



The Harvest Issue

As I set a bowl of fresh raspberries in front of my guest, I remarked, "I feel so rich with all this wonderful fresh fruit from my garden." My guest from Colombia gently reminded me, "Anyone who has enough food is rich."

Cathleen Hockman-Wert



Domestic Poverty

Despite the fact that Canada and the US are among the wealthiest nations in the world, we still have growing numbers of poor and struggling people. This persistence of domestic poverty challenges our core belief that we live in caring nations. Though the face of poverty might look different here at home, the pain and suffering are very real.

Poverty, hunger, and homelessness are complex issues that defy a single, simple solution. Families or individuals of any age can become poor or homeless, temporarily or permanently, for a variety of reasons. However, each person who finds themselves homeless or in poverty is a unique individual--a child of God that we are called to love as brothers and sisters, to care well for and show mercy and compassion.

Why are people in North America poor when we seem to have so many resources?

With the increase in food bank usage - *an extra 10,000 lbs of food is needed each month!* Please keep the Food Bank in mind when you are grocery shopping!

Currently the food bank is in need of:

- | | | |
|-------------------|---------------|------------------|
| Canned vegetables | Fresh fruit | Fresh vegetables |
| Canned pasta | Coffee/tea | Powdered milk |
| Baby food/formula | Kraft Dinner | Hygiene items |
| Juice boxes | School snacks | Sugar |
| Peanut butter | Dry pasta | Pasta sauce |
| Canned milk | Cereal | Canned fruit |



Do Justice –Love Kindness

Our worship has not ended –
It has only begun –
For God is with us every
moment of every day!
Go then, and offer the wor-
ship he desires –
To do justice,
To love kindness,
And to walk humbly with
him, every step along our
way

Nick Fawcett, England. Reprinted from 600 Blessings and Prayers from Around the World, published by Twenty-Third Publications.

If in the human economy, a squash in the field is worth more than a bushel of soil, that does not mean that food is more valuable than soil; it means simply that we do not know *how* to value the soil. In its complexity and its potential longevity, the soil exceeds our comprehension; we do not know how to place a just market value on it, and we will never learn how. Its value is inestimable; we must value it, beyond whatever price we put on it, by *respecting* it." Wendell Berry – Home Economics

Why poor people are getting heavier

Hunger always has been the burden of the poor, but increasingly, the highest rates of obesity are found among people with the lowest income and least education. The reasons why encompass everything from genetics to personal habits to societal factors. One such societal factor is cheap high-calorie foods. Research suggests the more calories a food contains per ounce, the less it costs – and vice versa. Compare for example, potato chips and fresh carrots. A dollar spent on chips (or white bread, instant noodles or candy) doesn't buy much nutrition, but it does buy nearly five times as many calories. In this limited sense, "diets composed of whole grains, fish, and fresh vegetables and fruit are far more expensive than refined grains, added sugars, and added fats. People become obese primarily because they are poor."

Cathleen Hockman-Wert

The Organic Choice

Fruits & Veggies

Worth Your While

Orchard fruit
Peppers
Salad greens
Potatoes
Broccoli

Not Worth Your While

Onions
Asparagus
Avocado
Kiwi
Mango

Grains

Worth Your While

Bread
Crackers
Pasta
Cereal

Not Worth Your While

Kid's cereals. Do you really want your kids eating this stuff, organic or not??

A brochure listing all farms (Locally Lambton) that offer retail, orchards, community markets, etc. is available in the church foyer

Dairy

Worth Your While

Cheese
Ice Cream

Not worth the effort

Most dairy products—regular Canadian milk is pretty safe and healthy, due to some of the strictest industry guidelines in the world.

Meat

Worth Your While

Fresh meat (pastured or grass-fed)
Note: Organic meat is usually double or even triple the price but natural meat is an economical and healthy compromise. It means the animals get conventional farm feed but avoid all the questionable injections used in a feedlot

Snack Food

Worth Your While

It's up to you. Conventional snacks are laden with food additives and preservatives that only a chemist could love. And for the most part, these foods contain either GM soy or corn oils that are particularly harmful to the environment

Not Worth the Effort

Organic nacho chips and granola bars aren't necessarily any healthier than the typical corner-store snacks. They're often just as high in sugar, salt and fat, so spending the extra money for organic is difficult to justify.

Harrowsmith Country Life

Calendar

October 9—Sarnia Justice Film Festival screening of the film "Fresh" - new thinking about what we're eating at Sarnia Public Library Theatre 7pm

October 16 World Food Day a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger.

October 20 noon hour Webinar about what the Millennium Development Goals are and why they are important, discuss the relationship between CRWRC's work and the MDGs; and present opportunities for churches to pray, learn, and remind our leaders to keep their promises to the Millennium Development Goals this fall. To register: <https://cc.callinfo.com/cc/schedule/display.do?ude=16qlbu1xyp7oc>

October 28 David Korten—"Why is there such an enormous gap between the world most people want and the world we have?"

London, Ontario. Public presentation for "Beyond Tinkering: Growing an Inclusive Economy" series, hosted by Sisters of St. Joseph, Brescia University, et al; visit www.inclusiveeconomy.ca for details or contact hdiesbourg@csj.london.on.ca

CRC Justice Seekers

let justice roll on like a river

JusticeSeekers.ning.com is an online community for Christian Reformed folks to discuss, inform, and share their thoughts on justice with others in the denomination.
<http://justiceseekers.ning.com/groups>

This newsletter is a publication of the Social Justice Team of Redeemer Christian Reformed Church, Sarnia ON

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Articles in this newsletter excerpted from "*The Advocate*" a paper and portal serving Christian Reformed social activists by the Office of Social Justice and Hunger Action of the CRC: www.crcjustice.org and *Kairos Times*, a monthly e-newsletter of KAIROS, the social justice organisation of eleven Canadian churches and church agencies. www.kairoscanada.org and of Citizens for Public Justice (CPJ)'s monthly