



Homegrown Communion

Connecting Our Faith Communities with Land and Neighbor

Sarah Nolan, Director of the Abundant Table and 2012 ECF Fellow

September 26, 2013



What is the Episcopal Church Foundation (ECF)?

Overview:

- Independent and lay-led foundation
- ECF's mission is to strengthen the **leadership** and **financial** capabilities of Episcopal congregations, dioceses, and other institutions
- ECF carries out this mission through a wide array of programs including...



Leadership Resources

- ECF Vital Practices (ecfvp.org)
- Vestry Resource Guide
- Fellowship Partners Program
- Educational Events

Financial Resources

- Capital Campaigns
- Planned Giving
- Endowment Management
- Educational Events

ECF Fellowship Partners Program

Innovative scholars and ministry leaders transform lives.

Since 1964 the Episcopal Church Foundation (ECF) has provided financial support to emerging scholars and ministry leaders throughout the Episcopal Church. In addition to financial support, ECF helps these individuals to share their knowledge, experience, and best practices with the wider Church in practical ways.

Open to both lay and ordained Episcopalians, ECF builds a relationship with Fellows not only when they are receiving financial support, but over the long haul, so that our community of Fellows may serve as a gift and resource to the Church in serving God's mission.



For those just joining...

A Few Notes:

- All participants are currently muted to cut out background noise and audio interference.
- To start your web cameras, press "Start by Web Cam" button and "Start Sharing".
- If you have questions, please type them into the chat box on the right-hand side of the screen.
- PDF's of the slides and resource list are downloadable.
- This webinar is being recorded and will be made public.



Thanks for coming!





“Walking through the farm field it is impossible to forget life’s cyclical track. Wading through the tomato line my boots squish over fallen tomatoes, and the smell of the rotting sun-warmed fruit rises.

Though that tomato is not done, even in its human labeled ‘gone’ decomposing state, rather it is in a continued state of *giving* of pouring nutrients into the soil, of shedding seed, of rejoining the earth in a way that gives nothing but possibility for new life.

The tomato lines are now gone, tilled and ready for the next planting but I don’t see that space as empty, *no it is full of life, full of the **what was** that will enrich the **what is to come.***”

- Julia, 2011 Abundant Table Intern



Overview

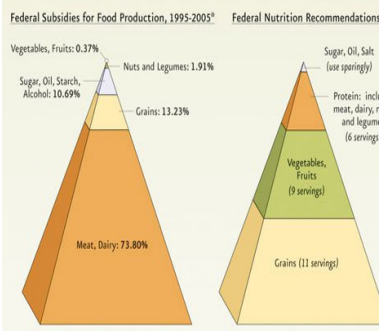
- What is going on?
- Why do we care?
- What can we do?





What's Going On?

Why Does a Salad Cost More Than a Big Mac?

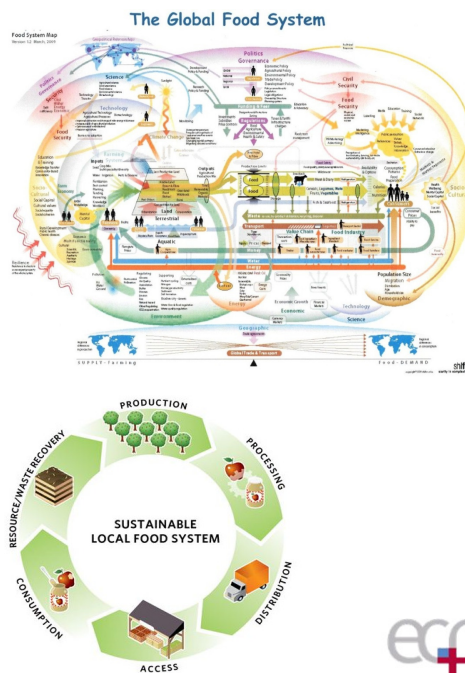


THE FOOD SYSTEM...

We all participate in "the Food System" in some form.

