

BODHI  
SWEET DEW

菩提甘露

2007

CALENDAR 月曆

Dharma Realm Buddhist Association

THE 3034<sup>th</sup> 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、十二月

SUNDAY 日	MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五	SATURDAY 六
31 十二	I 十三  <i>Kwanzaa ends</i> 元旦 New Year's Day 禪七 Chan Meditation	2 十四 禪七 Chan Meditation	3 十一月十五 〇 禪七 Chan Meditation	4 十六 禪七 Chan Meditation	5 十七 阿彌陀佛聖誕 Amitabha Buddha's Birthday (actual day) 中小學冬假結束 IGDVS Winter Break ends <i>Epiphany</i> 禪七 Chan Meditation	6 十八 小寒 禪七 Chan Meditation
7 十九 禪七 Chan Meditation	8 二十 禪七 Chan Meditation	9 廿一 禪七 Chan Meditation	10 廿二 禪七 Chan Meditation	11 廿三 禪七 Chan Meditation	12 廿四 禪七 Chan Meditation	13 廿五 禪七 Chan Meditation
14 廿六 禪七 Chan Meditation	15 廿七 禪七 Chan Meditation Martin Luther King Jr. Day, Observed	16 廿八 禪七 Chan Meditation	17 廿九 禪七 Chan Meditation	18 三十 禪七 Chan Meditation	19 十二月初一 禪七 Chan Meditation	20 初二 大寒 禪七 Chan Meditation <i>Muharram (Hijra, Islamic New Year, 1st day)</i>
21 初三 禪七圓滿日 Completion of Chan Meditation (evening) 法大秋季班結束 DRBU Fall Semester Ends <i>World Religion Day (Bahai)</i>	22 初四 法大春季班開始 DRBU Spring Semester begins 中小學教師在職訓練 IGDVS Teachers Work Day <i>(no school)</i> <i>Ashura</i>	23 初五 法大春季班註冊開始 DRBU Spring Registration/Orientation 中小學春季班開始 IGDVS Spring Semester begins	24 初六 法大春季班註冊開始 DRBU Spring Registration/Orientation	25 初七 中小學期末考 IGDVS Final Exams	26 初八 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	27 初九
28 初十 上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana	29 十一 法大春季班開始 DRBU Spring Semester begins 中小學教師在職訓練 IGDVS Teachers Work Day <i>(no school)</i> <i>Ashura</i>	30 十二 中小學春季班開始 IGDVS Spring Semester begins	31 十三	I 十四 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	2 十二月十五	3 十六 立春

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
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		華嚴菩薩聖誕 Avatamsaka Bodhisattva's Birthday 中小學慶祝春節 IGDVS Chinese New Year Celebration 定光佛聖誕 Samadhi Light Buddha's Birthday	除夕 Chinese New Year's Eve
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 2 x 4 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，徐徐倒入少許芡水拌勻（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



