



## GrayIsGreen

### Who are we?

**Gray Is Green** is an online gathering of older adult Americans aspiring to create a green legacy for the future. As environmentally conscious elders, we respond to a generational call: to co-create a future of economic justice, ecological sustainability and social justice.

We hold next generations of humans in mind and consider the future of ecosystems and other species. We are alert to the historic challenges facing our planet. And we are aware of the question arising from descendants generations hence:

*What did you do, when you knew?*

### What do we do?

We aspire to embrace our eldership, living beyond consumerism and ageism. **Our Curriculum for Gray-Green Living** offers a variety of ways to join—and re-engage with—this elder movement.

We offer a periodic newsletter, a speaker's bureau, online resources, a [Facebook page](#) for relevant updates. In partnership with congenial organizations, we serve as a central clearinghouse of ideas and communications for older adults interested in greening their lives, learning about sustainability, advocating for sound public policy, being creative stewards or grandparents, emerging as elders, and mentoring young people.

*We invite **you** to get involved!*

[www.grayisgreen.org](http://www.grayisgreen.org)

## World Views Reverence for Food

### Hinduism

Protection of the cow is important both ethically and practically, giving rise to the practice of vegetarianism. The cow is symbolic of the Earth itself: she is a great nourisher, considered to be generosity incarnate. She is a sacred symbol of dignity, strength, endurance, maternity and selfless service. The cow's life-giving gifts, especially milk and ghee, are essential in Hindu worship and culture. The bull provides labor where mechanized agriculture is not the norm: fields are plowed, grains and vegetables are grown by traditional organic methods. Veneration of the cow instills the virtues of gentleness, receptivity and connectedness with nature.

### Buddhism

Buddhist monks traditionally eat anything put in their begging bowl, as they have taken a vow of poverty. There is a custom to not eat anything—or to not eat solid foods—after noon, because you would not want to beg someone's last meal of the day. However, for laypeople, there are not the same restrictions. Some Buddhists also fast for purification and meditation. Food is often seen as an earthly attachment, and so fasting can be a means of detaching from the world for a period of time.

### Judaism

Nearly every Jewish holiday has its own set of traditional foods, either

biblically or rabbinically mandated. From braided challah loaves each Shabbat, to the apples and honey of the sweet New Year Rosh Hashanah, food plays a key role in ceremony and celebration. Every time we eat, we bless the food and thank God for bringing it from the earth, the tree, or the vine. In this way, we remember where our food comes from and give thanks for the grace of God which allows us to partake of the earth's bounty.

### Christianity

The scent of a rich, sweet wine wafts through the air. A crunch is heard as a crusty loaf of bread is broken apart. This scene of earthy delights could be a kitchen—or a Christian sanctuary. The Eucharist uses bread and wine to speak both of Christ's body and blood, and of the festal banquet at the end of time where people will come from east and west and sit at table in God's beloved community. Every Christian meal, eucharistic or otherwise, centers us in the self-emptying love of Christ, and focuses us on God's intent to fulfill all creation. Every Christian meal unites us with all those who have prepared or shared such a meal in our own time, or in times past. Food thus connects both to God and to the earth, for all times are God's times, and all earthly nourishment is gift of God.

*(Continued on back)*

## Islam

Many of Islam's laws govern the division of agricultural land and agricultural practices. Making sure every person has access to food is the moral imperative of these laws. There are also many laws governing the consumption of food. Before slaughtering animals and before eating, God's name must be said, to remind us that food comes from his grace. One must not consume excess food and become unhealthy, but rather give thanks for the food we have and leave surplus for others.

---



*GrayIsGreen*