

At **UUSDBA**, we have committed as a congregation to be part of the UUA's Congregational Study and Action Issue: **Ethical Eating: Food and Environmental Justice**. Through out the year, you are invited to participate in monthly explorations of the issues through workshops, discussions, book readings, movies and guest speakers. We hope you join us as often as fits your schedule and peaks your interest. For more information, visit the UUA.org website and search "Congregational Study Issues" or contact Sara Rivers (slrivers@gmail.com or 386-852-9032) or Debbie Johnson (dbeckjohnson@earthlink.net, 386-956-4444).

FEBRUARY SCHEDULE OF EVENTS:

Tuesday, January 27th at 7:15 pm:

Book Discussion: "**Harvest of Hope: A Guide to Mindful Eating**," by Jane Goodall, together with researchers and co-writers Gary McAvoy and Gail Hudson UUSDBA Sanctuary.

January 28th, February 4th and February 11th

Continuing: As part of the Wednesday night Exploration Series:

Pastor Bud Murphy will lead us in a series of workshops on **Effective Interpersonal Communication**

February 1st: 12 noon – 1:15: Healthy Children/Healthy Planet –

RE parents will meet to discuss Chapter 4 of the curriculum, **Healthy Children/Healthy Planet** created by the Northwest Institute. Kurtland Davies will facilitate the discussion. Chapter 4 is about Food and Health. If you plan to attend, please RSVP to Debbie Johnson. All are welcome.....even if you don't have RE kids.

February 12th, 26th, March 12th, March 26th: 6:30 – 8:00, Room 2

Northwest Institute's Discussion Book: **Menu For the Future** facilitated by Kurtland Davies and others. This is a multi-week discussion group exploring the connection between food and sustainability. We will explore food systems and their impacts on culture, society and ecological systems. We'll discuss the agricultural and individual practices that promote personal and ecological well-being and will consider our role in creating or supporting sustainable food systems.

February 27th: Movie and Discussion. Free. Bring a non-perishable food item. On the fourth Friday of each month join us as we watch and discuss a movie focusing on Food and Environmental Justice.

February's Movie: "Life and Debt"

LIFE AND DEBT is a searing documentary from director Stephanie Black that examines the ways that policies of the International Monetary Fund (I.M.F.), the

World Bank, and other aid organizations have changed the Jamaican economy over the past 25 years. The film shows how Jamaica's agriculture, industry, government, and culture have been restructured by import-export systems, leaving the local people to struggle in poverty and work in sweat shops. Author Jamaica Kincaid, whose book *A SMALL PLACE* inspired the film, narrates with Belinda Becker. A reggae soundtrack that includes songs by Bob Marley, Ziggy Marley, Mutabaruka, and Peter Tosh engages viewers and calls them to action while reinforcing messages about the serious political issues that are the focus of the film

Watch for notes on these upcoming events:

- Visit to an Organic Farm
- Vegetarian Pot Luck and Recipe Exchange
- Book discussion

Next book discussion for the Ethical Eating group will be on Michael Pollan's book **The Omnivore's Dilemma**. Discussions will begin in February. **The Omnivore's Dilemma: A Natural History of Four Meals** was named one of the ten best books of 2006 by the New York Times and the Washington Post; Please email Sara Rivers at slrivers@gmail.com to be included on the email list.