

Offering Alms Food to the Pacific Hermitage Monks

Options for Joining In

Meet the Monks: Arrange to meet the monks at the P.O., the Grange, a certain intersection, etc.

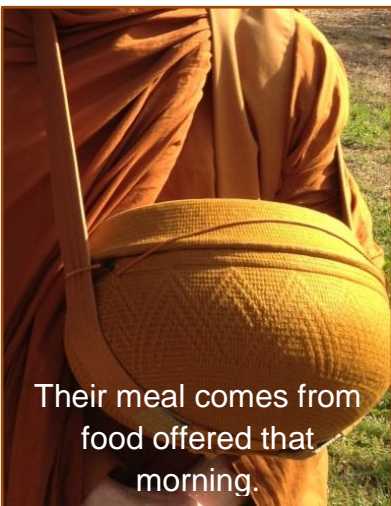
At Your Doorstep: Ask them to stop by regularly or when you put out a sign -- ribbon on the door, rock by the mailbox, etc.



Bring Food to Someone Else: If you can't give food to the monks in person, see if someone else can offer your food for you. Let the meal dana coordinator know.

Order Food at a Restaurant: If prearranged, the monks can pick up food you've ordered. Schedule at least one day ahead with the meal dana coordinator.

Give Spontaneously: If you see the monks on their alms round, say "hello" and offer them some food. It's that simple!



Their meal comes from food offered that morning.

Contact Meal Dana Coordinator

For more information or some help coordinating your offering, contact dana@pacifichermitage.org.

Alms Route Maps on Website

Check **Support** on www.pacifichermitage.org. Not on one of the routes? Check with the monks and see if they can make an adjustment.

Only a few folks support the monks this way. Please join in!