

## **Earth Dinner –Yearly Report 2019**

**Initiative created by the association “Seeds of Solidarity”**

### **Alchemy of consumption**

The association “Seeds of solidarity” was founded in April 2019 and has the aim of raising awareness and of encouraging actions that nourish our planet Earth: The first initiative that was born out of this, is the Earth Dinner Movement:



The Earth Dinner Movement invites to investigate and inquire about one's personal consumption habits. On this journey of discoveries, quite many people find out relatively quickly that they quite frequently consume in a way that rather has a negative than a positive effect on themselves, on nature or on human beings in other parts of the world.

Out of this Action of recognition, the Earth Dinner Movement invites to leave out these kinds of actions of consumption and to dedicate the value of one act of consumption every week to the project of the week. What happens is that we rededicate the value of unnecessary or unsustainable acts of consumptions so that it now can be used for projects that actually create, sustain and support life on this planet: projects that change the world in a positive way through sustainable actions and initiatives. We invert the knife of unconscious consumption and transform it into seeds of solidarity:

Every single week of the year one has the opportunity of exploring and rededicating one's acts of consumption. It's especially the small every day life decisions that can change the world when many people take them. (Imagine 500 people rededicating the value of an unsustainable act of consumption every week with an average of 5 Euros. Every week a precious project could be supported with 2500 Euros.) I personally have found out that my body and my mind feel a lot fresher and more awake when I leave out dinner at least once a week. The money is there and every week I send the money I would have spent on this dinner to the project of the week on the earth dinner platform. ([www.earth-dinner.org](http://www.earth-dinner.org)) Some people leave out an Uber ride, a sweet, a car ride, they buy less clothes, there are no limits to your imagination.

### **Changing the world by changing ourselves**

Many of us have the deep wish that things and circumstances in the outside world may change. The Earth Dinner Movement invites us to question our consumption habits and to redistribute money this way and nourish sustainable projects and initiatives all over the world. We empower ourselves to change the world. Of course, we have the wish that the wealthiest nations may cancel all the debts of the poorest nations, that they may stop exploiting them by charging huge interest payments for credits. (Especially knowing that a big part of the wealthiest nations' wealth was created through war, colonialism and imperialism.) But before this happens, we as individuals and as a community of compassionate human beings can already create consciousness in the direction of more possibilities in poorer regions of the world and for more humanity and a healthier planet.

## Cycle of seven topics for seven weeks

Worldwide, we support projects that fit in an ever turning seven week cycle that deal with the following topics:

### week 1: Seed Freedom

seed banks / food sovereignty

### week 2: Sustainable Agriculture

sustainable organic agriculture

### week 3: Protecting Life in Nature

### week 4: The empowered woman

### week 5: Children with a future

### week 6: Holistic health prevention

### week 7: Letting the heart speak



reforestation, indigenous people, water, fauna

support for women/ sustainable income

education / arts and creativity

mental, physical, spiritual

punctual support, for example for a family

**Seed Freedom** is the root of the food we eat. Only when there is free access to gmo free seeds, our farmers can nourish us in a self-determined, healthy and independent way. Every single initiative that supports seed freedom is necessary at this moment!

**Sustainable agriculture** takes into account its effects on mother earth. Agricultural systems that only pursue a maximum profit tend to ignore its long term effects and to destroy fertile earth and the drinking water in the long run.

What would life on earth be like without our **rain forests**, without flowing **waters**, without all the **animals** that keep up the equilibrium of life on this planet and that pollinate the plants? Who would take care of our rain forests if it weren't for the **indigenous people** who've been living in harmony with nature for millenia?

How much longer are women going to be suppressed by men in many parts of the world? Millions of **women** are **empowering themselves** and thousands of men are supporting them!

Who's going to create our societies in the future? Our **children**. Do we want that it to be created by human beings that have grown up with scarcity and fear or do we want it to be created by beings that have had a childhood of **freedom, creativity and solidarity**?

Our health is an immeasurable good. It's a wonderful idea to honor and care for it before it starts giving problems. Today we are more and more aware of the fact that health isn't a purely **physical** matter, but that it actually also includes **mental and emotional health**.

Every 7th week we support human beings or projects that need support for any kind of sustainable initiative. This allows us to be flexible and to also give **punctual support** spontaneously.

## **Numbers, donations, participants**

100 percent of the money that is donated for the project of the week or for the project of the month is collectively passed on to the project of the week and the project of the month. All of the work done by the Association Seeds of Solidarity is based on voluntary work.

The costs of maintaining the work (bank account fee, webpage, flyers, designs etc.) are paid through membership fees (people who decide to become members of the association and to also support it through a yearly membership fee) and through donations that are explicitly made for the support of the work of the association.

