



**HONOURING GOD'S CREATION!
DOCUMENTARY-DISCUSSION SERIES!
STARTING SUNDAY FEB 17-APRIL 14, 2019**

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

Join us for 8 sessions 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, our society, the poor, 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!

**GO VEGAN
FOR LENT!**

**Go into the Desert
of your heart.**

**Discover how
every Christian is
called to eat a
plant-based diet!**

**Watch moving and
life changing
documentaries!**

**Praise and
Worship songs!**

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Please call or email to
confirm attendance.