



# Karma Samten Choeling

## 噶瑪噶舉佛教中心

### Karma Samten Choeling Food Dhana/Kitchen Protocol

#### Introduction 中心簡介

In 2008 Dekhung Gyaltsey Tulku Rinpoche taught for the first time at Karma Samten Choeling's premises at Wentworthville, which is a location selected by Rinpoche.

2008年尊貴德上師德貢嘉謝寧波車蒞臨噶瑪噶舉藏傳佛教的Wentworthville中心給予眾生慈悲的開世和傳授佛法。

In his great compassion and wisdom, Rinpoche chose a location in a convenient area so that it is accessible to students from many areas (by car as well as public transport) and so that the students can have a conveniently located spiritual home to practice (ritually and otherwise) and receive teachings.

由於上師的慈悲和加持，選擇在這麼交通方便的區域，從而使我們有這樣珍貴的機會聚集一堂，聆聽上師的教誨和共修。

It was very pleasing to see for the first time at the Centre, the spontaneous physical effort, time, financial support and contribution of food given over a period of nearly 6 weeks by Rinpoche's students during Rinpoche's 2008 visit, a strong testimony of the respect which Rinpoche's students have for Rinpoche.

在2008年，我們非常高興的看到第一次在該中心，學生們自願性從時間上、經濟上為尊敬的寧波車和使者們給與歷時六周付出的努力，表示學生們對寧波車的尊敬。

#### Limitation of Centre's facilities 中心有限的服務設施

These first teachings at the Centre have also given the committee a valuable insight into some of the limitations of the facilities at the Centre. It is with the benefit of this insight that the committee came up with the guidelines set out below in an effort to address some of the issues caused by these limitations.

由於這是第一次在該中心聆聽教誨，而且中心設備比較簡陋，以至給與中心委員會很多寶貴的經驗，並規定以下一些準則。

These guidelines are not intended in any way to discourage, complicate or interfere with the way in which Rinpoche's students wish to contribute to Rinpoche's teaching program. They are intended to:

這些準則是為了有助於寧波車能夠順利的進行教學課程，並沒打算阻礙大家參與中心活動的積極性，也沒有複雜化或是以任何方式阻撓。準則的正真目的是要：

Ensure that the nutritional needs of Rinpoche and other Sangha members are met ;  
確保寧波車和其他使者，僧伽的營養需求。

Improve the way we care for Rinpoche, other Sangha members and each other during the events

每次活動中不斷的學習和改進如何去尊重上師和僧人，以及學員之間如何彼此互相關愛和團結。

- Ensure the orderly use of the limited facilities at the Centre;  
確保有序地使用中心的有限設施。
- Properly allocate different tasks to the volunteers so that responsibility and merit gaining activities are shared over the whole period of Rinpoche's visit;  
妥善的安排誌願者的工作，做到各盡其責；
- Facilitate better co-operation, integration and understanding among Rinpoche's students;  
努力共創學生之間互相團結合作，真誠理解的團體精神；
- Reduce threats to personal safety of volunteers and visitors while at the Centre;  
努力將危險降到最低，以確保誌願者和來訪者的安全；
- Limit disturbance to neighbours and the tenant in unit 1; and  
盡量避免打攪左鄰右舍以及租客
- in doing all the above, also observe environmental guidelines provided by His Holiness 17<sup>th</sup> Karmapa.  
努力尊重第 17 世大寶法王關於環境保護的準則
- We hope the guidelines below will enable the Centre to achieve the objectives set out above.  
希望以下的這些準則可以達到我們預期的目標

### **General information 常識**

Due to the limited kitchen facilities, the Centre is unable to accommodate large number of people cooking at the Centre. We therefore have:

由於廚房的設施有限，不能提供很多人在中心煮食，所以

To limit the number of people in the kitchen area and only admit the kitchen volunteers who are rostered for the day to be in the kitchen;

廚房只允許當日值班的誌願者出入；

Request that cooked food be brought to the Centre and handed to kitchen volunteers for warming.

要求學員帶已煮熟的食物，交於當日值班的志願者加熱。

As the Centre cannot predict the number of attendees and the amount of food brought in by volunteers, the Centre is not able to guarantee that there will be sufficient food to serve all attendees. Therefore we ask that the attendees be prepared either to purchase their meals in the nearby shops or bring their own meals which do not require heating in the Centre's kitchen.

