

Simple Health Practices

- ♥ Foster an "attitude of gratitude"
- ♥ Breathe deeply and exercise regularly
- ♥ Drink plenty of pure water (without chlorine or fluoride)
- ♥ Choose food that is locally grown, chemical free and in season
- ♥ Add dark leafy greens to your diet
- ♥ Chew your food thoroughly
- ♥ Recognize the importance of good digestion, assimilation and elimination
- ♥ Learn about the acid/alkaline balance of the body
- ♥ Develop internal cleansing practices
- ♥ Use natural personal care products (Don't put anything on your body that you wouldn't put in your mouth)
- ♥ Create healthy toxin-free environments
- ♥ Grow in your understanding of and commitment to living sustainably
- ♥ Be at peace with yourself and others
- ♥ Love all of God's creations



It's A Tradition

The Sonnewald team invites you to experience a

"WEED" WALK

with

GRACE LEFEVER

Webster's dictionary says a "weed" is any undesired, uncultivated plant that grows in profusion so as to crowd out a desired crop, disfigure a lawn, etc.



What does God say?

(Genesis 1:29, Ezekiel 47:12, Revelation 22:2)

At Sonnewald, we believe these plants were created to be a blessing rather than a burden.

Our ancestors knew how to use what nature so bountifully offers, for both food and medicine.

Unfortunately we have put our confidence in modern laboratory concoctions and have lost the wisdom of the "weeds".

Do you want to reclaim the knowledge of our ancestors?

The "weed" walk is the perfect place to begin your journey back to living in obedience and being richly blessed.

Sonnewald Natural Foods
4796 Lehman Road
Spring Grove, PA 17362-7703
(717) 225-3825
www.sonnewald.org

On a "Weed" Walk You Will...

- ♥ Stroll casually around Sonnewald (walking barefoot is encouraged)
- ♥ Learn how to identify edible and medicinal plants
- ♥ Smell, touch and taste these plants
- ♥ Discover ways to use these plants in your diet
- ♥ Learn that the most nutritious foods are free
- ♥ Taste a delicious drink made from the plants you've learned about
- ♥ Receive educational handouts
- ♥ Enjoy a question and answer session
- ♥ Fellowship with other "weed" walkers

Who is Grace Lefever?

Grace Lefever was born in York in 1922. She went to Kutztown State Teacher's College where she earned a degree in Art. After teaching Art for several years, Grace joined Brethren Volunteer Service (BVS) and spent two years in California. Upon returning to the area she worked at the BVS Training Center in Maryland.

In 1954, Grace met her future husband, Harold "Tim" Lefever. He introduced her to countless new ways of thinking and living. She found many of his innovative ideas to make good sense and became intrigued by this free-thinking man who challenged what she had been taught to believe. Life on the farm began for Grace when she married Tim in 1955 and moved to Sonnewald. She raised his three children, and together they had two of their own.

Over the years, Grace's endless quest for knowledge and prolific reading has qualified her to be a very effective teacher on many aspects of personal and planetary health. She has been leading "weed" walks for over thirty years. Thousands of people, both local and international, have been educated and inspired by attending this Sonnewald tradition.

"Weed" Walk FAQ's

Where is the "Weed" Walk held?

At the home of Grace Lefever on the Sonnewald property at 1516 Lefever Lane, Spring Grove, PA 17362

How do I get to Grace's home?

Grace lives next to the cemetery in Stoverstown. Enter Lefever Lane from Stoverstown Road.

Where do I park for the "Weed" Walk?

Park along Lefever Lane or at the cemetery lot

Where does the "Weed" Walk start?

At the picnic table just beyond the small greenhouse in Grace's front yard.

What do I need to bring to the "Weed" Walk?

On previous "weed" walks, people have arrived with clipboards, notepads, pencils and pens, cameras, rain gear, and sun protection. Don't forget to bring water!!!

Who do I contact if I have questions?

Sonnewald Natural Foods (717) 225 -3825.

Does Grace offer other educational opportunities?

Grace welcomes invitations to speak to all kinds of clubs and groups including church, gardening, school, senior citizen, etc.

Please provide details to Grace, in writing, to see if she is available to speak at your special event.

Grace Lefever
1516 Lefever Lane
Spring Grove, PA 17362

"Weed" Walk Registration

\$10/adult (A)
\$8/Senior Citizen, 55 and older (S)
\$5/Teen, 13 - 19 yrs old (T)
Children 12 and under come for FREE (C)
(Non-monetary payment options available by request.)

Mail or bring this form and payment to the store located at 4796 Lehman Road, Spring Grove, PA 17362.

Make checks payable to Sonnewald Natural Foods.

Date of Weed Walk		Time of Weed Walk	Total #People and Total Cost					
			A	S	T	C	Total People	Total Cost
Fri	May 1	1-3 pm						
Fri	May 1	6-8 pm						
Sat	May 2	10 am -12						
Tue	May 5	6-8 pm						
Fri	May 8	6-8 pm						
Sat	May 9	1-3 pm						
Wed	May 13	2-4 pm						
Fri	May 15	6-8 pm						
Sat	May 23	11 am -1 pm						
Wed	May 27	10 am -12						
Sat	May 30	1-3 pm						
Tues	June 9	6-8 pm						
Thu	June 18	3-5 pm						

CLASS SIZE IS LIMITED TO 15 PEOPLE.
RESERVE YOUR PLACE NOW.

In case of cancellation, who should be contacted?

Name _____

E-mail _____

Daytime Phone # _____ () _____

Evening Phone # _____ () _____