

In-person meal offerings

(Traditional meal offering ceremony to the Bhikkhu Sangha).

Donation of Food

Offering of food is the most famous of all requisites as it is a donation that can happen two times a day on all days of the year. Many can also partake in offering a meal according to their capacity. In Thailand in the mornings the monks go collecting pindapata where a spoon of rice would suffice as a donation. On the other end of the spectrum some have the great karma to offer great offerings mahadāna where they invite even 50 or 100 monks where various

types of food offerings are given. All these are done with the intention of merit and sharing of merit and never seen as a transaction.

In our Centre you can join giving an in-person meal offering by bringing the food or cooking the meal at the centre for the monk(s) and the devotees who would remain at the meal times. First the meal is offered to the monks and after the sharing of merit then the lay devotees partake in the meal.

Questions you may have:

Q. How can I reserve a date?

A: You can inform your intentions by filling the form below and wait for the approval from the Centre. Monks would accept the first invitation they receive for a meal. Once a meal is accepted the monks will not accept any other meals for that date. Therefore cancellation or rescheduling from the part of the donor is not heard of.

Q: What is the procedure of bringing food to the Centre?

1. Check the following:
 1. Dietary restrictions of elderly monks prior to deciding on the meals
 2. The number of monks and lay people at the Centre.
 3. Meat items are NOT consumed due to health reasons. No animal should be killed in the name of the monk or offering.
 4. Sri Lankan food has many varieties, vegetarian Sri Lankan food is quite adequate.
2. Prepare the meal and bring it in separate containers. Before offerings it should be served into dishes and offered to the monks.
3. There will further written helpful guidelines at the Centre on how to offer the meal.

Q: What is the procedure of cooking at the Centre?

1. Follow the instructions listed above regarding bringing food to the Centre.
2. Follow the further written helpful guidelines at the Centre on how to offer the meal.

Q. How is the meal to be offered?

1. For a single monk the food should be served into small dishes and offered.
2. For a group, the food should be served as a buffet on the table or counter.
3. On receiving the food the monk explains the reason for acceptance of the offering on behalf of Sangha.
4. If there are gifts (pirikara) this is offered together with the meals.
5. Partaking of the meal by everyone is done after the blessings.
6. Sharing of merit is done in the case of the meal being offered in memory of a departed relative.

Q: What should the meal comprise of?

A: Meal should comprise of a staple grain such as rice, plant or egg protein, vegetables, fruits, salads, healthy fats such as coconut; and condiments. Overall dietary requirements should consider a meal comprising of healthy, simple and well balanced nutrients.

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Q. Can I give monetary donations?

A: In the time of the Buddha, monks did not trade with money. Today when needed lay supporters use donated money to purchase medicines and other requisites for the monastics. However in certain situations, for example when a monk is traveling and in some societies, money is required. While donations are accepted and used in wholesome ways, we encourage more volunteering than choosing money as an easier way of giving. We welcome financial donations very much to cover our overheads and costs and yes, money can be offered without prejudice in understanding it will be used in a wholesome way and all transactions are handled by the lay people and not monks at Nirodha.

Q. What is the acceptable attire?

A: Clothing should be traditional, conservative and appropriate to comfortably sit on a meditation cushion. Males should avoid wearing shorts or overly tight clothing. Females should be modestly dressed in loose attire and use a shawl as needed. You may also be comfortable in lighter colored clothes.

Due to COVID19 restrictions and dietary restrictions, additional conditions may apply.

Useful Links

[Register for Meal Offering](#)

[Donations](#)

[Contact us](#)