

Health Advisory Team Update - 9/2/22



Honoring our planet and ourselves

A fellow church member shared an article with me this week. Another new study about the impacts our food choices have on the planet—I've included the link below. If you've been reading HAT over the years, you know this subject has been covered quite a bit. This subject is not going away and the consequences of not addressing it are only getting more severe. It's an issue written about in books and the subject of several documentaries. In fact on August 16th, a new documentary called What On Earth, with Clint Eastwood, was released. Star power helps deliver a message for sure.

For people in developed countries, changing from a meat and dairy heavy diet, to a plant-forward/plant-based society is simply the most just and powerful action we as individuals can take to heal and honor our planet. Many studies have shown that a plant-forward diet helps heal and prevent disease in our bodies as well! As people of faith, we could be instrumental in transitioning our communities, towns, and world, simply by changing what's on our plates, and being vocal about why. Yes, changing takes thought and planning, but I'd like to challenge the notion that it's difficult. We don't have to be perfect and switch completely overnight. When we understand how high the stakes are, and that Mother Earth

simply cannot sustain our current habits, switching becomes a joy rather than a chore. Simple and delicious plant-forward recipes and meal planning abound on the internet. And there's no shortage of cookbooks to inspire. The market is bursting with plant-based convenience foods to make the initial changes easy as well.

When I read our church's mission statement, I see HAT's ministry embedded there, and particularly on this subject.

Our Mission~

We believe God calls us to:

Embody a forward-thinking, courageous, and diverse Christian community. Follow the ways of Jesus the Christ as a grace-filled, spiritual congregation. Practice affirming and radical hospitality. Engage our local and global community with acts of love, mercy, peace, and justice.

With Peace,

Your Health Advisory Team,

Mary Hawkins, Danna Park, and Kay Garner