

BODHI
SWEET DEW

菩提甘露

2007

CALENDAR 月曆

Dharma Realm Buddhist Association

THE 3034th YEAR OF THE BUDDHA 佛曆三千零三十四年

WITH CHINESE VEGAN RECIPES FROM COOKBOOKS PUBLISHED BY BTTS.

內附佛教譯經委員會出版的中文無蛋奶素食譜。

法界佛教總會

如果我們要世界和平，
我們就要不殺生，不吃肉；
不殺生才是真和平。

——宣公上人

*If we wish for there to be peace in the world, we must
refuse the slaughter of living creatures and abstain
from eating meat. Only then can there be true peace.*

——Venerable Master Hsuan Hua

2007
JANUARY 冬 1

丙戌年
十一月、十二月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

31 十二

I 十三

2 十四

3 十一月十五

4 十六

5 十七

6 十八 小寒

Kwanzaa ends

元旦 New Year's Day

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

阿彌陀佛聖誕
Amitabha Buddha's
Birthday (actual day)

中小學冬假結束
IGDVS Winter Break ends

Epiphany

禪七 Chan Meditation

禪七 Chan Meditation

7 十九

8 二十

9 廿一

10 廿二

11 廿三

12 廿四

13 廿五

禪七 Chan Meditation

14 廿六

15 廿七

16 廿八

17 廿九

18 三十

19 十二月初一

20 初二 大寒

禪七 Chan Meditation

Martin Luther King Jr. Day,
Observed

禪七 Chan Meditation

Muharram (Hijra,
Islamic New Year, 1st day)

21 初三

22 初四

23 初五

24 初六

25 初七

26 初八

27 初九

禪七圓滿日
Completion of Chan
Meditation (evening)

法大秋季班結束
DRBU Fall Semester
Ends

World Religion Day
(Bahai)

法大春季班註冊開始
DRBU Spring
Registration/Orientation

法大春季班註冊開始
DRBU Spring
Registration/Orientation

中小學期末考
IGDVS Final Exams

釋迦牟尼佛成道日
Anniversary of
Shakyamuni Buddha's
Enlightenment

法大春季班註冊
最後一日 DRBU
Spring Registration ends

中小學期末考
IGDVS Final Exams

28 初十

29 十一

30 十二

31 十三

I 十四

2 十二月十五

3 十六 立春

法大春季班開始
DRBU Spring Semester
begins

中小學教師在職訓練
IGDVS

Teachers Work Day
(no school)

Ashura

中小學春季班開始
IGDVS Spring Semester
begins

12/31/06 - 01/21/07 : Three-Week Winter Chan Session 冬季三週禪七
01/29/07 - 06/08 : DRBU Spring Semester 法大春季班
12/18/06 - 1/05/07 : IGDVS Winter Break 中小學寒假
01/30 - 6/08 IGDVS Spring Semester 中小學春季班

☪ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

清香湯麵 Fragrant Noodle Soup (約4人份approximately 4 servings)

材料：麵條4人份、金針20朵、炸豆包4片、竹筍300公克(半台斤)、五香豆干3片、清江菜300公克(半台斤)。調味料：醬油1茶匙、海鹽½茶匙、糖½茶匙。

- 步驟：1. 金針洗淨去老梗。炸豆包切絲。竹筍去外殼老皮切細絲。豆干洗淨切絲。清江菜洗淨備用。
2. 水入鍋放入竹筍煮滾，再用小火煮約10分鐘，加入金針、炸豆包絲、豆干絲再煮滾，加入所有的調味料，煮滾即成清香湯，備用。
3. 另一鍋水待滾，放入麵條煮至浮起，加入清江菜待滾，撈入步驟2.內，淋入少許香油即成。

Ingredients: 4 bundles dry noodles; 20 dried lily flowers; 4 fried tofu pouches; 300 gm bamboo shoots; 3 cakes 5-spice marinated tofu; 300 gm bok choy.

Seasoning: 1 tsp. soy sauce; ½ tsp. sea salt; ½ tsp. sugar.

- Steps: 1. Wash lily flowers and trim off tough ends of stalks. Julienne fried tofu pouches. Peel off the outer layer of bamboo shoots and julienne. Wash and julienne marinated tofu. Wash bok choy. Set ingredients aside.
2. Place bamboo shoots in a pot of water and bring to a boil; lower heat and simmer for 10 minutes. Add lily flowers, tofu pouches, marinated tofu, and seasonings. Bring to a boil, then lower the heat to simmer.
3. Meanwhile, in another pot of boiling water, cook noodles until they rise to the surface; blanch bok choy. Remove noodles and bok choy and add to the soup base from Step 2. Add flavored oil to taste and serve.



我深信，在人類演化過程裡，
逐漸擺脫吃其他動物肉的行為，
是人類命運的一部份。

—梭羅

*I have no doubt that it is a part of the destiny
of the human race, in its gradual improvement,
to leave off eating animals.*

—Henry David Thoreau

2007

FEBRUARY

冬 2

丁亥年正月
丙戌年十二月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

28 初十 29 十一 30 十二 31 十三 I 十四 2 十二月十五 3 十六

☞ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

4 十七 立春 5 十八 6 十九 7 二十 8 廿一 9 廿二 10 廿三

11 廿四 12 廿五 13 廿六 14 廿七 15 廿八 16 廿九 17 三十

華嚴菩薩聖誕
Avatamsaka Bodhisattva's
Birthday
中小學慶祝春節
IGDVS Chinese New Year
Celebration

除夕
Chinese New Year's Eve

18 正月初一 19 初二 雨水 20 初三 21 初四 22 初五 23 初六 24 初七

彌勒菩薩聖誕
Maitreya Bodhisattva's
Birthday
新年護國息災法會
Lunar New Year
Mantra Recitation
春節 Chinese New Year

中小學教師在職訓練
IGDVS Teachers Work Day
Presidents' Day (no school)

Ash Wednesday

定光佛聖誕
Samadhi Light Buddha's
Birthday

25 初八 26 初九 27 初十 28 十一 I 十二 2 十三 3 十四

帝釋天尊聖誕
Venerable God Shakra's
Birthday
上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