### **Total**

Donations received vs: Donations sent to the projects of the week / month (until 3.12.2019)  
period before the foundation of the association: November 2018 – March 2019

Received: 1395 Euros  
Spent: 1395 Euros

period after the foundation of the association:

Received: 2937 Euros  
Spent: 2937 Euros

### **Total of Donations received and Donations sent:**

**Received 4 432 Euros**  
**Spent 4432 Euros** through **393 conscious acts** of rededicating value of acts of consumption

**100 percent of the donations for the projects were sent to the projects!**

Costs of the work of the association:

expenses 308,26 Euros  
received 437,19 Euros through membership fees and donations at the autumn celebration

The exact list of supported projects, of the money that was sent and of the number of participants can be found at the end of this report and on our webpage [www.earth-dinner.org](http://www.earth-dinner.org) .

[https://86203564-ec58-4d1d-867b-202833a765a1.filesusr.com/ugd/f6c1c9\\_ce96565ed263494f9d3d1e83abfd732a.pdf](https://86203564-ec58-4d1d-867b-202833a765a1.filesusr.com/ugd/f6c1c9_ce96565ed263494f9d3d1e83abfd732a.pdf)

### **Examples of what is possible with our reallocated financial resources:**

Desert gardens (Entwicklungshilfeclub):  
purchasing tools and the work that is necessary for 20 m2 of agricultural area in the desert require 47,60 Euros

Knowledge that cures:

A month of training and salary of a health assistant with focus on knowledge of traditional herbs in remote areas of Guatemala can be financed with 17 Euros.

Electrical mill in Venezuela:

A mill was purchased for 150 dollars. The Earth Dinner Movement was able to pay 95 of these 150 dollars. Now this family is grinding bananas and yuccas and even selling the surplus on the local market.

### **Projects that have been supported**

Guarani-Kaiowa (Praying Houses) – Brasil

Desert Houses (Entwicklungshilfeclub) – Burkina Faso

Drying equipment, tree nursery – Andes of Venezuela

Electrical mill – Andes of Venezuela

Seed banks and construction of an agroecological school – Venezuela

Seed banks (Navdanya, Vandana Shiva) – Venezuela

Doulas (birth assistants) – Venezuela

La elefanta rodante (Library of games in a poor part of Buenos Aires) – Argentina

Knowledge that cures (Entwicklungshilfeclub) – Guatemala

and many more...

### **Electrical mill in the Andes of Venezuela**

video available on the webpage at Harvest time

Andres and Mariana used to grind cooking bananas and yucca with a handmill. They had the wish to buy an electrical mill in order to produce more in these difficult times in Venezuela. In order to use the flour for themselves and to sell the surplus on the local market.



By now, they are generating some money doing this. This year the access to flour has been difficult and especially expensive for the common people in Venezuela. Andres' and Mariana's idea of making flour out of banana and yucca is a wonderful idea since they grow very easily in this part of Venezuela. This way, even in times of crisis people can have bread, soup etc. with this flour.

The electrical mill cost 150 dollars and the Earth Dinner Movement was able to support 95 dollars.

### **Guarani Kaiowa – Praying houses in Brasil**

This indigenous tribe in Brasil is having severe difficulties in not being thrown out of their lands. They have been trying to reoccupy parts of their original lands. Many of them are now barren because of agrottoxicals that have been used for monocultures on many of these lands. In order to root themselves more and more they have started building Praying houses in all of the little villages they have constructed. These will serve as a cultural and spiritual centers.

The participants of the Earth Dinner movement have been helping to finance natural construction materials, transportation costs since the kind of straw that they use as a roof has to be transported from far away in some cases. The Praying houses will be a help for the Guarani-Kaiowa to stay connected with their culture and to stay connected and in solidarity with each other.



## **Doulas – birth assistants in the Andes of Venezuela**

see Video on the Earth Dinner website at “Harvest Time”.

A group of Venezuelan women was supported by buying them a Fetal Doppler ultrasound machine for hearing the heart beat of little babies before they're born and ultra sound gels. We also sent them 65 dollars in order for them to buy necessary utensils like scissors etc.

These very motivated women are right now offering a weekly circle for pregnant women and their partners in the city of Merida, Venezuela. There they are accompanying their physical and emotional processes.

Support through the Earth Dinner Movement:

Fetal Doppler (65 dollars), Gel (9 dollars), 63 dollars for buying necessary utensils



## **Gardens in the desert (Burkina Faso)**

Our project partner, the Entwicklungshilfeclub describes this projects in the following way: “The harvests haven't been sufficient for small farming families in the dry northeast of Burkina Faso for years now. The Burkinabe people have always been able deal with the weather cycles in the savanna. Decreasing rainfalls and increasing heat have been prolonging the already very long periods of drought. The consequence is a lack of water. Without water nothing can grow, nothing can be harvested. People starve. Through the construction of an artificial oasis – a so called Bouli – a piece of desert land can be turned into gardens. Around a water basin, vegetable gardens are created and a forest belt is planted.



