

Fall 2009

# CHRIST CHURCH CATHEDRAL

## *Earth Ministry*

ISSUE 1 - THE FOOD EDITION



EATING RESPONSIBLY

### WHAT DO YOU EAT?

HOW DOES IT AFFECT OUR WORLD?

Come participate in one or all of the special programs planned for CCC this fall.

**BY BARBARA DENEKE**

The environmental and spiritual issues relating to food are becoming more and more complicated. We truly have the world at our fingertips - we can buy any food we want and most of us have increasingly exotic palates. This raises issues ranging from the cost of transporting the food to uncertain farming practices or controls in countries we buy food from, including the United States. It's easier than ever to eat a well balanced menu year round but what is the cost to the world of our luxury.

We hear much about organic food and understand that organic foods are not treated with chemical pesticides or chemical fertilizers, and we believe

that makes them healthier for us. The reality is much more complex.

In order to provide spiritual nourishment through the Earth Ministry to as many CCC members as possible, the coming year will feature a diverse menu of experiences. The first cluster of planned events is about food. Come see what we have cooking!



## Events

### The Future of Food



**November 3, Tuesday**  
Movie at 6:30

This award winning documentary describes how our society has achieved cheap food prices at the expense of the earth and our health. Find out why you should care and what you can do.

### Food Issues Panel Discussion

**November 4, Wednesday**  
Program at 6:30, Dinner at 5:30  
(Reservations required for dinner)



We will have a panel of local voices on how our food choices affect the earth. Come prepared to ask questions and eat some delicious local fare.

### Re-Usable Produce Bags

#### Initiative

In exchange for your pledge to use the re-usable produce bag to buy organically grown, local produce you will receive one of these bags. Attend any of the EM sessions in this cluster to receive a bag.

## FOLLOW UP - TAKE IT FURTHER

### Playing with Poison

Bullfrog Films

This film is an episode from the CBS documentary series The Nature of Things. It highlights the little known effects of agricultural pesticides. A Yaqui Valley town in Mexico where much of the Mexican produce we see in our grocery stores is grown is used as a study of the toxic effect on a town and its children. The documentary then goes on to examine the effects of common household pesticides on children in Canada and the US. This film can be shown to CCC members or a Diocese of Tennessee group if sufficient interest exists.

### Get involved or Donate

Food Security Partners

[www.foodsecuritypartners.org](http://www.foodsecuritypartners.org)

The Food Security Partners of Middle Tennessee are involved in assisting and coordinating aid to community gardens and other efforts to assure an affordable, reliable, healthy, local source of food for all in Middle Tennessee.



The partnership provides numerous volunteer opportunities available for short or long term commitments.

### The Food Revolution: How Your Diet Can Help Save Your Life and Our World

John Robbins

This book starts off with an examination of the health of average Americans. Although this book strongly advocates a Vegan diet, it is draws some convincing links between a variety of timely health issues and our eating habits.

The range of topics include genetically engineered foods, world hunger, eating with a conscience, and farming impacts on the environment.

### Come to the Table: Food, Fellowship, and a Celebration of God's Bounty

Benita Long

This unique cookbook is not only a work of art but has spiritual nourishment alongside the excellent recipes. A few copies of this book will be available in the CCC bookstore in the near future - or - used copies are available through Amazon.

BY CARROLL YOUNG, PHD

## Book Review

### Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

by Daniel Goleman

Daniel Goleman, Ph.D., is a cognitive psychologist and science writer who studies and writes about the ways we humans think and make decisions, and how our ways of thinking, inherited from our earliest ancestors of millions of years ago, can be brought under rational control with conscious effort. His description of early human life reminds us that our instinctive reactions to threat, need, hunger, and relationships with other species are now often dysfunctional in a world overcrowded and poisoned by human activity.

Rather than just offering yet another description of the disastrous impact human activity is having on the environment, Goleman explains a workable strategy to promote commerce that will benefit the environment. It is called Life Cycle Assessment (LCA), a way of systemically calculating the impact on nature of any manufactured item from the beginning of production through final disposal, and posting the LCA on all items offered for sale. Manufacturers could then compete with one another by offering the most sustainable goods. Several companies in Europe and the US already are operating under this economic philosophy, and Goleman lists several websites where one can find assessments of products.

This is an important book that offers a rational method to make capitalism work for the environment and social wellbeing rather than against it. The book will be available in the CCC bookstore in the near future - or - used copies are available through Amazon.