A food system includes all processes involved in feeding a population: growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal of food and food-related items.

Various food systems impact and are impacted by politics, the environment, the economy, labor, and community structures.



Realities of Our Dominant Food System...

- 14.5 percent of U.S. households struggle to put enough food on the table. More than 48 million Americans—including 15.9 million children—live in these households.

Source: *Household Food Security in the United States, 2010*. U.S. Department of Agriculture, Economic Research Service, September 2011. (Table 1A, Table 1B)

- USDA research figures show a decline in nutrient content of 43 types of crops they have been tracking since 1950. And today, the nutrient content of these crops has declined significantly. You would have to eat 3 apples today to get the same amount of iron as you would have gotten from 1 apple in 1940.

Source: www.cnpp.usda.gov/publications/foodsupply/foodsupply1909-2000.pdf

- The Obesity Paradox: Overfed but Undernourished by Kristin Wartman

Source: <http://civileats.com/2012/06/27/the-obesity-paradox-overfed-but-undernourished/>

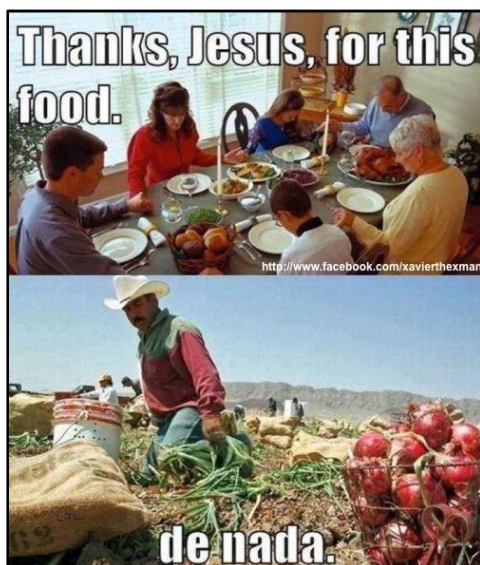
- Obesity rates increased by 10 percent for all U.S. children 10- to 17-years old between 2003 and 2007, but by 23 percent during the same time period for low-income children (Singh et al.).

- Health-related obesity costs are projected to reach \$344 billion by 2018

Source: <http://www.nytimes.com/2011/07/24/opinion/sunday/24bitman.html>

- Farm workers and other Food Chain Workers: Are exposed to great risks, experience hostility, and live in substandard conditions. Migrant farmworkers are especially vulnerable.

- 1500-2500 miles from farm to fork. Source: Worldwatch Institute



"Whatever you do to the least of these, you do to me." - Jesus



Why do we care?

Into this context...



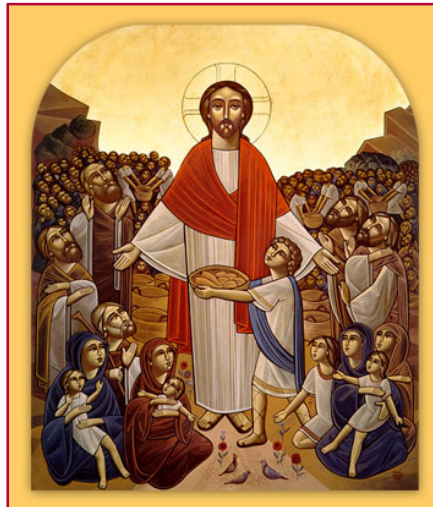
A table is set...



...where we remember and are re-membered by Jesus.



Jesus' Food System



All ate and were satisfied...

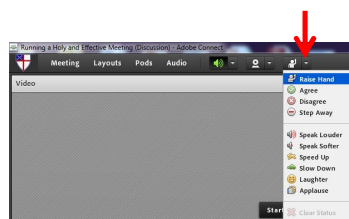


Holy Eucharist as...