雲集百頁 Mixed Vegetables with Thick Spongy Tofu (約5人份 approximately 5 servings)

材 料：草菇半碗、香菇4朵、金針菇1把、大白菜1顆、百頁豆腐1條、紅蘿蔔片¼碗、芹菜適量。 調味料：海鹽1茶匙、薑絲1大匙、香油½匙、淡色醬油1大匙。

步 驟：1. 所有材料洗淨。大白菜橫切2公分寬。香菇泡軟，切絲。黑木耳切片。金針菇去根部，洗淨對切。芹菜切小段備用。百頁切成2x4公分長段，放入油鍋炸（或煎）成金黃色，起鍋，再放入炒鍋，加入淡色醬油1大匙、水半碗，用小火燜煮入味（約5分鐘），備用。

2. 油1茶匙入鍋，待熱，放入香菇絲、薑絲爆香，加入紅蘿蔔片略炒，再加入大白菜、草菇、黑木耳、金針菇入鍋，用小火燜煮約6分鐘，加入海鹽、芹菜，徐徐倒入少許水拌勻（勾薄芡），最後再加入步驟1.之百頁，淋上少許香油，拌均勻即可起鍋。

Ingredients : 4 dried Shiitaki mushrooms (soaked in warm water until soft); ½ cup straw mushrooms; 1 bunch golden-needle (Enokitaki) mushrooms; ½ cup black "wood ears," 1 head Napa cabbage; 1 cake spongy tofu; ¼ cup carrot slices; ¼ cup chopped celery.

Seasoning : 1 tsp. sea salt; 1 tbsp. shredded fresh ginger; ½ tsp. sesame oil; 1 tbsp. light soy sauce; 1 tsp. cornstarch (dissolved in ¼ cup water).

Steps : 1. Wash all ingredients. Chop Napa cabbage into 2-cm sections. Julienne the softened Shiitaki mushrooms. Cut the black "wood ears" into pieces.

Trim the stems of the golden-needle mushrooms. Dice the celery. Cut the spongy tofu into 2cm x 4cm pieces, pan or deep fry until golden brown, add light soy sauce and water, and simmer for about 5 minutes. Set all these prepared ingredients aside.
2. Heat one tsp. oil in a wok. When the oil becomes very hot, add the Shiitaki mushrooms and ginger and stir fry 15-20 seconds. Add carrots and continue to stir fry. Then add cabbage, straw mushrooms, black "wood ears" and golden-needle mushrooms. Reduce heat to low, and simmer for 6 minutes. Add sea salt and diced celery. While stirring, gradually pour in corn starch water until it congeals to a light sauce. Finally, add the spongy tofu from step 1, sprinkle with sesame oil, mix well, and serve.



食肉傷慈悲種子。
—釋迦牟尼佛

*The eating of meat extinguishes
the seed of great compassion.*
—Shakyamuni Buddha

2007
MARCH

春 3

丁亥年
正月、二月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

25 初八

26 初九

27 初十

28 十一

I 十二

2 十三

3 十四

☞ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

4 正月十五

5 十六

6 十七 驚蟄

7 十八

8 十九

9 二十

10 廿一

Holi
Purim
(first full day)

11 廿二

12 廿三

13 廿四

14 廿五

15 廿六

16 廿七

17 廿八

夏令時間開始
(撥快一小時)
Daylight Savings Time
begins 2:00 a.m.

St. Patrick's Day

18 廿九

19 二月初一

20 初二

21 初三 春分

22 初四

23 初五

24 初六

Mawlid an-Nabi (Prophet
Mohammad's Birthday)

Norooz (The New Day)

中小學教師在職訓練
IGDVS
Teachers Work Day

Ramayana begins

Earth Day

Western Vernal Equinox

25 初七

26 初八

27 初九

28 初十

29 十一

30 十二

31 十三

釋迦牟尼佛出家日
Shakyamuni Buddha's
Leaving Home Day
六祖惠能大師誕辰
Venerable Sixth Patriarch's
Birthday

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

Cesar Chavez Day
(California only)

觀音七灑淨
Purify the Boundaries
for Gwan Yin
Recitation (evening)

花菇麗芽 Shiitaki Mushroom with Cabbage Hearts (約5人份 approximately 5 servings)

材料：高麗菜芽 600 公克 (1台斤)、花菇 3 朵、紅蘿蔔片少許。 調味料：海鹽 ½ 茶匙、糖 ½ 茶匙。

- 步驟：1. 高麗菜芽洗淨，1個切成 4 瓣。花菇洗淨泡軟，瀝乾水份，斜刀切片。
2. 油 ½ 茶匙入炒鍋待熱，放入花菇略炒，加入高麗菜芽、紅蘿蔔片、海鹽、糖略炒，加入水半碗，用中小火燜煮約 6 分鐘即可起鍋。

Ingredients: ½ lb. (600 gm) cabbage hearts; 3 dried Shiitaki mushrooms (soaked in warm water until soft); ½ cup sliced carrot.

Seasoning: ½ tsp. sea salt; ½ tsp. sugar.

Steps: 1. Wash and quarter cabbage hearts. Wash the softened Shiitaki mushroom, drain and slice into sections.

2. Heat a small amount of oil in a wok, add sliced mushrooms to hot oil, and briefly stir-fry. Then add cabbage hearts, sliced carrots, sea salt, sugar and ½ cup of water (about 125 cc.).

Cover with a lid, and continue cooking over medium-low heat for 6 minutes.

Serve immediately.