## An Iroquois Prayer

We return thanks to our mother, the earth, which sustains us. We return thanks to the rivers and streams, which supply us with water. We return thanks to all the herbs, which furnish us with medicines for the cure of our diseases. We return thanks to the corn, and to her sisters, the beans and squash, which give us life. We return thanks to the bushes and trees, which provide us with fruit. We return thanks to the wind, which, moving the air, has banished diseases. We return thanks to the moon and the stars, which have given us their light when the sun was gone. We return thanks to our grandfather He-no, who has given us his rain. We return thanks to the sun, that he has looked upon the earth with a beneficent eye. Lastly we return thanks to the Great Spirit, in whom is embodied all goodness, and who directs all things for the good of his children.

# Food Tips for Living Lightly on the Planet

## Eat Only Grass Fed Beef

Cows cannot digest corn well - it causes them to produce excessive amounts of methane and leads to E. coli bacteria excess which work its way into vegetable crops and watersheds. Pastured cows not only produce meat and dairy products richer in nutrients which are valuable to the human diet, but eating organically farmed grass fed beef and dairy product will help reduce the greenhouse gasses produced when cattle are farmed in a factory type of environment.



## Eat lower on the food chain

Generally this means eating more vegetables. Think about what is consumed by the thing you are eating. Many fish, including Salmon and Tuna, are high on the food chain having eaten the fish that have eaten the smaller fish that eat plankton and clams. Pesticides, heavy metals, and other toxins build up increasingly in each successive layer of the food chain and at the top there is a high concentration of these substances that cannot be washed off. This is not only true of fish, but also of non-organic meats and dairy products.



## Keep Food Scraps Out of Landfill

Food & organic materials make up about 20% of the typical household garbage. When it rots in the landfill, in an anaerobic environment, it produces methane gas. Methane gas is 23 times more potent as a greenhouse gas than CO<sub>2</sub>. A typical home compost will decay the matter in an aerobic environment which produces almost no methane. If you can't compost or feel it is unsightly, use a worm composter or food digester (the green cone digester can be purchased from Metro Recycling)



## Buy Less Food!

Statistics reveal that nearly 40% of all food purchased goes to waste and is discarded. Most groceries that sell produce by the pound will cut a large vegetable for you. (If you want a half a cabbage for example, just buy a half a cabbage) You'll save money too!



## Join a CSA

CSA is Community Supported Agriculture. You'll be buying locally and saving the time, cost, and emissions caused by transporting the food. Also, many of these feature organic or similar kinds of farms. These operations may be from one farm or a group of farms. You can purchase a quantity of local farm fresh

produce, meats, eggs, honey, etc. from a CSA. There is one to fit virtually every need. Some offer the flexibility to select your produce, some provide flowers, some have meats or eggs, and some benefit good causes. A non-exhaustive list of CSAs can be found at the Future of Food in Nashville website: [nashfof.wordpress.com/csa/](http://nashfof.wordpress.com/csa/)



## Eat in Season

Hand in glove with eating locally produced food goes eating in season. Learning to enjoy foods from all seasons can convey a sense of wonder and gratitude for the diversity and complexity of God's gift of abundance to us.



## Re-usable Produce Bags

We are giving these away at CCC Earth Ministry programs in time for your Thanksgiving shopping. Or - if you miss out on that, you probably already have some of those mesh lingerie bags sitting around, just re-purpose them for your produce!

If you have a unique tip for living lightly and want to share it in a newsletter, please contact [Barbara Deneke](mailto:BarbaraDeneke)

## Join an Earth Ministry Committee!

We want to provide meaningful ways for you to grow spiritually in your stewardship of the earth. These are mostly short term commitments! You can work on one event or take a continuing role as best suits your life and interest. We currently need people to help with each of our programs for the 2009 - 2010 church season and no talents will go to waste! If you want to participate but don't know what to volunteer for, we'll help you find something that you will enjoy.

To sign up, contact **Barbara Deneke**

[barbaradeneke@comcast.net](mailto:barbaradeneke@comcast.net)

383-3269

## CCC Earth Impact Audit



### How Cool is Your Congregation?

Both the UN Millenium Development Goals and various Episcopal resolutions encourage reduction of greenhouse gasses by at least 25 percent and even up to 50 percent by the year 2020. To support these goals, the Earth Ministry at CCC will embark on a long term project to reduce the impact our facilities and congregation have on the earth. The first step will be a comprehensive audit and analysis of our facilities and energy usage. We will prioritize the areas we identify for improvement for immediate or future actions. One of the goals of this project will be to identify grants and other funds that may be available for the improvement projects.

This fall we will gather together volunteers to embark on an important project for our church and our community. Our congregation is rich in talent and specialized skill where greening of facilities and environmental issues are concerned. If you have these skills we want you to join us in this important project. But, if you are not already an expert - not to worry. When we begin this process, we will have a workshop to get us started. The date(s) for the workshop will be announced this fall.

The workshop will help you take the same approach to reducing greenhouse gas emissions in your own home.

Lets become a Cool Congregation!