



Mindful Eating Conference Call Agenda

We meet the 3rd Wednesday at 4:00 pm CST.

Call 641-715-3680 access code is 1043504#.

This month's call is
March 20, 2019 4:00 PM CST
Call duration approximately one hour

Fostering awareness of our spiritual oneness with the Earth and promoting active care of creation Mindful Eating helps restore our sacred relationships with the Earth, animals, and our own bodies. By creating a rise in consciousness that our food choices are a spiritual practice that promotes care for both the Earth and us.

Pray in, Check in:

Helen's report on her Mindful Eating group starting in January for 6 weeks

Update on what Mindful Eating will be presenting at the Peoples Convention.

Discussions:

How to start a Mindful Eating Group in your Church

How we can help you as an individual practice Mindful Eating

ABC's of Mindful Eating

Using Unity's 5 principles in Mindful Eating

Primary foods and Secondary foods
Manufactured meat (stem cell)

Next call will be on April 17, 2019

Questions please call Rev Grace at 831-747-4222

Email Revgrace@icloud.com