks to the Dharma Masters and everyone else for their enthusiastic support. He was especially thankful to Francine Chung for providing the restaurant's elegant design, so that while people are enjoying delicious food, their eyes will also be having a great feast. ❀