由於無法預計誌願者所攜帶食物的數量和到會的人數，中心無法保證可以提供足夠的食物給每個學員，因此希望大家可以自帶（不需要加熱）食物或者去附近的店購買。

Rinpoche and the Sangha members can only healthily consume a limited amount of food each day and should be given fresh food daily. There is also limited space in the fridge at the Centre. While we will offer the food brought in to Rinpoche and other Sangha members, we will ask Rinpoche for permission to distribute excess food not consumed to other students and neighbours (and even charities if we can manage it). This is to avoid: 每天供養上師和僧人的食物標準必須是新鮮，營養豐富，定量。因中心雪櫃儲存有限，如有多余的食物我們會請示上師的同意後分派給其他的學員，鄰居或慈善機構。這樣可以避免：

Rinpoche and Sangha members having to overeat and thereby adversely affecting their health,

上師和僧人因為被提供過多食物而影響身體健康。

storage problems

避免食物的儲存問題

wastage; and

浪費問題

Accidentally serving spoiled or stale food to Rinpoche and the Sangha members;

避免意外的供養變質或不新鮮的食物給上師和僧人

Therefore we request that you avoid bringing large quantities of food into the Centre and check and co-ordinate with our kitchen Co-ordinator, as to when, what and the amount of food to bring to the Centre.

因此我們要求大家避免攜帶大量的食物到中心，如要攜帶凡請大家先和廚房主管協商再做決定。

We ask for your understanding if we should have to hand back the containers in which you brought food to the Centre unwashed should we be unable to find the labour or the time to wash them before returning them to you.

因此我們要求大家避免攜帶大量的食物到中心，如要攜帶凡請大家先和廚房主管協商再做決定。

**Food Dhana Donation 食物供養**

As a result of the various problems we face in:

我們所面臨的問題：

Managing the appropriate amount and turnover of food,

管控食物的數量和進出，

The limited facilities at the Centre to store and cook food;

中心有限的設施儲存和煮食；

Wanting to ensure that the food provided meet with the Sangha's (especially Rinpoche's) nutritional needs;

希望要確保食物的供養可以附合僧人（特別是上師）的營養需求；

We ask that you consider making a financial donation for Rinpoche's and Sangha's food. This can be for any amount and for any specific meal or period of time. You may do so anonymously by leaving the money in the donation box we will provide for that purpose, or advise Kitchen Co-ordinator of the amount or meal you wish to pay for, and to whom you wish the merit of your contribution to be dedicated. This donation will enable us to monitor the quantity and quality of food we prepare and offer to Rinpoche and the other Sangha members.

在此我們希望大家可以考慮經濟方面的支助。可以是捐錢或是特定的餐，可以將要捐的錢放在募捐箱裏我們會專款專用，也可以告訴廚房主管你的希望以及功德回向給誰等等。大家的支助可以令我們更好的準備和監控食物的數量跟確保質量。

If however, you prefer to cook for Rinpoche and the Sangha members, then please bear in mind the general information above and the guidelines below.

如若您想親自煮的話，請您不要忘記以上所提的準則。

### **Rinpoche and Sangha meals 上師和僧人的營食**

Please: 請大家

Ensure that food cooked for Rinpoche and Sangha:

確保食物供養給上師和僧人的食物是：

Are vegetarian; therefore please **avoid** all offal foods (i.e. sweetbreads, kidneys, livers, brains, etc), and of course all animal flesh; (e.g., seafood, venison, turkey, veal or beef).

素食,務請避免提供內臟（胰臟，腰，肝，腦等），避免提供動物肉（海鮮，鹿肉，火雞，小牛肉等等）

Are cooked with very small quantity of salt, sugar, sauce or oil;

煮食時請少量鹽，糖，醬料及油；

are fresh;

食物要新鮮：

Contain less purines, or uric acid, ie a food compound that causes gout. Animal products, especially offal, sardines, salted fish, meat gravy and the like are high in these harmful compounds.

食物要少含尿酸類，避免會導致痛風的食物。動物特別是內臟。沙丁，鹹魚，肉汁和對身體健康不利的食品。

Are not excessive in quantity (unless you wish to share them with the other students at the Centre);

控制食物的分量不要過多（除非你愿意与中心的其他学生一起分享）

All cooked food should be refrigerated immediately after being placed hot in storage containers. Do not let the food cool before placing into the refrigerator, as this will allow the growth of harmful bacteria, which could multiply in the heating process.

