



# Pa-Auk Tawya Vipassana Dhura Hermitage

A Non-Profit Organization in California

13431 Green Valley Road, Sebastopol, CA 95472, USA

Tel : (707) 829 1390 Email : paauk\_usa@ymail.com

## MEAL DANA FORM (For Locals)

Name: \_\_\_\_\_

Contact Nos: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

1. You wish to offer meal dana for? *Please tick one of the followings.*

Breakfast only       Lunch only       Breakfast & Lunch

2. Your meal dana is for? *Please tick one of the followings.*

Sangha (Pa Auk Sayadaw, Bhantes & Sayalays)

Pa Auk Sayadaw only

3. Will you be preparing Rice for Sangha?       Yes       No

Yes       No

5. How many dishes will you be preparing? \_\_\_\_\_

6. Date of offering: \_\_\_\_\_

7. Choose one of the options below:

Bring your food and offer at PATVDH

Cook your food using PATVDH kitchen

Stay one night at PATVDH and cook your food using PATVDH kitchen

(For donor who needs to drive 4hours or more to reach PATVDH)

8. Any Message?

Kindly email this form to [meal\\_dana\\_paauk\\_usa@yahoo.com](mailto:meal_dana_paauk_usa@yahoo.com)

## **INFORMATIONS**

With the information provided, our Kitchen Dhamma Volunteers will know in advance what to prepare on the offering day.

### **1. You may choose one of the options below:**

#### **Option (1) - Bring your food and offer at PATVDH**

- You may bring your fruits & salad and cut them @ PATVDH
- Please help to wash the dishes & clean up the kitchen after using

#### **Option (2) - Cook your food using PATVDH kitchen**

- Inform us in advance
- Arrive early as below stated time
- Bring your own ingredients for cooking
- Please help to wash the dishes & clean up the kitchen after using

#### **Option (3) – For donor who needs to drive for 4hours or more to reach PATVDH, we provide convenience for you stay one night at PATVDH**

- Inform us in advance
- You may use our kitchen to cook breakfast &/or lunch
- Bring your own ingredients for cooking
- Please help to wash the dishes & clean up the kitchen after using

### **2. Arrive @ PATVDH**

- **3:30am for Breakfast offering**
- **9:30am for Lunch offering**

3. **Read up on Sayadaw's Health and Diet.** Due to Sayadaw's medical conditions, please consider to make special arrangements for Sayadaw's meals and avoid foods that are unsuitable for Sayadaw's health.

4. **Your first visit to PATVDH?** Print out our **Location Map and Helpful Information** to guide you around here. There is no GPS navigation and cell phone reception in our area!

### **5. Contact Us**

Address: 13431 Green Valley Road, Sebastopol, CA 95472

Phone: (707) 829 1390

Email: paauk\_usa@ymail.com

Time to call us: 6:45am to 7:45am OR 9:30pm to 10:00pm

## ABOUT SAYADAW'S DIET

Due to Sayadaw's medical conditions, it is advisable and important to understand about Sayadaw's diet and try to make special arrangements for Sayadaw's meals. Here are some helpful guidelines for your reference.

## HOW TO PREPARE FOOD FOR SAYADAW?

- At PATVDH we are doing our best to provide organic vegetables and fruits for Sayadaw.
- Sayadaw is a full vegetarian and he does not take vinegar, milk, eggs, cheese, yoghurt and seaweed. Especially vinegar will cause severe diarrhoea for Sayadaw.
- Sayadaw has mild iron deficiency anaemia. Leafy vegetables and fruits are good as iron supplements.
- Proper and hygiene preparation of food is essential.
- Avoid using white sugar. Use diabetic sugar.
- Reduce salt.
- Strictly avoid stored food or overnight cooked food.
- Try to preserve freshness of fruits & salads. We suggest you prepare them @ PATVDH.
- Cook the rice until it is of soft texture.
- Cook all food soft. However, please do not overcook the green vegetables to retain its nutrients.
- Cut food into small particles.
- Always keep food and drinks warm and always only serve warm water.

## WHAT ARE THE FOOD SUITABLE FOR SAYADAW?

SUITABLE	TO AVOID
Basmati rice (for diabetic patients)	Vinegar
Use grape seed oil for cooking	Coconut oil, Canola oil
Use olive oil to prepare salad	Eggs
Vitamin C	Seaweed
Vitamin B Complex	Tea, Coffee, Herbal Tea, White Sugar
Hawthorn	Coca Cola, Sweeten drinks
<b>Vegetables:</b> Tomatoes, Leafy Vegetables, Broccoli, Carrots, Baby kale, Peas, Sweet Potatoes, Asparagus, Spinach, Beans, Brussels, Sprouts, Beets, Red Deep Green Veggies, Pumpkin, Kyaung Sha Tee, TaMar	Milk, Cheese, Yogurt
<b>Seeds:</b> Assorted Nuts, Chia Seeds.	Chocolates
<b>Fungi:</b> Mushrooms	Salt

## Your First Visit to PATVDH!!

If you're planning to visit PATVDH for the first time, please take a little time to read through the following information.

### Helpful Information



PATVDH Main entrance



Roundabout



House B/Danasala Hall

**First time driving here.** If you have never been to PATVDH and are driving here for the first time, it is important for you to study our Location Map before coming.

The entrance to PATVDH uses a private road that is **NOT** on GPS navigation maps. So if you enter PATVDH address into the GPS device, it will not be able to guide you here. Also the cell phones do not get reception here.

We suggest you bring along our Location Map to guide you through the private road until PATVDH main entrance.

**Parking.** For loading and unloading your dana items, you may want to pull up near the Roundabout and House B/Danasala Hall.

After that, you may park your car at the Main Carpark.

**No smoking.** Please do not smoking anywhere in the premises as we are in an extremely high fire danger area.

**Avoid driving to Sayadaw's Kuti and Meditation Hall.** Unless necessary, please avoid driving to Sayadaw's kuti or Meditation Hall as the noise will disturb to all who are meditating in the Hall or resting in their kuti.

**Speak softly.** Please try to speak softly especially when you are anywhere within hearing distance of the meditation hall and dining area during Sayadaw's meal time.



**TURN LEFT** when you see **Mt Gilead** and **Green Valley Forest Refuge** signboard

*No GPS and Cell phone reception beyond this point!!*



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