



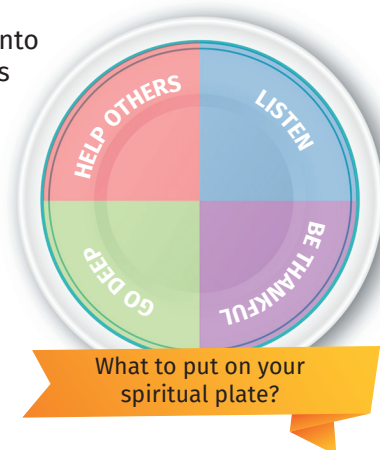
The Soul Foodie!

Chewing on the big questions each week. | SoulTable | May 1, 2019

We are a group of people seeking to live more authentic and meaningful lives. We enjoy going into the deep-end, to explore and learn and share with one another. So, we've built the skeleton of this thing called SoulTable. It's where, we hope, you will find community and a safe place to explore your spiritual side and how you may help make our city and our world better. The door is open. Come on in.

Along with our friends who come together on Sunday mornings, we aim to be a vital hub for our city where a welcoming community of diverse believers and seekers:

- Openly explore their spiritual and moral thinking without fear of judgement
- Encourage and support social justice activities that make a difference locally and beyond
- Experience inspiring discussions and music



Format?

We're still working out the kinks – but the playbill is essentially:

5:00 PM Welcome, Dinner, Conversation and Music

5:45 PM Inspiration (e.g., speaker, performance)

6:15 PM Workshop/Discussion/Music

6:55 PM Wrap up and Gratitude

7:00 PM Informal Session may continue until 8PM

*Childcare from 4:30-8:00 beginning September 22, 2019

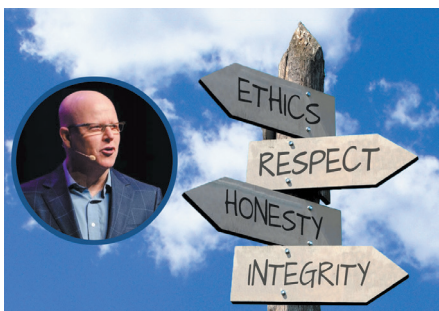
How much \$\$

No cost. We will ask for donations, but there is no obligation. If you can afford to give we thank you. We do hope that over time, we'll have enough donations to keep our program running and growing.

Beginning September 22 – we'll be here with you every Sunday evening!

Kick Start Your Soul For The Week Ahead:

SUNDAY, MAY 5 @ 5PM



Warren Coughlin
It's Just Business...

SUNDAY, MAY 26 @ 7PM



Mzansi A Cappella Choir
Mandela Centenary Celebration

SUNDAY, JUNE 23 @ 5PM



5 easy things to make this
your best spiritual summer ever!

Looking for something more traditional? Please join us here at Lawrence Park Community Church every Sunday morning at 10:30 AM for inspiring worship; beautiful music and an out-of-this-world choir; compelling and relevant sermons; and a warm, welcoming community. All are welcome.

The Soul Foodie!

A Weekly Shopping Guide for Your Soul | SoulTable | Vol 1. No. 1 | May 1, 2019

NEW!

Believers & Seekers Big Savings This Week!

SOUL SAVING SPECIALS



Why Food & Music?

Every week we'll have dinner and music at SoulTable. Why? Look inside.

STOCK UP & SAVE

Filling Your Gratitude Basket

"Gratitude is looking on the brighter side of life, even if it means hurting your eyes,"

— Ellen DeGeneres, *The Funny Thing Is...*



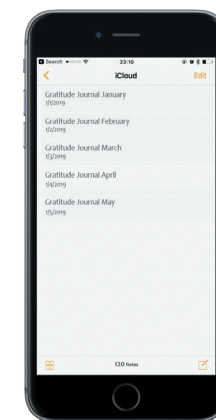
"When eating bamboo sprouts, remember the man who planted them."

— Chinese Proverb

Being thankful for what we have is a special gift. Friends who practice gratitude say it improves their lives. Do you find this to be true too? According to *Psychology Today* and peer review journals, there is some science to this soulful activity with benefits such as better sleep, reduced risk of depression, increased self-esteem, and making life feel more worthwhile... (you had me at "better sleep").

To do: Here's a recipe for keeping a gratitude journal: At the end of each day, think of three things that you are grateful for. These can be your health, something that happened that day, something about the world around you. Simple is fine. The secret ingredient is: Writing your list down in a journal (or on your smart phone!). Give it a try and see if it helps you. Why not write down three things now?:





This Gratitude Journal also makes a pretty good Smart Phone!



101 Ways to Love Your Neighbour

Torah, Koran and New Testament all suggest we love each other. That seems like a good place to start! Find 101 ways inside (and on May 5).

SPECIAL



Name the Symbol

Logos have been important for rebels and spiritual movements trying to unlock the secrets of why we're here and what we're meant to do. (See Inside!)

FUN!



To do: Channel Matthew McConaughey's Oscar acceptance speech from 2014! Write down what would make you your own hero, in one year, five years or 10 years from now?



The Soul Foodie is an informal publication of SoulTable, a new community for all at Lawrence Park Community Church. Content is contributed freely and given away freely; and may not represent the beliefs or wisdom of the United Church of Canada. But we do hope that we will inspire some and learn from all. SoulTable aims to be an open to all, non-judgmental, safe place, for all who wish to grow spiritually, become morally stronger and engage in actively making our city and world a better place. This is our first flyer – so let us know how to improve and make it better for you and others.

