



Dear Friends-

I've heard about this awesome idea called, “**The Good4All Experience**”.

It's an empowering response to these turbulent times. It's pretty simple.

As a group, we embrace 4 practices that are “good for me, good for you, good for all!” The first practice, as a group, is “**Meat Free Monday**”. Check out this video: <https://youtu.be/Z7PBTu1dtXY>

MFM has roots back to World War 1 and WW 11 when Americans had to ration meat to feed troops. Now it's seen as one of the most powerful ways to impact health for people and the planet. It's just one day a week! Eating more plant-based is thought to lower risks of heart disease, diabetes, certain cancers, Alzheimer's...lots of bad health issues.

Next, we all pick 3 additional NEW things we are going to try to do for the rest of 2020. They have a list with all sorts of things from 4 categories:

[Mind/Body/Spirit/Mind/Planet.](#)

Pick whatever speaks to you. Ideas range from: **Write a Song** to **Eliminate plastic bottles**. The idea is to embrace 3 more practices that tug at your heart.

I think this sounds pretty cool and easy and empowering. We all are wondering “What can I DO to make a difference?”

We needn't feel overwhelmed and helpless in the face of our current situation. Small, individual changes, supported by groups can coalesce, gain momentum and form an **unstoppable force of positivity and goodwill for ourselves, each other and the planet.**

Attached is the Good4All list and the Process. Reply “I'm IN!” if you want to try as a group. [Let's do this together!](#)

Sincerely,