

Suppers Facilitator Theme Card

No Commercial Messages

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on No Commercial Messages:

Boundary 5: No Commercial Messages

The only fee is the shared cost of meeting, and a small fee to support the Suppers organization

Suppers meetings refrain from profit-making relationships, neither paying for services nor promoting commercial messages. Each Suppers group is self-supporting, raising enough money to cover the meeting costs of groceries, location and a small contribution for administrative costs. Outside speakers and literature are welcome. In the spirit of curiosity and experimentation, the Suppers forum invites educational but not promotional messages.

[Francesca's Story: Empowered to Experiment](#)

One of the things I like best about shopping in the produce section of our local organic food store is that there are no visual assaults. No packages with lists of ingredients, no health claims, no plastic signs helping me make my decisions based on someone else's profit motive. The only messages are little paper signs telling me how many miles it took to bring each item to market. Bin after bin, red, orange, green, the vegetables and fruits are perfectly fresh if not perfectly formed. No buckets of golf ball perfect plums or tennis ball oranges, no waxed, flawless, tasteless (sprayed) Frankenapples. Real food.

Sometimes I leave Suppers and go straight to the health food store to reinforce what I learned at lunch by preparing my family's dinner. For too long, I was an uncreative, uninspired, reluctant cook. No wonder my kids and husband went for the packaged stuff, it was the only food in the house that had any flavor.

No more. At my Suppers meeting, the emphasis is more on learning to make healthy, delicious food and less on the aspect of the program related to reversing diseases. We focus on prevention, rejoicing in natural foods, and building a community around mutual interest in good food. What's been most liberating for me is feeling empowered to experiment with flavor and learn from cooks and chefs who donate their time to teach at Suppers meetings.

Removing the profit motive and keeping the focus on educational messages has made it possible for many of us to participate who otherwise could not afford to learn how to prepare beautiful healthy food. The Suppers culture of experimentation has freed me to create. I have a new toolbox at home, and I got all the tools from the local whole food store.

So many of my family's basic human needs are taken care of simultaneously as I do all the little things it takes to gather us around a table of colorful food.

Continue around the table by briefly sharing how you relate to the Suppers boundary of No Commercial Messages.

How do you benefit from learning in an environment without commercial messages?

Discussion Prompts (Each person select a prompt that works for you.)

- To what kind of commercial messages do you feel particularly vulnerable?
- How have commercial messages had an impact on the important people in your life?

Ideas for Next Steps:

Experiments and Observations:

- Do a thought experiment: Imagine yourself at the grocery store. What besides your shopping list is influencing your purchases?
- Do an experiment: Make a grocery list and adhere 100% to that list. Journal the experience and share at your next Suppers meeting.

Between Meetings:

- Read how other Suppers members related to avoidance of commercial messages.
 - Read [Dor's story](#) about why Suppers allows no commercial messages during meetings page 38 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - Read [Patty's story](#) about boundaries page 39 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - Read [Chloe's story](#) about feeling vulnerable. page 40 in the 2nd edition of *Logical Miracles* or on the Suppers website.