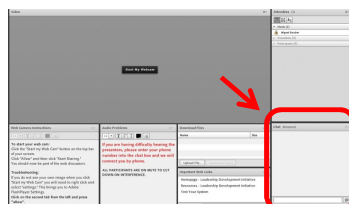
- **As the hospitality of Jesus:** We set tables for others; we consider the questions of access.
- **As blessing:** We give thanks for food and all involved in food production.
- **As sharing:** We share food.
- **As unveiling violence:** We see victims and our participation in violence and injustice.
- **As reconciling:** We receive and give forgiveness.
- **As Real Presence:** Food is Communion.



Questions or Comments?



Raise your hand and we'll unmute your microphone for you to talk.



Or use the chat box in the lower right side of your screen.



What Can We Do?

Responses of a Eucharistic People



The Abundant Table is a community that learns, lives, and shares the **joy of communion** and **right relationships** with land, food, neighbor, and God.

We have created a sustainable working **farm** to provide **faith-rooted** and **land-based** experiential **learning** opportunities for youth, young adults, and communities.





Good Earth Farm and the Common Friars
Athens, Ohio



St. Mary's Urban Farm – Harlem, NYC
(The Edible Church Yard)



Blue Stone Farms
(Community of the Holy Spirit)

Sewanee Farm
(Organic Prayer Project)



Creation Care at Camp Mokule'ia



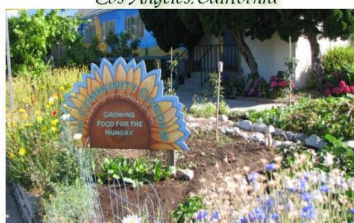


St. Mike's Isla Vista (UCSB Campus Ministry) – Community Garden



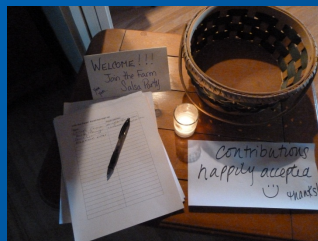
Seeds of Hope
cultivating wellness

Holy Nativity Episcopal Church
Los Angeles, California



What Can you Do?

- **Find Your Fit.** What are your strengths? Resources? Asset Mapping!
- **Get to know your neighbors.** Who surrounds you? What are their strengths? Needs?
- **Collaborate.** Who is doing what in your community? What can you support? What can you add to the mix?
- **Break bread. Break bread. Break bread.**



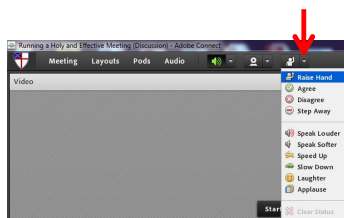
Church-wide Challenge: Farm to Altar

“And we offer our sacrifice of praise and thanksgiving to you, O Lord of all;
presenting to you, from your creation,
this bread and this wine.”

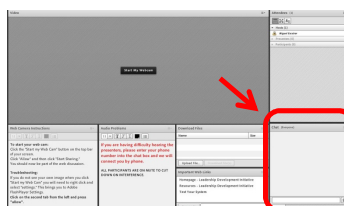
homegrowncommunion@theabundanttable.org



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The Abundant Table Community: Holy Eucharist and Food System

Resources for education, inspiration and action

Check Out

www.theabundanttable.org – The Abundant Table
<http://reddoorvineyard.org/> -- Oak Park Church of the Epiphany
 Facebook: [EpiscopalAnglicanCommunityGardeningAndAgriculture](https://www.facebook.com/EpiscopalAnglicanCommunityGardeningAndAgriculture)
 Ecumenical Ministries of Oregon - Food and Farms: http://www.emoregon.org/food_farms.php
 Presbyterian Hunger Program – Food and Faith: <http://www.presbyterianmission.org/ministries/hunger/food-and-faith/>
www.slowfoodusa.com
<http://aofuturesalliance.org/housefarmworkers>
<https://www.msu.edu/~howardp/booksfilms.html> (this is an extensive resource with information on films and books)
 Host a Locovore Feast: www.eatlocaloneyear.com
 Your nearest Community Gardens, Organic farms and Community Supported Agriculture (CSA) Programs

