



## **Coffee, Tea and Justice for All**

*A Congregational Activity for Earth Sunday,  
April 20, 2008*

### ***On Earth Sunday make refreshment time at church or at home an act of hope!***

By serving beverages and snacks that are fairly traded and/or locally produced you'll be doing the environment and struggling farmers, locally and globally, a big favour. Here in the Maritimes we are fortunate to have two great suppliers offering a range of products that honour people and the earth. With products from

**Just Us! Coffee Roasters** in Wolfville, NS and **Speerville Flour Mill** in Speerville, NB, you can enjoy coffee, tea and oatcakes that feed the body and the soul

Less than 1% of this area's cereals and flour products are actually grown and processed in this region, and so the people at Speerville Flour Mill have committed themselves to supplying Atlantic Canada with organically grown whole grain flours and cereals. One of their founding principles was to provide a market for grain and other products produced by Maritime farmers. They strive to produce top quality products, as well as, supporting the local economy by helping build strong rural communities. Ask your local grocer about supplies for your baked goods, or start your own buying group. For more information contact the Speerville folks at [www.speervilleflourmill.ca](http://www.speervilleflourmill.ca) (See over for a recipe for Old-fashioned Scottish Oatcakes)

Just Us! Coffee Roasters have been friends of the United Church in the Maritimes for several years. Their commitment to building long-term relationships with organic coffee producers in the south, and paying fair prices for products there and around the world, has helped bring hope to many who were being silenced.

A suggested church order for this special Sunday might include two 2lb package of "Breaking the Silence," a couple of boxes of the Ceylon Breakfast Tea (a satisfying tea even for the die-hard King Cole drinkers) and a couple of 1kg bags of their Fair-Trade sugar. For chocolate lovers there are solid and liquid options – without the guilt!

You can call Just-Us on their toll-free line, 1-888-NOT-THEM and place an order directly if it isn't available in your area. With a \$200 order, shipping is free. On their website [www.justuscoffee.com](http://www.justuscoffee.com) the prices and package sizes available are listed. Reading about their history and "sustainability" practices can inspire conversation about what we can do in our churches, homes, and workplaces.

Our actions make a difference. What inspires you?

### Scottish Oatcakes

*Preheat oven to 350°F.*

*Grease 2 large baking sheets*

1 1/2 cups old-fashioned Scottish oats  
1 cup all purpose flour  
1/2 cup fair trade sugar  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup chilled solid vegetable shortening, cut into pieces  
1/4 cup buttermilk

Place oats in mixing bowl. Sift in flour, sugar, baking soda and salt. Using fingertips, rub in shortening until mixture resembles coarse meal. Add buttermilk; stir until dough forms. Transfer dough to floured surface. Roll out dough to 1/4-inch thickness. Using 2 1/2-inch round cookie cutter, cut out rounds. Arrange on prepared sheets, spacing apart.

Bake oatcakes until edges are pale golden, about 12 minutes. Transfer baking sheets to racks and cool 5 minutes. Transfer cakes to racks; cool completely. (Can be prepared 3 days ahead. Store in airtight container at room temperature.)

*For more earth-and-people-friendly recipes, you can contact Michelle Smith, a member of the Maritime Conference Environmental Working Group and proprietor of Dangerous Angels Fine Foods. Requests must be in by April 7 to arrive in time for Earth Sunday.*

*Write to Michelle Smith, 2375 Hwy 252, RR#2, Whycocomagh, N.S. B0E-3M0  
or e-mail [rosielaurel@hotmail.com](mailto:rosielaurel@hotmail.com)  
– and be sure to put “Coffee, Tea & Justice” in the subject line.*



SOWING SEEDS OF HOPE  
A Church School Activity for Earth Sunday,  
April 20

*Barley is thought to be the oldest known domesticated grain, originating in the area we know as Palestine. People have been growing barley for nearly 10,000 years. It is a useful crop for many farmers because it can be grown in wet and dry areas and in imperfect soil conditions. In North America and Europe, we mostly grow barley varieties that are productive but which are hard to process without large machinery. In smaller countries there are grown many varieties of barley that can be threshed by hand. These are very important to poor farmers but they are not productive enough to be of interest to commercial seed companies.*

*You can help preserve one of these unusual varieties by planting a handful of seeds on Earth Sunday as part of your congregation's celebration of the Earth and the environment.*

*If you would like to participate in this "growing" activity, write or e-mail Michelle Smith, a grower member of Seeds of Diversity and a member of Maritime Conference's Environmental Working Group. She will send you that handful of seeds and a growing sheet. The seeds can be started indoors in paper cups or old milk cartons and taken home and transplanted into gardens or even flower pots, so even with limited garden space, this project is possible. Requests must be in by April 7 to arrive in time for Earth Sunday.*

*Write to Michelle Smith, 2375 Hwy 252, RR#2, Whycomomagh, N.S. B0E-3M0 or e-mail [rosielaurel@hotmail.com](mailto:rosielaurel@hotmail.com) – and be sure to put "Seeds of Hope" in the subject line*

*And a few more ideas from "Practical Hope"*

<p>CHURCH SCHOOLS          Plant seeds, bulbs or trees          Read "Grandfather's Prayers of the Earth" (Wood,1999)          Make an "energy pledge"          Order "3 Microbes" DVD from AVEL, and watch it!          Get to know the plants and natural features in your neighbourhood.          Teach hope!          Seek out and share the stories of change for better.</p>	<p>ACTION PLANS          Brainstorm and organize carpooling plans;          Compile lists of local suppliers for food, construction supplies, gifts, novelty items.          Who could offer skill training in sustainable activities in your area? Gardening, energy, cooking? What else?          Find out who Wangari Maathi is.</p>
<p>PROPERTY AND BUILDING PLANS          Do an environmental inventory of your site and buildings.          Plan less lawn! Less mowing!          Plant gardens.          Check out United Church publication "Greening the Church: Reducing Your Church Building's Ecological Footprint"          Find out what others are doing - are there ways to share resources and expertise?</p>	<p>LEARNING MORE          There are many new and older resources that are just waiting to be studied and shared. Practical Hope will be highlighting some of these very soon and over the next months.          What is your congregation's favourite way to learn together?          Workshops? Book study over several weeks?          Action and then reflecting on the experience?          Let us know your ideas!</p>

*A project of the Environmental Working Group of Maritime Conference of the United Church of Canada*