

A Simple Meal

Share your responses to these queries with others at your table:

Right Sharing of World Resources invites you to share a Simple Meal.

As we meet one another around the table, we also meet those, human and more-than-human, around the world who touch the process that brought this food before us. We take this opportunity to reflect upon how our lives are intertwined with others, and the choices we make that mark these relationships.



RSWR

1 Think of a time when you were sufficiently nourished (in your body, in your heart, in your Spirit). What contributed to you feeling that way?

2 Think of the steps that it took to bring this food before you. How are these steps in alignment with your values? Can you make different choices that might bring it in further alignment?

3 How could we respond to the challenges of consumerism as a community? Can we support each other in behavior change? Can we work together to change production systems?

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