我們不殺生也是修慈悲心。
—宣公上人

*By not killing living beings [by being vegetarian]
we are cultivating our minds of kindness and compassion.*
— Venerable Master Hsuan Hua

2007
APRIL

春 4

丁亥年
二月、三月

SUNDAY 日

MONDAY 一

TUESDAY 二

WEDNESDAY 三

FRIDAY 五

SATURDAY 六

1 十四

2 二月十五

3 十六

4 十七

5 十八 清明

6 十九

7 二十

慶祝觀音菩薩聖誕法會
Celebration of Gwan Yin
Bodhisattva's Birthday觀音七
Gwan Yin Recitation
*Palm Sunday*釋迦牟尼佛涅槃日
Shakyamuni Buddha's
Nirvana Day觀音七
Gwan Yin Recitation觀音七
Gwan Yin Recitation
*Passover (1st full day)*觀音七
Gwan Yin Recitation觀音七
Gwan Yin Recitation觀音菩薩聖誕
Gwan Yin Bodhisattva's
Birthday (actual day)觀音七
Gwan Yin Recitation
*Good Friday*觀音七圓滿日
Completion of Gwan Yin
Recitation

8 廿一

9 廿二

10 廿三

11 廿四

12 廿五

13 廿六

14 廿七

普賢菩薩聖誕
Universal Worthy
Bodhisattva's Birthday基礎班禪三開始
Chan Meditation begins
*Easter*基礎班禪三
Chan Meditation基礎班禪三
Chan Meditation基礎班禪三圓滿
Completion of Chan
Meditation

15 廿八

16 廿九

17 三月初一

18 初二

19 初三

20 初四 穀雨

21 初五

中小學春假開始
IGDVS
Spring Break begins中小學春假結束
IGDVS
Spring Break ends

22 初六

23 初七

24 初八

25 初九

26 初十

27 十一

28 十二

萬佛寶懺灑淨
Purify the Boundaries for
Ten Thousand Buddhas
Jeweled Repentance
(evening)萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance

29 十三

30 十四

1 十五

2 十六

3 十七

4 十八

5 十九

萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance萬佛寶懺
Ten Thousand Buddhas
Jeweled Repentance4/01 - 4/07 : Gwan Yin Recitation 觀音七
4/08 - 4/11 : Three days of Chan Meditation 基礎班禪三
4/25 - 5/17 : Ten Thousand Buddhas Repentance 萬佛寶懺
4/16 - 4/20 : IGDVS Spring Break 中小學春假

☉ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

蕃茄豆腐 *Tofu with Tomatoes* (約5人份 approximately 5 servings)

材 料：板豆腐1塊、番茄2個、皇帝豆4兩。 調味料：海鹽1茶匙、糖1茶匙。

步 驟：1. 板豆腐、番茄洗淨都切大丁。皇帝豆汆燙撈起，瀝乾水份。
2. 油入炒鍋，倒入番茄丁略炒香，加入所有的材料及調味料，加入1杯自製高湯（或清水）
用小火燜煮約5分鐘（中途可開蓋輕輕翻動），徐徐倒入芡水拌勻（勾薄芡）即可起鍋。**Ingredients :** 1 large cake firm tofu; 2 tomatoes; 150 gm jumbo lima beans;
1 cup vegetarian soup stock (or plain water); 1 tsp. cornstarch (dissolved in ¼ cup water).**Seasonings :** 1 tsp. sea salt; 1 tsp. sugar.**Steps :** 1. Boil jumbo lima beans until cooked, remove from water, and allow to drain. Cut tofu and tomatoes into cubes.
2. Heat 1 tbsp. oil in a wok. Add tomatoes and stir fry until fragrant (1-2 minutes).
Add the rest of the ingredients, seasonings, and soup stock (or water).
Cover and simmer for 5 minutes, stirring occasionally. Uncover and gradually pour in corn starch water until it forms a light sauce. Serve hot.

有屠宰場的地方，
就有戰場。

—托爾斯泰

*As long as there are slaughterhouses,
there will be battlefields.*

—Tolstoy



2007
MAY

春 5

丁亥年
三月、四月

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
29 十三	30 十四	1 三月十五 常智大師出家日 Great Master Chang Jr's Leaving Home Day 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	2 十六 準提菩薩聖誕 Cundi Bodhisattva's Birthday 宣公上人誕辰 Venerable Master Hua's Birthday 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	3 十七 常仁大師誕辰 Great Master Chang Ren's Birthday 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance National Day of Prayer	4 十八 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	5 十九 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance Cinco de Mayo
6 二十 立夏	7 廿一	8 廿二	9 廿三	10 廿四	11 廿五	12 廿六
萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance
13 廿七	14 廿八	15 廿九	16 三十	17 四月初一	18 初二	19 初三
萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance Mother's Day	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	萬佛寶懺圓滿日 Completion of Ten Thousand Buddhas Jeweled Repentance		
20 初四	21 初五 小滿	22 初六	23 初七	24 初八	25 初九	26 初十
文殊菩薩聖誕 Manjushri Bodhisattva's Birthday 慶祝 釋迦牟尼佛聖誕法會 Celebration of Shakyamuni Buddha's Birthday	中小學教師在職訓練 IGDVS Teachers Work Day (no school) Victoria Day (Canada)		Shavuot (first full day)	釋迦牟尼佛聖誕法會 Shakyamuni Buddha's Birthday (actual day)		上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana
27 十一	28 十二	29 十三	30 十四	31 四月十五	1 十六	2 十七
	法界佛教總會 僧伽大會 DRBA Sangha Meeting 中小學教師在職訓練 IGDVS Teachers Work Day Memorial Day (no school)					

☸ : 投三皈五戒 3 Refuges / 5 Precepts
☞ : 早課唱誦寶鼎讚
Incense Praise at Morning Recitation

雙菇芥藍 Double Mushroom Stir Fried with Chinese Broccoli (約5人份 approximately 5 servings)

材 料：芥藍菜1斤、柳松菇1小盒、秀珍菇1小盒、紅甜椒半個。 調味料：薑末少許、麻油1大匙、淡色醬油 ½ 茶匙、海鹽 ½ 茶匙。

步 驟：1. 洗淨所有材料。芥藍菜切約4公分長段，入滾水焯燙，用冷水漂涼，瀝乾水份，備用。柳松菇去根部。紅甜椒切絲。
2. 麻油1大匙入炒鍋，待熱，放入薑末略炒，加入柳松菇、秀珍菇、紅甜椒絲，翻炒至軟（約3分鐘），加入淡色醬油、芥藍菜、海鹽等，翻炒均勻即可起鍋。

Ingredients : 1½ lbs. (600 gm) Chinese broccoli; 1 box brown sword-belt (Liu Song) mushrooms; 1 box mini-mushrooms; ½ red bell pepper.