SATURDAY 六

3 + 4

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

IO 廿一

*Holi*  
*Purim*  
*(first full day)*

I7 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*

24 初六

*Mawlid an-Nabi (Prophet  
Mohammad's Birthday)*

## Earth Day

*Norooz (The New Day)*

Western Vernal Equinox

中小學教師在職訓練  
IGDVS  
Teachers Work Day

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	THURSDAY 四	FRIDAY 五	SATURDAY 六
<b>I</b> 十四  <p>慶祝觀音菩薩聖誕法會 Celebration of Gwan Yin Bodhisattva's Birthday</p> <p>觀音七 Gwan Yin Recitation</p> <p><i>Palm Sunday</i></p>	<b>2</b> 二月十五  <p>釋迦牟尼佛涅槃日 Shakyamuni Buddha's Nirvana Day</p> <p>觀音七 Gwan Yin Recitation</p>	<b>3</b> 十六 <p>觀音七 Gwan Yin Recitation</p> <p><i>Passover (1st full day)</i></p>	<b>4</b> 十七 <p>觀音七 Gwan Yin Recitation</p>	<b>5</b> 十八 清明 <p>觀音七 Gwan Yin Recitation</p>	<b>6</b> 十九  <p>觀音菩薩聖誕 Gwan Yin Bodhisattva's Birthday (actual day)</p> <p>觀音七 Gwan Yin Recitation</p> <p><i>Good Friday</i></p>	<b>7</b> 二十 <p>觀音七圓滿日 Completion of Gwan Yin Recitation</p>
<b>8</b> 廿一  <p>普賢菩薩聖誕 Universal Worthy Bodhisattva's Birthday</p> <p>基礎班禪三開始 Chan Meditation begins</p> <p><i>Easter</i></p>	<b>9</b> 廿二 <p>基礎班禪三 Chan Meditation</p>	<b>10</b> 廿三 <p>基礎班禪三 Chan Meditation</p>	<b>11</b> 廿四 <p>基礎班禪三圓滿 Completion of Chan Meditation</p>	<b>12</b> 廿五	<b>13</b> 廿六	<b>14</b> 廿七
<b>15</b> 廿八	<b>16</b> 廿九 <p>中小學春假開始 IGDVS Spring Break begins</p>	<b>17</b> 三月初一 	<b>18</b> 初二	<b>19</b> 初三	<b>20</b> 初四 穀雨	<b>21</b> 初五 <p>中小學春假結束 IGDVS Spring Break ends</p>
<b>22</b> 初六	<b>23</b> 初七	<b>24</b> 初八 <p>萬佛寶懺灑淨 Purify the Boundaries for Ten Thousand Buddhas Jeweled Repentance (evening)</p>	<b>25</b> 初九 <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>	<b>26</b> 初十  <p>上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana</p> <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>	<b>27</b> 十一 <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>	<b>28</b> 十二 <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>
<b>29</b> 十三 <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>	<b>30</b> 十四 <p>萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance</p>	<b>I</b> 十五	<b>2</b> 十六	<b>3</b> 十七	<b>4</b> 十八	<b>5</b> 十九 <p>4/01 - 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</p> <p> : Incense Praise at Morning Recitation 早課唱誦寶鼎讚</p>

### 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			4 十八 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance	5 十九 萬佛寶懺 Ten Thousand Buddhas Jeweled Repentance <i>Cinco de Mayo</i>
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 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	21 初五 小滿 中小學教師在職訓練 IGDVS Teachers Work Day (no school) Victoria Day (Canada)	22 初六	23 初七 Shavuot (first full day)	24 初八 釋迦牟尼佛聖誕法會 Shakyamuni Buddha's Birthday (actual day)	25 初九	26 初十 上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana
27 十一	28 十二 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)	29 十三	30 十四	31 四月十五	1 十六 投三皈五戒 3 Refuges / 5 Precepts 早課唱誦寶鼎讚 Incense Praise at Morning Recitation	2 十七

雙菇芥藍 Double Mushrioom 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，入滾水汆燙，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 十一	28 十二	29 十三	30 十四	31 十五	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 ☸☸  藥王菩薩聖誕 Medicine King Bodhisattva's Birthday	14 廿九  Flag Day	15 五月初一 ☸☸	16 初二
17 初三	18 初四	19 初五	20 初六	21 初七	22 初八 夏至	23 初九
Father's Day		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	傳授在家菩薩戒 Transmission of Lay Bodhisattva Precepts	傳授在家菩薩戒 Transmission of Lay Bodhisattva Precepts	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  Canada Day	2 十八  法大夏季班開始 DRBU Summer Session begins	3 十九	4 二十  護國息災法會 Mantra Recitation for the Welfare of the Nation 美國國慶日 U.S. Independence Day	5 廿一	6 廿二	7 廿三 小暑
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  韋駄菩薩聖誕 Wei Tou Bodhisattva's Birthday	17 初四	18 初五	19 初六	20 初七	21 初八
22 初九	23 初十 大暑  上人涅槃每月紀念日 Monthly Memorial of Venerable Master Hua's Entering Nirvana	24 十一	25 十二	26 十三	27 十四	28 六月十五  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 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	30 十七 常智大師誕辰 Great Master Chang Jr's Birthday 觀音七 Gwan Yin Recitation	31 十八 觀音七 Gwan Yin Recitation	1 十九	2 二十	3 廿一 7/02 - 8/17 : DRBU Summer Session 法大夏季班 7/29 - 8/04 : Gwan Yin Recitation 觀音七  ☸ : 3 Refugees / 5 Precepts 授三皈五戒 ☸ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚	4 廿二

