

Food Rules

Based on the book Food Rules by Michael Pollan

(also the author of The Omnivore's Dilemma and In Defense of Food, etc)

Copies of Food Rules may be borrowed from Pat Owen so that group members may read the book (it's a quick read) prior to meeting.

Opening words and Chalice lighting:

We light this chalice for the nourishment of our beings
For the food that feeds our bodies
For the food for thought that feeds our minds
And for the food that feeds our spirits,
The light of our shared time together. ~ *LoraKim Joyner*

Welcome and check-in (A time to share what is on your mind in order to clear it and be in the present.)

Questions for discussion, based on the book Food Rules

What is your reaction to this book? Does it cause you to want to make changes in your decisions about food and eating? Why or why not?

Do you have any fear, skepticism, or other emotional reactions to the idea of changing your eating habits?

The 7th principle of UUA promotes “respect for the interdependent web of all existence of which we are a part”. Is this something we should consider?

Check-out (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

Closing words and extinguishing the Chalice:

This food is the gift of the whole universe –
the earth, the sky, and much hard work.
May we live in a way that is worthy of this food...
May we accept this food for the realization of the way of understanding and love.

~ *Thich Nhat Hahn, “Living Buddha, Living Christ”*

OTHER RESOURCES:

UUA Ethical Eating Congregational Study/Action Issue:

<http://www.uua.org/socialjustice/issuesprocess/currentissues/ethicaleating/>

Thanks to everyone for their participation and commitment to our group!