Seasoning : 1 tbsp. shredded fresh ginger; 1 tbsp. sesame oil; ½ tsp. light-colored soy sauce; ½ tsp. sea salt.

Steps : 1. Wash all ingredients. Cut Chinese broccoli into 2-inch pieces; cook 1-2 minutes in rapidly boiling water, remove, rinse with cold water, and drain. Trim the stems of the Song-Liu mushrooms. Julienne the red bell pepper.
2. Heat the sesame oil in a wok, add the ginger, and stir fry until fragrant. Then add the Liu-Song mushrooms, mini-mushrooms and red bell pepper. Stir fry until soft (about 3 minutes). Add light-colored soy sauce, Chinese broccoli, and sea salt. Continue stir frying briefly to thoroughly mix all ingredients. Serve immediately.



種種災難，都是因為殺生而結
的怨氣充滿宇宙才形成的。
人人若能戒殺放生，不吃
一切肉類，則人的暴力思想
就會消除。 —宣公上人

*Every kind of disaster proceeds from the force of resentment that
invisibly fills the Universe as a result of killing. Only if people
refrain from slaughtering animals, liberate them, and abstain from
eating their flesh, will people's thoughts of violent aggression end.*

—Venerable Master Hsuan Hua



2007
JUNE

夏 6

丁亥年
四月、五月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

27 一 28 二 29 三 30 四 31 五 I 十六 2 十七

6/04 - 6/08 : DRBU Spring Final Exams week 法大春季班期末考
 6/05 - 6/07 : IGDVS Final Exams 中小學期末考
 6/07 - 6/08 : IGDVS Graduation 中小學畢業典禮

☞ : 3 Refuges / 5 Precepts 授三皈五戒
 ☞ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

3 十八 4 十九 5 二十 6 廿一 芒種 7 廿二 8 廿三 9 廿四

法大春季班
 期末考開始
 DRBU Spring
 Final Exams Week begins

中小學期末考
 IGDVS Final Exams

中小學期末考
 IGDVS Final Exams

中小學期末考
 IGDVS Final Exams
 中小學畢業典禮
 IGDVS Boys' Graduation

法大春季班課程結束
 DRBU Spring Academic
 Classes end
 中小學畢業典禮
 IGDVS Girls' Graduation

10 廿五 11 廿六 12 廿七 13 廿八 ☞ 14 廿九 15 五月初一 ☞ 16 初二

藥王菩薩聖誕
 Medicine King
 Bodhisattva's Birthday

Flag Day

17 初三 18 初四 19 初五 20 初六 21 初七 22 初八 夏至 23 初九

加拿大端午節
 Dragon-boat Festival
 (Canada)

Juneteenth

Summer Solstice

24 初十 ☞ 25 十一 26 十二 27 十三 ☞ 28 十四 29 五月十五 ☞ 30 十六

宣公上人涅槃
 十二週年紀念法會
 Twelfth Anniversary of
 Venerable Master Hua's
 Entering Nirvana
 (actual day)

傳授在家菩薩戒
 Transmission of
 Lay Bodhisattva Precepts

傳授在家菩薩戒
 Transmission of
 Lay Bodhisattva Precepts

伽藍菩薩聖誕
 Chye Lan Bodhisattva's
 Birthday

傳授在家菩薩戒
 Transmission of
 Lay Bodhisattva Precepts

凉拌粉絲 Green Bean Thread Salad (約5人份 approximately 5 servings)

材 料：寬冬粉 2 把 (洗濕後約 1.5 碗)、紅蘿蔔絲 ¼ 碗、小黃瓜絲 ½ 碗。
 調味料：薑絲 ¼ 碗、醬油膏 1 大匙、糖 ½ 茶匙、醋 1 茶匙、香油少許。
 步 驟：1. 冬粉洗淨汆燙撈起備用。將調味料全部加在一碗中調均勻備用。
 2. 在食用前，將步驟 1. 加入紅蘿蔔絲、小黃瓜絲全部拌勻即可。

Ingredients : 2 bunches wide green-bean thread (soaked in water);
 ¼ cup shredded carrot; ½ cup shredded cucumber.

Seasonings : ¼ cup shredded fresh ginger; 1 tbsp. soy paste; 1 tsp. sugar; 1 tsp. balsamic vinegar; dash sesame oil.

Steps : 1. Soak and rinse the green-bean thread, and then cook briefly in rapidly boiling water. Drain.
 Place threads in a large bowl, add seasonings, and mix well.
 2. Finally, add shredded carrot, shredded cucumber, and toss well.
 (Note: may be slightly chilled before serving.)



人類對一切眾生都能慈悲相待，人類才能真正得到和平。

—史懷哲醫生

*Until he extends his circle of compassion
to all living things, man himself will not find peace.*

—Albert Schweitzer



2007
JULY

夏 7 丁亥年
五月、六月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

1 十七 2 十八 3 十九 4 二十 5 廿一 6 廿二 7 廿三 小暑

Canada Day

法大夏季班開始
DRBU Summer Session
begins

護國息災法會
Mantra Recitation for the
Welfare of the Nation
美國國慶日
U.S. Independence Day

8 廿四 9 廿五 10 廿六 11 廿七 12 廿八 13 廿九 14 六月初一

15 初二 16 初三 17 初四 18 初五 19 初六 20 初七 21 初八

韋馱菩薩聖誕
Wei Tou Bodhisattva's
Birthday

22 初九 23 初十 大暑 24 十一 25 十二 26 十三 27 十四 28 六月十五

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

觀音七灑淨
Purify the Boundaries for
Gwan Yin Recitation
(evening)
常仁大師悟道日
Great Master
Chang Ren's
Enlightenment Day