## 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) Shiitake mushrooms.

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

**Steps :** 1. Wash all ingredients. Julienne Shiitake 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, Shiitake 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			觀音菩薩成道日 Gwan Yin Bodhisattva's Enlightenment (actual day)			觀音七圓滿日 Completion of Gwan Yin Recitation
🕯️ : 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	
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 ½ 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; ½ 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 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	I 廿一	2 廿二 燃燈古佛聖誕 Burning Lamp Buddha of Antiquity's Birthday	3 廿三	4 廿四	5 廿五	6 廿六
7 廿七	8 廿八 加拿大感恩節 Canadian Thanksgiving Day <i>Columbus Day (observed)</i>	9 廿九 寒露	10 三十	11 九月初一	12 初二	13 初三 <i>'Eid al-Fitr (Ramadan ends)</i>
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 虛雲老和尚涅槃日 Venerable Master Hsu Yun's Nirvana Day	23 十三	24 十四 霜降 United Nations Day	25 九月十五	26 十六	27 十七 觀音七灑淨 Purify the Boundaries for Gwan Yin Recitation (evening) 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 常智大師悟道日 Great Master Chang Jr's Enlightenment Day
28 十八 慶祝觀音菩薩出家法會 Celebration of Gwan Yin Bodhisattva's Leaving Home 觀音七 Gwan Yin Recitation	29 十九 觀音菩薩出家日 Gwan Yin Bodhisattva's Leaving Home Day (actual day) 觀音七 Gwan Yin Recitation	30 二十 觀音七 Gwan Yin Recitation	31 廿一 觀音七 Gwan Yin Recitation <i>Halloween</i>	I 廿二	2 廿三	3 廿四 10/28 - 11/03 : Gwan Yin Recitation 觀音七 ☯ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

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 香燭 : 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 <i>Diwali (Deepawali)</i>	
11 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			基礎班禪三 Introduction to Chan Meditation begins (evening) 感恩節 (no school) Thanksgiving Day	基礎班禪三 Chan Meditation 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。  
 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 <i>Kwanzaa ends</i>	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 <i>Epiphany</i>	禪七 Chan Meditation	禪七 Chan Meditation	禪七 Chan Meditation	禪七 Chan Meditation <i>Muharram (Hijra, Islamic New Year, 1st day)</i>	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
禪七 Chan Meditation	禪七 Chan Meditation Martin Luther King Jr. Day	釋迦牟尼佛成道日 Anniversary of Shakyamuni Buddha's Enlightenment 禪七 Chan Meditation	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 <i>Ashura</i>
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 <i>World Religions Day</i>		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
	法大春季班開始 DRBU Spring Semester begins				01/28/08 - 06/13/08 : DRBU Spring Semester 法大春季班	🕯️ : Incense Praise at Morning Recitation 早課唱誦寶鼎讚

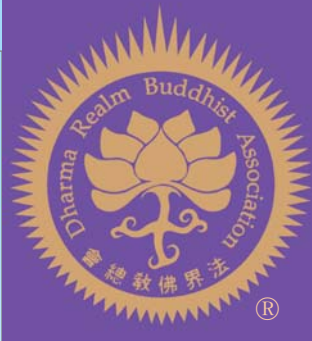
桂圓糯米糕
Sweet Rice Cake with Longyan (“Dragon Eyes”) Fruit
(約5人份approximately 5 servings)

- 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.



**法界宗教研究院  
(柏克萊寺)**

Institute for World Religions  
(Berkeley Buddhist Monastery)  
2304 McKinley Avenue  
Berkeley, CA 94703 USA  
Tel: (510) 848-3440  
Fax: (510) 548-4551  
E-mail: paramita@drba.org



**佛經翻譯委員會**

Buddhist Text Translation Society Online Catalog  
<http://www.bttsonline.org>

**法界佛教總會 · 萬佛聖城**  
**Dharma Realm Buddhist Association**  
**Sagely City of Ten Thousand Buddhas**

4951 Bodhi Way, Ukiah, CA 95482 USA  
Tel: (707) 462-0939 Fax: (707) 462-0949  
Home Page: <http://www.drba.org>  
E-mail: [cttb@drba.org](mailto:cttb@drba.org)

