

HONOURING GOD'S CREATION



**Sunday Afternoons: Feb 17-April 14, 2019
3:00-4:45pm St. Ambrose Parish Hall**

**Prepare for your Lenten journey this year and go
Vegan for 40 days!**

Join us to learn how our faith applies to our food. Discover how eating a whole food plant based diet can be a life changing experience for Christians. Discover how it can greatly benefit our health, the environment, the poor, our society, food labourers, our healthcare system, and the lives of animals! So join us and go vegan this Lent starting Ash Wednesday March 6 and together let us Honour God`s Creation!

Part I: Faith

Feb 17 *Food in the Bible & Honouring God's Creation*

Part II: Food in the Modern World

Feb 24 *Food Inc.*

Part III: Health

*Wed Feb 27 *Forks Over Knives*

Mar 10 *What the Health*

Part IV: Health Care

Mar 17 *Plant Pure Nation*

Part V: Animals and Factory Farming

Mar 24 *Dominion*

Part VI: Environment/Creation

Mar 31 *Cowspiracy*

Part VII: The Journey Home

Apr 7 *Peaceable Kingdom*

Part VIII: Conclusion

Apr 14 *Plant-Based Food Potluck*

**PLEASE CALL or EMAIL TO CONFIRM ATTENANCE: (416) 251-8282 or
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