29 十六 30 十七 31 十八 1 十九 2 二十 3 廿一 4 廿二

宣公上人日
Ven. Master Hua's Day
慶祝觀音菩薩成道法會
Celebration of
Gwan Yin Bodhisattva's
Enlightenment
觀音七
Gwan Yin Recitation

常智大師誕辰
Great Master Chang
Jr's Birthday
觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

7/02 - 8/17 : DRBU Summer Session 法大夏季班
7/29 - 8/04 : Gwan Yin Recitation 觀音七

☸ : 3 Refuges / 5 Precepts 授三皈五戒
☯ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

蓮池海會 Lotus Sea Assembly (約5人份approximately 5 servings)

材料：冬瓜1片(約600公克=1台斤)、蓮子1碗半、竹筴6條、草菇半碗、金針菇1把、鮮香菇半碗。調味料：薑絲1大匙、海鹽½茶匙。
步驟：1. 洗淨所有材料。冬瓜去皮去籽，切大片。蓮子洗淨，入水煮熟備用。竹筴洗淨切段，汆燙。金針菇去根部，對切。香菇泡軟，切絲。
2. 湯鍋入水煮開，放入冬瓜，用中火煮15分鐘，加入蓮子、竹筴、草菇、金針菇、鮮香菇、薑絲、海鹽，再煮5分鐘即可起鍋。

Ingredients : One large chunk (1½ lb./600 gm) winter melon; 1½ cups lotus seeds; 6 strips bamboo fungus; ½ cup straw mushrooms; 1 bunch golden-needle (Enokitaki) mushrooms; ½ cup fresh (or dried, soaked) Shiitaki mushrooms.

Seasonings : 1 tbsp. shredded fresh ginger; ½ tsp. sea salt.

Steps : 1. Wash all ingredients. Julienne Shiitaki mushrooms. Wash lotus seeds, place in a pot of boiling water, and cook until tender; drain and set aside. Peel the skin and remove seeds from the winter melon, cut into large chunks, and set aside. Wash the bamboo sprouts and cut into short, thin strips; boil briefly (1-2 min.), drain and set aside.
2. Add the winter squash to rapidly boiling water, then lower heat to medium, and cook for 15 minutes. Add lotus seeds, bamboo shoots, straw mushrooms, golden mushrooms, Shiitaki mushrooms, ginger, and sea salt. Cook for 5 more minutes, and serve.



世界上所有的人不食眾生肉；
都吃齋、戒殺、放生，
這樣世界災難就會消滅於
無形，就能挽回劫運。

—宣公上人

*If all people would abstain from meat, embrace a
vegetarian diet, hold the precept against killing, and
release animals intended for slaughter, then disasters
would imperceptibly be eliminated and impending
doom averted.*

—Venerable Master Hsuan Hua

2007
AUGUST

夏 8

丁亥年
六月、七月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

29 十六

30 十七

31 十八

I 十九

2 二十

3 廿一

4 廿二

8/05 - 8/08 : Introduction to Chan Meditation 基礎班禪三
8/06 - 8/13 : DRBY Summer Retreat 法界佛教青年會夏令研習營

☞ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

觀音菩薩成道日
Gwan Yin Bodhisattva's
Enlightenment (actual day)

觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

觀音七圓滿日
Completion of
Gwan Yin Recitation

5 廿三

6 廿四

7 廿五

8 廿六 立秋

9 廿七

10 廿八

11 廿九

基礎班禪三晚上開始
Introduction to Chan
Meditation begins
(evening)

基礎班禪三
Chan Meditation
Civic Holiday (Canada)

基礎班禪三
Chan Meditation

基礎班禪三圓滿
Completion of
Chan Meditation
(evening)

12 三十

13 七月初一

14 初二

15 初三

16 初四

17 初五

18 初六

法大夏季班
期末考試開始
DRBU
Summer Finals week
begins

法大夏季班結束
DRBU Summer Session
Ends

19 初七

20 初八

21 初九

22 初十

23 十一 處暑

24 十二

25 十三

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

大勢至菩薩聖誕日
Great Strength
Bodhisattva's Birthday

26 十四

27 七月十五

28 十六

29 十七

30 十八

31 十九

I 二十

慶祝盂蘭盆法會
Celebration of Ullambana

盂蘭盆節
Ullambana (actual day)

青江香菇 *Baby Bok Choy with Mushroom* (約5人份 approximately 5 servings)

材料: 青江菜 600 公克 (1 台斤)、乾香菇 3 朵、金針菇 1 把、紅蘿蔔 1/5 條。調味料: 薑絲 1 大匙、海鹽 1/2 茶匙、香油少許。

步驟: 1. 青江菜洗淨備用。乾香菇泡軟, 擠乾水份切絲。金針菇去根部, 洗淨對切。紅蘿蔔去皮洗淨切絲。

2. 油 1 大匙入炒鍋, 放入香菇絲、薑絲略炒香, 放入紅蘿蔔絲、青江菜煮約 2 分鐘, 再放海鹽, 加入金針菇拌炒均勻, 洒上少許香油, 即可起鍋。

Ingredients: 600 gm (1 Chinese lb.) baby bok choy; 3 dried Shiitaki mushrooms (soaked in water until soft); 1 bunch golden-needle (Enokitaki) mushrooms; 1/5 large carrot stick (top section).

Seasoning: 1 tbsp. shredded fresh ginger; 1/2 tsp. sea salt; dash sesame oil.

Steps: 1. Wash baby bok choy, drain, and set aside. Squeeze the water from the Shiitaki mushrooms, and julienne.

Trim the stems of the golden-needle mushrooms and cut mushrooms crosswise in half. Peel and julienne the carrot.

2. Heat 1 tbsp. oil in a wok. Add mushrooms, ginger, and carrot and begin to stir fry. Add baby bok choy, and continue stir frying for about 2 minutes. Flavor with sea salt. Finally, toss in golden-needle mushrooms, sprinkle with sesame oil, and serve immediately.