<b>國際譯經學院</b> The International Translation Institute 1777 Murchison Drive Burlingame, CA 94010-4504 USA Tel: (650) 692-5912 Fax: (650) 692-5056	<b>金山聖寺</b> Gold Mountain Monastery 800 Sacramento Street San Francisco, CA 94108 USA Tel: (415) 421-6117 Fax: (415) 788-6001	<b>法界聖城</b> City of the Dharma Realm 1029 West Capitol Avenue West Sacramento, CA 95691 USA Tel: (916) 374-8268 Fax: (916) 374-8234	<b>長堤聖寺</b> Long Beach Monastery 3361 East Ocean Boulevard Long Beach, CA 90803 USA Tel/Fax: (562) 438-8902
<b>華嚴精舍</b> Avatamsaka Vihara 9601 Seven Locks Road Bethesda, MD 20817-9997 USA Tel/Fax: (301) 469-8300 E-mail: <a href="mailto:hwa_yean88@msn.com">hwa_yean88@msn.com</a>	<b>金聖寺</b> Gold Sage Monastery 11455 Clayton Road San Jose, CA 95127-5099 USA Tel: (408) 923-7243 Fax: (408) 923-1064	<b>金輪聖寺</b> Gold Wheel Monastery 235 North Avenue 58 Los Angeles, CA 90042 USA Tel: (323) 258-6668 Fax: (323) 258-3619	<b>福祿壽聖寺</b> Blessings, Prosperity & Longevity Monastery 4140 Long Beach Boulevard Long Beach, CA 90807 USA Tel/Fax: (562) 595-4966
<b>佛教講堂</b> Buddhist Lecture Hall 香港跑馬地黃泥涌道 31 號 11樓 31 Wong Nei Chong Road Top Floor, Happy Valley Hong Kong, China Tel: (2) 2572-7644 Fax: (2) 2572-2850	<b>金峰聖寺</b> Gold Summit Monastery 233 First Avenue West Seattle, WA 98119 USA Tel: (206) 284-6690 Fax: (206) 284-6918 <a href="http://www.goldsummitmonastery.org">www.goldsummitmonastery.org</a>	<b>金佛聖寺</b> Gold Buddha Monastery 248 East 11th Avenue Vancouver, B.C., V5T 2C3 Canada Tel: (604) 709-0248 Fax: (604) 684-3754 E-mail: <a href="mailto:drba@gbm-online.com">drba@gbm-online.com</a> <a href="http://www.drba/gbm-online.com">www.drba/gbm-online.com</a>	<b>華嚴聖寺</b> Avatamsaka Monastery 1009 4th Avenue S.W. Calgary AB, T2P OK8 Canada Tel: (403) 234-0644 Fax: (403) 263-0637 <a href="http://www.avatamsaka.ca">http://www.avatamsaka.ca</a>
<b>法界佛教印經會</b> Dharma Realm Buddhist Books Distribution Society 臺灣省臺北市忠孝東路六段 85 號 11樓 85 Chung-Hsiao E. Rd., Sec.6, Fl. 11, Taipei, Taiwan, R.O.C. Tel: (02) 2786-3022 Fax: (02) 2786-2674 E-mail: <a href="mailto:drbbds@ms1.seeder.net">drbbds@ms1.seeder.net</a>	<b>法界聖寺</b> Dharma Realm Sagely Monastery 臺灣省高雄縣六龜鄉興龍村東溪山莊 20 號 20 Tong-hsi Shan-chuang Hsing-Long Village, Liu Kuei Kaohsiung County, Taiwan, R.O.C. Tel: (07) 689-3713 Fax: (07) 689-3870	<b>法界觀音聖寺</b> Dharma Realm Guanyin Sagely Monastery 161, Jalan Ampang, 50450 Kuala Lumpur, West Malaysia Tel: (03) 2164-8055 Fax: (03) 2163-7118	<b>般若觀音聖寺</b> Prajna Guanyin Sagely Monastery Batu 5½ Jalan Sungai Besi, Salak Selatan, 57100 Kuala Lumpur, West Malaysia. Tel: (03) 7982-6560 Fax: (03) 7980-1272
<b>彌陀聖寺</b> Amitabha Monastery 臺灣省花蓮縣壽豐鄉池南村四健會 7 號 7 Su-chien hui, Chih-nan Village Shou-feng, Hualien County Taiwan, R.O.C. Tel: (03) 865-1956 Fax: (03) 865-3426	<b>金岸法界</b> Gold Coast Dharma Realm 106 Bonogin Road, Mudgeeraba Queensland 4213 Australia Fax/Telephone: 61-755-228-788 61-755-227-822	<b>法界之源</b> Source of Dharma Realm Lot S130, 2nd Floor, Green Zone, Sungai Wang Plaza, Jalan Bukit Bintang, 55100 Kuala Lumpur, Malaysia. Tel: (03) 2164-8055	<b>馬來西亞法界佛教總會檳城分會</b> Malaysia Dharma Realm Buddhist Association Penang Branch 32-32C, Jalan Tan Sri Teh Ewe Lim, 11600 Jelutong, Penang, West Malaysia. Tel: (04) 281-7728 Fax: (04) 281-7798
		<b>蓮華精舍</b> Lotus Vihara 136, Jalan Sekolah, 45600 Batang Berjuntai, Selangor Darul Ehsan, Malaysia Tel: (03) 3271-9439	