



What is Unity's Mindful Eating Program?

Mindful Eating is 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.

Mindful Eating is not only what you eat; it's what you watch, what you listen to, what you read, and the people you hang around and how the topic of food and eating is discussed. Be mindful of the things you put into your body spiritually emotionally, and physically.

Adapted from Be Like Francis

We have initiated a Mentoring Call as a way of informing interested individuals generally and to provide direction and suggestions for initiating a local focus on Mindful Eating.

Examples of issues that have been covered during a Mentoring Call recently:

- The ABC's of Mindful Eating, A-Accountability, B-Boundaries & Behavior, C-Conviction (willingness), 's-Structure (a plan of eating)
- 5 Easy steps to forming a Mindful Eating team in your church
- Using Unity's Five Principles for your Mindful Eating Program
- Farm to table, Animal slaughtering, pesticides, antibiotics, & hormones
- Psychology of Eating: How resentment and guilt affect our food choices
- 7 Tips to eat organic food on a budget
- 6 foods that contain more protein than steak
- Wild caught vs. farmed fish
- Guest speakers on topics of interest

What are others saying about the Mindful Eating programs and workshops:

- "The Mindful Eating class is life changing"- Rev Alden Studebaker, Sr Minister, Eau Clair, WI
- "I was inspired by Rev. Grace's experience, concepts and presentation about Mindful Eating and her vision to share this in Unity Centers" - Helen Wright, Facilitator "Mindful Eating" class UCC

- "Eating with Grace (The book written by Rev. Grace Nicodemus) – is worthy of a place in the Conference. We can all use help/reminder of mindful eating, healing, emotions/eating awareness."- anon.
- "Rev. Grace Nicodemus – Mindful Eating Class – "She taught this at USCL in Lansing. Phenomenal class!!! Life changing, healing, habit changing. Please consider her for a future conference session." – Lesia USCL



Rev. Grace Nicodemus

Rev. Grace was ordained at Unity Village in 2007. She moved to Carmel, California where for 9 years, she did pastoral counseling in a medical setting. It was in this setting that she encountered many clients who had issues with food, and either under or over weight. Because of this experience, Rev. Grace took a year to study in New York and become a Certified Health Coach. In moving to Michigan, she became active in Unity when she was asked to head up the Mindful Eating sub-committee of Unity EarthCare Team. Please call Rev. Grace with any questions or email Revgrace@icloud.com.

Mentoring Call Third Wednesday of every month at 4P CST

641-715-3680

Access code is

1043504#