**soul
TABLE**

soultable.ca



/SoulTable



@soul_table



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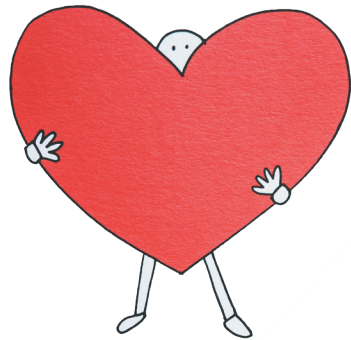
"We are so lightly here. It is in love that we are made. In love we disappear"

— Leonard Cohen, Ten New Songs

Are there really 101 Ways to Love Our Neighbours?

Google and Siri seem to think so! And sometimes it's nice to be able to find beautiful things on the Interweb, like wundermom, kindspring, howtoloveyourneighbour and other sites with fun and friendly insights into helping others and raising one's spiritual meter. We won't list 101 here.. But we'll share a few to whet your appetite! Check off the ones you'll do this week!

- ☐ Say hello to a stranger every day.
- ☐ Give blood.
- ☐ Write a hand written note to a family member, friend or colleague.
- ☐ Recycle.
- ☐ Keep change in your pocket to give to anyone who asks. **And if you give to a panhandler, pause to talk too. Compassion is priceless.*
- ☐ Reverse cut in line (let someone go in front of you).
- ☐ If someone cuts you off when you are driving, pause, take a breath, and feel "I hope they get to their destination safely".
- ☐ Bake a double batch and take to your neighbour. Literally, your neighbour!
- ☐ Plant something in the ground.
- ☐ Pick up litter or dog poop and trash it properly. Yech for sure, but a good thing to do.
- ☐ Write letters to politicians when they cut services to the poor.
- ☐ Think of three good things for which you are grateful and keep a journal.
- ☐ Invite a friend to SoulTable [How's that for context-appropriate advertising?]



Can You Match The Symbols with Their Names/Meanings?

FUN!

1. **The Hamsa.** A popular amulet or talisman, especially in the Middle East.
2. **The Ankh.** Egyptian. African. Symbol of life and wisdom.
3. **Lotus Flower.** Buddhist symbol of enlightenment and transformation.
4. **Yin Yang.** Taoist symbol of interdependent duality and balance for a meaningful life.
5. **Cross and Crescent.** The International Federation of the Red Cross and Red Crescent Societies (IFRC)
6. **Aum/Om.** May have been the first uttered word. Natural sound of the universe. Yoga and meditation.
7. **Cross.** Christian. Represents Jesus' willing sacrifice, and by implication, His resurrection and conquering of death.
8. **Peace.** Gerald Holtom in 1958. Britain. Represents the letter "N" and "D" in semaphore code for "Nuclear Disarmament" inside a circle.
9. **The Star of David.** Jewish/Israel. May have been King David's symbol on shields. Adopted as Jewish symbol following Jewish emancipation during French Revolution.
10. **Dharma Wheel/Dharmachakra.** Likely from ancient India. Buddhism. Walking on the path of Enlightenment.



So, we may have these answers; but, we don't have **all** the answers: 101, 101, 101, 101, 101, 101, 101, 101, 101, 101

Reasons to Believe!?

Allison's Restaurant! Veggie Chili Soup (VCS). There are a million and one things that can go wrong when you're planting a new service community ... but one thing we learned was that this Veggie Chili Soup may be the new Chicken Soup for the Soul! Made with love by SoulTable regular (and LPCC staffer) and soup wizard Allison Earl. Allison is a strong believer in not wasting food and she has reinvented soups and discovered new taste consciousness with her application of left-overs to the soup pot. From this path of discovery, a recipe unlike any other was born. Chemists have tried to deconstruct its component molecules; and even collider particle physicist, Pekka Sinervo would be awed by the complexity and approaching divinity of its taste. For SoulTable evenings, when we serve Alison's VCS we use only fresh ingredients and a Zeppelin-sized dollop of a Whole Lotta Love.



GF NON-GMO ORGANIC WHOLE GRAIN BLUEBERRY BANANA BEAUTIES. With all the stuff that these blueberry banana muffins don't have, it is a real miracle that they may well be the most delicious, mouth-delighting, spirit-raising, IQ-lifting, barrier-breaking, dopamine-boosting dessert you have yet to experience. Now, to be honest, this may be an exaggeration. But, hey – there's nothing bad in 'em, just pure goodness – and that's something you can't buy at any old store.

Introducing Some of our Team



John Suk

John is an approachable, welcoming presence at SoulTable. In addition to his divinity degrees, he has a Ph.D. in Communication Theory. He's also the author of the acclaimed *Not Sure: A Pastor's Journey from Faith to Doubt* (Grand Rapids: Eerdmans, 2011). You can find his blog at: faithisntwhatyouthink.blogspot.ca.



Stephen Milton

Stephen is an accomplished documentary film maker with The Discovery Channel and National Geographic. He recently completed his Master of Divinity degree at U of T's Emmanuel College. He will be joining SoulTable and the Lawrence Park Community Church in June.



Judi Pressman

Judi is a versatile, resourceful, and people-focused professional who has worked over the past 30 years in the Arts and Culture sector, including time with Mirvish Productions, Dancap Productions, Ticketpro and Canadian Stage. Standing Ovation!