一個國家偉大之處，
可由該國對待動物的
方法中顯露無遺。

——甘地

*The greatness of a nation and its moral progress
can be judged by the way its animals are treated.*

——Mahatma Gandhi

2007

SEPTEMBER

秋 9

丁亥年
七月、八月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

26 十四 27 七月十五 28 十六 29 十七 30 十八 31 十九 I 二十

9/17 - 12/21 : DRBU Fall Semester Academic Classes 法大秋季班課程

☉ : 3 Refuges / 5 Precepts 授三皈五戒

☪ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

2 廿一 普庵祖師誕辰 Patriarch Pu An's Birthday	3 廿二 Labor Day	4 廿三 法大秋季班註冊 DRBU Fall Registration/ Orientation	5 廿四 法大秋季班註冊 DRBU Fall Registration/ Orientation 龍樹菩薩聖誕 Nagarjuna (Dragon Tree) Bodhisattva's Birthday	6 廿五	7 廿六	8 廿七 白露 地藏七灑淨 Purify the Boundaries for Earth Store Recitation (evening)
9 廿八 慶祝地藏菩薩聖誕 法會 Celebration of Earth Store Bodhisattva's Birthday 地藏七 Earth Store Recitation	10 廿九 地藏菩薩聖誕 Earth Store Bodhisattva's Birthday (actual day) 盧雲老和尚誕辰 Venerable Master Hsu Yun's Birthday 地藏七 Earth Store Recitation Grandparent's Day	11 八月初一 地藏七 Earth Store Recitation	12 初二 地藏七 Earth Store Recitation	13 初三 六祖惠能大師涅槃日 Venerable Sixth Patriarch's Nirvana Day 地藏七 Earth Store Recitation Ramadan Rosh Hashanah (first full day)	14 初四 地藏七 Earth Store Recitation	15 初五 地藏七圓滿日 Completion of Earth Store Recitation (evening)
16 初六	17 初七 法大秋季班開學 DRBU Fall Semester Classes begin	18 初八	19 初九	20 初十 上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana	21 十一 United Nations International Day of Peace	22 十二 Yom Kippur
23 十三 秋分 Western Autumnal Equinox	24 十四	25 八月十五 中秋節 Mid-Autumn Festival	26 十六	27 十七 Sukkot (first full day)	28 十八	29 十九 孔子誕辰紀念日 Confucius' Birthday
二十 30						

甘鹹花生 Sweet and Salty Peanuts (約5人份 approximately 5 servings)

材 料：生花生300公克（半台斤）。 調味料：八角3粒、檸檬汁1大匙、醬油2大匙。

步 驟：1. 花生洗淨，加一倍水，煮滾，倒掉水，再加一倍水、八角、檸檬汁、醬油，用大火煮開，用小火燜煮至花生熟透（約1小時）即成。（若鹹度不夠，再加少許海鹽。）

Ingredients : 2/3 lb (300 gm) raw peanuts.

Seasoning : Three pieces star anise; 1 tbsp. lemon juice; 2 tbsp. soy sauce.

Steps : 1. Thoroughly wash peanuts and place in a cooking pot. Cover with cool water to twice the volume of the peanuts. Bring to a boil, and then remove from the stove, and drain the peanuts (discarding the skins). Cover the peanuts again with twice the volume of fresh, cool water. Add star anise, lemon juice, and soy sauce. Again bring the water to a boil; then, turn the temperature to low and simmer until the peanuts are soft (about 1 hour). Season with sea salt to taste. May be served hot or allowed to cool.



總有那麼一天，
人類會視宰殺動物
如同謀殺同胞一般。

——達文奇

*The time will come when men such as I
will look upon the murder of animals
as they now look on the murder of men.*

——Leonardo da Vinci

2007
OCTOBER 秋 10

丁亥年
八月、九月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

30 二十 1 廿一 2 廿二 3 廿三 4 廿四 5 廿五 6 廿六

7 廿七 8 廿八 9 廿九 寒露 10 三十 11 九月初一 12 初二 13 初三

加拿大感恩節
Canadian
Thanksgiving Day
Columbus Day (observed)

'Eid al-Fitr
(Ramadan ends)

14 初四 15 初五 16 初六 17 初七 18 初八 19 初九 20 初十

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

21 十一 22 十二 23 十三 24 十四 霜降 25 九月十五 26 十六 27 十七

虛雲老和尚涅槃日
Venerable Master
Hsu Yun's Nirvana Day

United Nations Day

常仁大師出家日
Great Master Chang Ren's
Leaving Home Day

宣公上人出家日
Venerable Master Hua's
Leaving Home Day

觀音七灑淨
Purify the Boundaries for
Gwan Yin Recitation
(evening)

常智大師悟道日
Great Master Chang Jr's
Enlightenment Day

28 十八 29 十九 30 二十 31 廿一 1 廿二 2 廿三 3 廿四

慶祝觀音菩薩出家法會
Celebration of Gwan Yin
Bodhisattva's Leaving Home

觀音菩薩出家日
Gwan Yin Bodhisattva's
Leaving Home Day
(actual day)

觀音七
Gwan Yin Recitation

10/28 - 11/03 : Gwan Yin Recitation 觀音七

☞ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

Halloween

簡易藥膳 Plain Stewed Invigorating Herbs (約4人份approximately 4 servings)

材 料：加味四物一包（當歸 川芎 白芍 熟地 紅棗 枸杞）、自製炸麵筋糰3個。

調味料：海鹽少許（亦可不加）。

步 驟：1. 取一盅或陶瓷大碗，放入四物、麵筋糰、開水，入蒸鍋，用中火蒸約 50-60 分鐘（或用電鍋蒸）即可食用。

Ingredients : One pouch "Four Herbs" plus Jujube (Chuanxiong rhizome, rehmannia root, root of paeonia lactiflora, fruit of wolfberry, jujube dates); 3 globs of homemade gluten, cut in large cubes and deep-fried.

Seasoning : Sea salt to taste.

Steps : 1. Place the pouch of Four Herbs plus Jujube into a crock pot, along with the prepared gluten. (In place of a crock pot, one may use a large porcelain bowl set inside a rice cooker or steamer.) Cover ingredients with hot water, place the lid on top, and stew or steam for 50-60 minutes. Serve hot.



