

SUSTAINABILITY EDUCATION *Series*

Sustainable Food for the Body and Soul

Learn how to grow food and nurture a community of life

Community gardens empower local communities to grow food and inspire many to engage in environmental stewardship and healthy living while sharing a deep sense of belonging to each other and the land. **IHM Ecology Director Sharon McNeil** leads several workshops that relate sustainability to food and wellness of body and soul. Our own **St. Mary Organic Farm** is dedicated to the renewal of local, sustainable food systems through its mission of Caring for the Land, Building Community.



ST. MARY ORGANIC FARM • FALL/WINTER WORKSHOP OFFERINGS



What Is Eating God's Creation?

(60-75 minutes for adults and teens)

Participants will examine our current food system in light of our personal and collective need for planetary health and sustainability. Participants will take a moral and ethical look at how our food choices impact our lives and the world around us while offering practical solutions to live more sustainably.

Nurturing Wellness with Nature

(60 minutes for adults and teens)

Seventy percent of our wellness is linked to what we put into our bodies. Learn easy ways to gain sustenance from Mother Earth and feel better.

Mindful Eating

(60 minutes for adults and teens)

What and how we eat not only affects our bodies but our spiritual path. Explore the connection between food and spirituality.

See reverse side for Spring/Summer Workshop Offerings



Honeybees: Pollinators we cannot live without

(60 minutes for adults and teens)

Learn about the history and habits of honeybees that pollinate 87 out of 115 of the world's most important food crops.

Composting: Black Gold

(30 minutes for adults, teens and elementary children)

Discover simple steps to turning your kitchen scraps and leaves into rich soil amendment.

Sustainable Gardening: Good for You, Your Children and the Planet

(60 minutes for adults and teens)

Learn the basics for growing your own food without chemicals. Understand the need for healthy soil, companion planting, crop rotation, plant diversity and working with the elements. Find out what you need to make it happen.

TO SCHEDULE A WORKSHOP



If you or your group would like to schedule a workshop, please contact **Sharon Venier at 734.240.9754** or by e-mail at **svenier@ihmsisters.org**.

COST

\$12 per person • \$5 per student

DIRECTIONS

From I-75 North, take Exit 14 Elm Avenue, and turn right at the end of the ramp. The Motherhouse is approximately two miles from the exit ramp at 610 West Elm Ave.

From I-75 South, take Exit 14 Elm Avenue, and turn right at the end of the ramp. The Motherhouse is approximately two miles from the exit ramp at 610 West Elm Ave.

IHM SISTERS TODAY

We, the IHM Sisters of Monroe, are Catholic women bound together in faith. We follow a call rooted in our founders' mission - to respond to the world's most pressing needs. As the needs of the times change, so we adapt our ministries.

Today's challenge is unprecedented in scope. Human progress has come at the expense of the entire community of creation.

The cry of our times compels us to embrace a spirituality of kinship that includes all living beings. We recognize the interdependent nature of all members of the Earth community and understand that justice for the Earth is inseparable from justice for those who are poor and excluded.

We serve God as disciples of Jesus. We work for the common good. We question decisions and behaviors that devastate and divide the community of Earth. We minister as educators and caretakers of the Earth and of one another.

Today we are called to speak for the voiceless, to celebrate the diversity within our unity and to educate for citizenship on our planet.