Read

- "Food Movement Rising" (Michael Pollan) *New York Times Review of Books* June 10, 2010
- *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver
- *In Defense of Food* by Michael Pollen
- *The Omnivore's Dilemma* by Michael Pollen
- *Food Justice*, edited by Gottlieb and Joshi
- *Jamie's Food Revolution: Rediscover How to Cook Simple, Delicious, Affordable Meals* by Jamie Oliver
- *Take this Bread, A Radical Conversion: The spiritual memoir of a twenty-first-century Christian* by Sara Miles
- *Eating your way through Luke's Gospel* by Robert J. Karris
- *The Eucharist and the Hunger of the World* by Monica K. Hellwig
- *Scripture, Culture and Agriculture* by Ellen Davis
- *Making Peace with the Land* by Fred Bahnson and Norman Wirzba
- *Soil and Sacrament* by Fred Bahnson
- *Bless Me Ultima/Bendiceme Ultima* by Rudolfo Anaya (this book is in both Spanish and English)
- "Jesus' Wilderness Feeding and Eucharist as an Economic Ritual" by Ched Myers

Watch

The Garden	What's On Your Plate – (good for kids)
Food Inc.	Supersize Me
Fresh, The Movie	Babette's Feast
King Corn	The Harvest/La Cosecha

Four Bite Mindful Eating Process

www.mindfuleating.org

SAVOR: With this first bite you fully enjoy the flavor of your food. You notice all the tastes that develop during the bite. Your mind is fully on the sensation of eating. You chew slowly, deliberately and fully, swallowing only when the food is completely chewed up. Place special attention on complex foods; go deeply into all the flavors and separate them out.

TRAVEL: With the second bite, you allow your mind to travel to the source of your food. You see the field, farm, lake, ocean, feed lot, garden or patch of ground where it lived. As you chew this bite, keep your mind on the source.

OBSERVE: Bite #3 allows you to observe yourself as an eater. You become aware of the movement of your hand, arm and lips. You follow your teeth, jaws and tongue as you chew. And even when you swallow, you follow the food down to your stomach.

PAUSE: With the fourth bite, you add an extra pause just before you put the food in your mouth. Then, during the bite, you pause in the middle of your chewing, just for a short moment. And when you're done with bite, you add yet one more pause before the next morsel of food.



From "The Pleasures of Eating" by Wendell Berry

<http://www.ecoliteracy.org/essays/pleasures-eating>

What can one do? Here is a list, probably not definitive:

1. Participate in food production to the extent that you can. If you have a yard or even just a porch box or a pot in a sunny window, grow something to eat in it. Make a little compost of your kitchen scraps and use it for fertilizer. Only by growing some food for yourself can you become acquainted with the beautiful energy cycle that revolves from soil to seed to flower to fruit to food to offal to decay, and around again. You will be fully responsible for any food that you grow for yourself, and you will know all about it. You will appreciate it fully, having known it all its life.
2. Prepare your own food. This means reviving in your own mind and life the arts of kitchen and household. This should enable you to eat more cheaply, and it will give you a measure of "quality control": you will have some reliable knowledge of what has been added to the food you eat.
3. Learn the origins of the food you buy, and buy the food that is produced closest to your home. The idea that every locality should be, as much as possible, the source of its own food makes several kinds of sense. The locally produced food supply is the most secure, freshest, and the easiest for local consumers to know about and to influence.
4. Whenever possible, deal directly with a local farmer, gardener, or orchardist. All the reasons listed for the previous suggestion apply here. In addition, by such dealing you eliminate the whole pack of merchants, transporters, processors, packagers, and advertisers who thrive at the expense of both producers and consumers.
5. Learn, in self-defense, as much as you can of the economy and technology of industrial food production. What is added to the food that is not food, and what do you pay for those additions?
6. Learn what is involved in the best farming and gardening.
7. Learn as much as you can, by direct observation and experience if possible, of the life histories of the food species.

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