人若禁食哪一類眾生，
即是度那一類眾生。

—宣公上人

*You are, in effect, saving the species of
whatever kind of living being you choose
to refrain from eating.*

—Venerable Master Hsuan Hua



2007

NOVEMBER 秋 11

丁亥年
九月、十月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

28 十八 29 十九 30 二十 31 廿一 I 廿二 2 廿三 3 廿四

11/04 - 11/07 : Introduction to Chan Meditation 基礎班禪三
11/22 - 11/25 : Introduction to Chan Meditation 基礎班禪三

☯ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

觀音七
Gwan Yin Recitation

觀音七
Gwan Yin Recitation

觀音七圓滿日
Completion of
Gwan Yin Recitation

4 廿五 5 廿六 6 廿七 7 廿八 8 廿九 立冬 9 三十 10 十月初一

基礎班禪三
Introduction to Chan
Meditation begins
(evening)

夏令時間結束
Return to
Standard Time at 2:00 a.m.

基礎班禪三
Chan Meditation

基礎班禪三
Chan Meditation
Election Day (U.S.)

基礎班禪三圓滿
Completion of Chan
Meditation

藥師佛聖誕
Medicine Master
Buddha's Birthday
Diwali (Deepawali)

II 初二 12 初三 13 初四 14 初五 15 初六 16 初七 17 初八

Veteran's Day (U.S.)

法界佛教總會
僧伽大會
DRBA Annual
Sangha Mtg.
Veteran's Day Observed

達摩祖師誕辰
Venerable First Patriarch
Bodhidharma's Birthday

18 初九 19 初十 20 十一 21 十二 22 十三 23 十四 小雪 24 十月十五

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

中華民國國慶日
National Day of R.O.C.

基礎班禪三
Introduction to Chan
Meditation begins
(evening)

基礎班禪三
Chan Meditation

感恩節 (no school)
Thanksgiving Day

感恩節
(no school)

基礎班禪三
Chan Meditation

25 十六 26 十七 27 十八 28 十九 29 二十 30 廿一 I 廿二

基礎班禪三圓滿
Completion of Chan
Meditation

雪菜豆干 *Pickled Mustard Greens with Bean Curd* (約5人份 approximately 5 servings)

材 料：五香豆干5塊、雪裡紅600公克(1台斤)、蠶豆仁半碗、辣椒少許。調味料：海鹽 ¼ 茶匙、糖 ¼ 茶匙、薑末 1 茶匙。

步 驟：1. 豆干洗淨，切細丁。雪裡紅洗淨，切細段。蠶豆仁，對剝成兩片，汆燙。辣椒洗淨，切丁。

2. 油入炒鍋，待熱，放入薑末、辣椒丁炒香，加入豆干續炒香，加入雪裡紅、蠶豆仁、及海鹽、糖等調味料，炒透(約2分鐘)，即可起鍋。

Ingredients : 5 cakes five-spice marinated tofu; 1½ lbs/600 gm pickled mustard greens; ½ cup shelled broad beans; fresh red chili pepper (to taste)

Seasonings : ¼ tsp. sea salt; ¼ tsp. sugar; 1 tsp. finely diced fresh ginger.

Steps : 1. Rinse tofu, drain, and cut into small cubes. Wash pickled mustard greens, and dice into tiny chunks.

Blanch shelled broad beans in a pot of rapidly boiling water, drain, and set aside.

2. Heat 1 tbsp. oil in a wok. Add chopped ginger, red chili pepper, and briefly stir fry. Then add tofu cubes and continue to stir fry until fragrant (1-2 minutes). Finally, add mustard greens, broad beans, sea salt, and sugar. Cook well for another two minutes, and serve.



眾生肉是好吃的，
但我們為什麼不吃呢？
就因為我們要有慈悲心，
要有愛護眾生的心。

——宣公上人

*If the flesh of living beings is so delicious,
why do we refuse to eat it? It is because we wish
to be compassionate and to cherish living beings.*

——Venerable Master Hsuan Hua

2007
DECEMBER 冬 12

丁亥年
十月、十一月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

2 廿三 3 廿四 4 廿五 5 廿六 6 廿七 7 廿八 大雪 廿九 廿一 I

Advent

Hanukkah
(begins after sundown)

8 廿九

9 三十 10 十一月初一 11 初二 12 初三 13 初四 14 初五 15 初六

Hanukkah
(ends after sundown)

16 初七 17 初八 18 初九 19 初十 20 十一 21 十二 22 十三 冬至

法大秋季班
期末考試開始
DRBU Fall Finals week
begins

上人涅槃每月紀念日
Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

Eid al-Adha
(Festival of Sacrifice)

法大秋季班
課程結束
DRBU Fall Academic
Classes end

彌陀七灑淨
Purify the Boundaries
for Amitabha Buddha
Recitation (evening)
Yule
Western Winter Solstice

23 十四 24 十一月十五 25 十六 26 十七 27 十八 28 十九 29 二十

慶祝
阿彌陀佛聖誕法會
Celebration of Amitabha
Buddha's Birthday
彌陀七
Amitabha Buddha
Recitation

彌陀七
Amitabha Buddha
Recitation
Christmas Eve

彌陀七
Amitabha Buddha
Recitation
Christmas Day (observed)

阿彌陀佛聖誕
Amitabha Buddha's
Birthday (actual day)
彌陀七
Amitabha Buddha
Recitation
Boxing Day (Canada)
Kwanzaa begins

彌陀七
Amitabha Buddha
Recitation
Chinese Winter Solstice

彌陀七
Amitabha Buddha
Recitation

彌陀七圓滿
Completion of Amitabha
Buddha Recitation

30 廿一 31 廿二 I 廿三 2 廿四 3 廿五 4 廿六 5 廿七

禪七開始
Chan Meditation begins
(evening)

禪七 Chan Meditation
元旦 New Year's Eve

12/23 - 12/29 : Amitabha Buddha Recitation 彌陀七
12/30/07 - 1/20/08 : Three-Week Winter Chan Session 冬季三週禪七

☉ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

芥菜腰果 Chinese Mustard Greens with Cashews (約5人份approximately 5 servings)

