

Meal Offerings

Offer meals to Bhikkhu Samādhikusalà and the Bhikkhu Sangha

Q & A

Q: Reserving a date for the offering?

A: Complete the form below to please select the date or dates for your meal offerings. The tradition is that once a meal invitation is accepted by the monk, it cannot be changed. Therefore once scheduled the date cannot be changed, however if you are in need of rescheduling, then the correct practice is for you to find someone else to offer the meal on that same scheduled day on behalf of you.

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 offering 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: Overall dietary requirements should consider a meal comprising of healthy, simple and well balanced plant-based nutrients.

Q: What is the procedure for online meal offering?

A: The form that you submit will include information on the specific dates when you would like to make the offering. Basic meal costs are approximately \$8 or Rs. 2300 per person per day. Funds can be transferred using the link below.

Upon receiving a confirmation for a request of an online meal offering, a yogi will volunteer to prepare the meal at the Centre. There is no further follow up required by you unless you would like to find out how to participate on the day of the meal offering.

Q: Can I participate online such as join the blessing ceremony?

A: Upon request a video link will be shared with you to join the blessing ceremony during the meal offering.

[Back](#)

Traditional Meal Offerings

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Traditional Meal Offering

Offering of food is the most commonly practiced of all requisites as its frequency is regular. You can partake in this traditional offering by using today's available technology and resources. In many Theravada Buddhist countries like in Thailand, mornings are lit up with the saffron robes of the monks collecting pindapata. Sometimes the devotees of this age-old tradition wait for hours even with a spoon of rice to offer the monks.

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 this generosity is with the intention of merit and sharing of merit and never seen as a transaction or a symbiotic relationship.

[Back](#)