所有的煮熟食物不要在空氣中放置過久，食物應盡快在和溫的情況下放入雪櫃儲存，否則會造成細菌在雪櫃內滋生。

Hand the cooked food to the volunteer(s) rostered for the relevant day who will warm the food and arrange for the food to be served to Rinpoche and the Sangha members;  
负责当天厨房煮吃的志愿人员，请将食物升温后，才能提供给上师和僧人等食用。

Let the volunteer know your name so that we can advise Rinpoche and the Sangha members and the Committee can acknowledge your contribution accordingly.  
让志愿者告知姓名使得上师和僧人以及中心的委员知道您的供奉。

If you are the rostered volunteer for the day, ensure that Rinpoche and the Sangha members have their meals (breakfast, morning tea, lunch, afternoon tea, dinner and beverages) punctually;  
如果您是值勤的志愿者，请要确保上师和僧人準時用餐；

### **Dishwashing**      **洗滌**

We intend to follow His Holiness's environmental guidelines. This includes adopting an environmentally friendly method of dishwashing ranging from the use of appropriate dishwashing liquids to the manner in which dishes are washed. To conserve water, we will not let the taps run while dishes are being soaped or rinsed. You will find instructions at the Centre. Please follow these instructions.

我們將遵守尊貴的大寶法王的環境保護的準則。包括選用適當的洗滌用品。節約用水，在中心您會看到提示，請按照指示做。

Please note that Rinpoche's crockery and cutlery must be washed separately from other Sangha member's, and students' crockery and cutlery. Sangha members' crockery and cutlery must also be washed separately from students' crockery and cutlery. In effect, this means washing three (3) different lots of dishes in that order (Rinpoche, Sangha, and members/visitors).

请注意：上师的餐具必須同僧人，學員的分開洗滌。僧人的餐具也要和學員的分開洗滌。就是说：分三次洗滌（上师/僧人/學員）。

It is of great assistance to the Centre if all crockery, cutlery, cooking utensils, cleaning fluids, cloths and equipment are returned to their designated storage areas after they are used. This includes Rinpoche and Sangha's crockery and cutlery which are stored in different cupboards. Please follow the signs which the Centre has posted in the different areas to assist the volunteers. In the absence of the signs, please see our Kitchen Co-ordinator or the person assigned to look after the specific task for further information.

在洗滌过程後，還請大家按照標志將所用的餐具，器皿，抹布，洗滌用品等物歸原處。上师，使者的餐具請放於不同的廚櫃，如若沒有明确標志，請告知廚房主管。

### **Cleaning**      **清潔工作**

The environmental guidelines apply to the cleaning of all areas of the Centre. In the kitchen, ie the use of environmentally friendly cleaning fluids and the avoidance of water over-usage. Please see our Cleaning Co-ordinator or the person designated by our Cleaning Co-ordinator for instructions as to the type of cleaning agent, the manner in which the kitchen should be cleaned, the location of the cleaning equipment and the cleaning roster etc.

在清潔中心的過程，必須遵守尊貴大寶法王的環境保護的準則要求。廚房要節約用水。請參照負責清潔的主管的要求。

## **Volunteers 志願者**

You will note by now that there are many tasks to be performed to enable Rinpoche's visit to run smoothly and the duties in the kitchen comprise a huge role. We require your assistance to ensure that the various tasks are performed in an orderly manner. If you are interested in volunteering for any role in the kitchen or cleaning, please contact our Kitchen Co-ordinator or Cleaning Co-ordinator, whose contact details are set out below.

為了確保上師悉尼之行的順利和圓滿，我們會面臨很多的工作，廚房的工作是很大的一部分。我們在此請求各位伸出協助之手。如果您有意參與有意義志願者行列，請聯絡以下人員：

### **Kitchen and Cleaning Co-ordinator contact details**

**廚房與清潔統籌聯絡人員：**

**Kitchen Co-ordinator:** Connie Tan 0410 626 178

**廚房統籌人：** 譚女士 0410 626 178

**Cleaning Co-ordinator:** Ame Tan 0418 442 143

**清潔統籌人：** Ame TAN 0418 442 143

## **Thank you 鳴謝**

Thank you in advance for your co-operation and contribution. By the merit of your contribution, may Rinpoche's tour be a successful one. May the Dharma and all be auspicious.

首先謝謝您們的大力協助與奉獻，在您的奉獻之下，使得寧波車這次弘法之旅以之成功。讓佛法繁榮，如意吉祥！

The Committee

Karma Samten Choeling

噶瑪噶舉佛教中心委員會致