材料：芥菜仁2顆、炸腰果1杯、草菇半杯、美白菇半碗、皇帝豆半碗。調味料：海鹽½茶匙、香油少許、芡汁少許。

步驟：1. 洗淨所有材料備用。芥菜仁切大片。2. 將芥菜仁、皇帝豆，分別入沸水中汆燙，撈起，入冷水漂涼，瀝乾水份。草菇、美白菇去根部，瀝乾水份，備用。（炸腰果：冷油入鍋，即放入生腰果，用小火慢炸，變色即可起鍋，瀝乾油份即成。）3. 油1大匙入炒鍋，待熱，放入草菇、美白菇略炒香，加入水2杯煮開，再放入芥菜仁、皇帝豆、海鹽略翻炒，徐徐倒入少許芡汁勾薄芡，起鍋入盤，灑上腰果、及少許香油即成。

Ingredients : 2 bunches Chinese mustard green stems; 1 cup fried cashews*; ½ cup straw mushrooms; ½ cup fresh white button mushrooms; ½ cup jumbo lima beans. Seasonings : ½ tsp. sea salt; dash sesame oil; 1 tsp. corn starch (dissolved in 2 tbsp. cool water).

Steps : 1. Wash all ingredients. Cut mustard green stems into large pieces. 2. Blanch mustard greens and lima beans separately in rapidly boiling water, remove from water, rinse with cold water, and set aside to drain. Wash straw mushrooms and button mushrooms, trim their stems, and set aside. 3. Heat 1 tbsp. oil in a wok, add straw and fresh mushrooms, and briefly stir fry; add 2 cups of water, and bring to a boil. Then, add mustard greens, lima beans, and sea salt, continuing to stir fry. Gradually add cornstarch-water until the vegetables are coated with a light sauce. Place the mixture in a dish, sprinkle with fried cashews and sesame oil, and serve.

(*Fried cashews: place cold oil and cashew into wok. Fry cashews over low heat until their color turns golden brown. Remove from oil & let drain.)



時時佛光普照
日日如意吉祥
月月福慧雙增
年年壽祿無量

——宣公上人

*At all times, Buddha light universally shines;
Day in and day out "as you will" and auspicious;
Each month, both blessings and wisdom increase;
Every year, long life and good fortune never ending*

——Venerable Master Hsuan Hua

2008
JANUARY

冬 1

丁亥年
十一月、十二月

SUNDAY 日 MONDAY 一 TUESDAY 二 WEDNESDAY 三 THURSDAY 四 FRIDAY 五 SATURDAY 六

30 廿一

31 廿二

1 廿三

2 廿四

3 廿五

4 廿六

5 廿七

禪七 Chan Meditation

元旦 New Year's Day

Kwanzaa ends

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

6 廿八 小寒

7 廿九

8 十二月初一

9 初二

10 初三

11 初四

12 初五

禪七 Chan Meditation

Epiphany

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

Muharram (Hijra,
Islamic New Year, 1st day)

禪七 Chan Meditation

禪七 Chan Meditation

13 初六

14 初七

15 初八

16 初九

17 初十

18 十一

19 十二

釋迦牟尼佛成道日

Anniversary of
Shakyamuni
Buddha's Enlightenment

禪七 Chan Meditation

禪七 Chan Meditation

Martin Luther King Jr. Day

禪七 Chan Meditation

上人涅槃每月紀念日

Monthly Memorial of
Venerable Master Hua's
Entering Nirvana

禪七 Chan Meditation

禪七 Chan Meditation

禪七 Chan Meditation

Ashura

20 十三

21 十四 大寒

22 十二月十五

23 十六

24 十七

25 十八

26 十九

禪七圓滿日
Completion of
Chan Meditation (evening)

法大秋季班結束
DRBU Fall Semester ends

World Religions Day

法大春季班註冊開始
DRBU Spring
Registration Orientation

法大春季班註冊開始
DRBU Spring
Registration Orientation

27 二十

28 廿一

29 廿二

30 廿三

31 廿四

1 廿五

2 廿六 立春

01/28/08 - 06/13/08 : DRBU Spring Semester
法大春季班

法大春季班開始
DRBU Spring Semester
begins

☯ : Incense Praise at Morning Recitation
早課唱誦寶鼎讚

桂圓糯米糕 Sweet Rice Cake with Longyan ("Dragon Eyes") Fruit (約5人份 approximately 5 servings)

材 料：圓糯米1斤、桂圓肉7分滿碗、金橘餅2個。 調味料：紅糖1杯。

步 驟：1. 金橘餅切開去籽，再切成細丁。糯米洗淨，加水泡30分鐘，倒掉水，加入2杯水，外鍋1杯水，放入電鍋煮熟，再燜30分鐘。
(開蓋，看看米是否已熟透，若仍未熟透時，可洒一些水再燜，電鍋再切電一次。)

2. 加入桂圓肉、金橘餅丁、紅糖攪拌均勻，不用加水，再將電鍋切一次電，待其跳起，再燜30分鐘，起鍋，倒入平盤，抹平，待涼，切成塊狀即可取食。

Ingredients : 1½ lb (1 Chinese lb) sweet rice; ¾ cup dried, pitted longyan fruit; 2 sugar-preserved kumquat. Seasoning : 1 cup dark brown sugar.

Steps : 1. Cut open the preserved kumquats, remove the seeds, and finely dice. Wash the sweet rice well, then cover with cool water and soak for 30 minutes; drain, place in a pot, and cover with 2 cups of cool water. Pour 1 cup water into an electric rice cooker, then place the pot of rice inside the cooker, and follow the normal procedure for cooking rice. When done, check the rice, and if too dry, sprinkle with water. Then replace the lid and turn the rice cooker on again and continue cooking until the rice cooker turns itself off once more.

2. Add longyan, diced kumquat, and dark brown sugar to the rice, and mix well.

Turn the rice cooker on one more time (no need to add more water).

When done, allow the rice to set in the pot for 30 minutes before turning onto a plate. Flatten the rice cake, let set, and cut into pieces to serve.





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