

St. Andrew's Episcopal Church, Wellesley ~ 2010 Lenten Series:
The Spirituality of Food

Four Wednesday Evenings in March from 6:00 p.m. to 8:00 p.m.
Potluck Supper followed by adult/children forums and closing worship.



Altar of Thanksgiving #2 by Rachel Clearfield

So many of our routines and habits in life are driven by the need and desire to consume food. For some food is a source of pleasure, for others a source of fear, and for all source of nourishment. We cannot survive without food, and yet there is incredible variety in the ways we obtain, prepare and consume our food. The choices we make among the myriad possibilities both shape and reflect our spiritual lives.

This Lent, come explore the intersections of food and the spiritual life.

March 3rd – Ethical Implications of Nutritional Choices

Dr. Greg Dolnikowski, Human Nutrition Research Center on Aging
Children's program: Planting Seeds in the Garden and the Bible

March 10th – Growing Food as a Spiritual Practice

Brent Was, Farmer-in-Residence, Society of St. John the Evangelist
Children's program: Food Art!

March 17th – Spiritual Dimensions of Disordered Eating

Drs. Sheila Reindl & Frank Caruso, Clinical Psychologists
Children's program: Visit to Natick Community Organic Farms

March 24th – Our Holy Meal: Origins & Practices of Communion

Rev. Edie Dolnikowski & Rev. Addison Hall, St. Andrew's Clergy
Children's program: Kids Instructed Eucharist