These gardens in the desert secure food for the farming families in the period of drought and help them to make a little bit of money by selling a part of their harvest.



### **Important events in 2019**

23th of April 2019: **Foundation of the association Seeds of Solidarity** (original name in German: Samen der Solidaritaet)

27th of october 2019 **Earth Dinner Autumn celebration:**

More than thirty people gathered for this celebration and listened to the presentations by Heinz Richter (Entwicklungshilfeclub), by Manuel Galvan (Inrico Graz) and by Cornelia Sterner, Eva Sauer and Philipp Sudi (Seeds of Solidarity)!

Afterwards there was food, drinks and interesting conversations. People were able to get to know the Earth Dinner Movement closely and to ask questions.

At the end there was a concert by Philipp Ham Kuman and Pablito Bertone with smooth sounds and inspiring lyrics.

All in all, an inspiring celebration where we were able to also raise some money for the costs of the work of the association and where some beautiful connections were established!

### **Project partners in Austria**

Many, many thanks for the collaboration and for the beautiful work of the Entwicklungshilfeclub. We support projects from the Entwicklungshilfeclub because many of their projects fit in perfectly into our 7 earth topics. The Entwicklungshilfeclub sends 100 percent of the money it receives from us to the project!

Many thanks to the association INCRICO Graz for establishing the contact with the indigenous tribe of the Guarani-Kaiowa in Mato Grosso do Sul in Brasil. INRICO organised an event where two Guarani-Kaiowa women who are in the Women's council participated and talked about the reality of the Guarani

Kaiowa. This was how the Earth Dinner Movement started to know about their difficult situation and started to get in contact with this indigenous tribe that is going through really difficult times.



### **Earth Dinner – a completely sustainable new year's resolution**

There are times when one is looking for a reasonable new year's resolution. The Earth Dinner movement offers the opportunity of decreasing one's consumption, allowing the planet to rest (through Degrowth there is less consumption of resources and less

pollution) and on the other hand it gives us the chance to redistribute money, to support sustainable projects in community: for more possibilities and life quality in poor nations and for more a healthy planet.

### **Words of gratitude**

Gratitude to all of the people who have contributed to the Earth Dinner Movement this year. Gratitude to all the people who have been questioning their habits of consumption and rededicating the value of unnecessary or unsustainable acts of consumption to the projects of the week on the Earth Dinner platform! Gratitude to all the people in Africa, Asia and Latin America who are working hard in their respective projects! Gratitude to all the volunteers who have created the Earth Dinner platform and who are expanding and taking care of it with love and patience. Gratitude to all the people who have come on board in the last weeks and are helping this initiative to grow roots!

Gratitude to all the people who are contributing to more generosity, abundance and trust on this planet every day in their unique way!

New year's wishes from the heart! May all of your dreams and wishes come true!

Philipp Sudi

representing the association Seeds of Solidarity  
non profit association in support of an ethical lifestyle  
official number of the association in Austria: ZVR 1569026287



Datum	Unterstützung (in Euro)	TeilnehmerInnen	Land	Initiative	Erdthema
30.11.2018	92	7	Venezuela	Semillas del Pueblo	1
7.12.2018	132	7	Indonesien	Masarang	3
14.12.2018	175	9	Nepal	Lischa Himalaya	6
22.12.2018	90	5	Venezuela	Semillas del Pueblo	1
28.12.2018	120	9	Nepal	Lischa Himalaya	6
3.1.2019	95	9	Venezuela	Mühle - Venezuela	7
14.1.2019	66	7		aufbewahrt nächste Woche	
21.1.2019	50	6	Nepal	Lischa Himalaya	6
28.1.2019	45	4		aufbewahrt nächste Woche	
4.2.2019	45	8	Indien	Navdanya	1
11.2.2019	85	9	Brasilien	Living Gaia - Huni Kuin - Amazonas Landkauf	3
18.2.2019	65	6	Congo	City of Joy	4
25.2.2019	60	6	Indien	ZuKi - Zukunft für Kinder	5
4.3.2019	55	8	nicht geschickt		
11.3.2019	135	14	Venezuela	Alba TV - Kommunalfernseher	7
18.3.2019	85	11	Indien	Navdanya	1
25.3.2019	102	11		Entwicklungshilfeklub - Gemeinsam Wachsen	2
1.4.2019	107	12	Venezuela	Doulas Mérida	4
8.4.2019	86	11	Nepal	Lischa Himalaya	5
15.4.2019	60	7	Guatemala	Entwicklungshilfeklub - Wieder Halt finden	6
22.4.2019	62	7	Indien	Navdanya	1
29.4.2019	54	5	Syrien	Entwicklungshilfeklub - Den Frieden Säen	2

<b>6.5.2019</b>	100	8	Paraguay	Entwicklungshilfeklub - Zeichen des Lebens	3	
<b>13.5.2019</b>	50	6	Brasilien	Entwicklungshilfeklub - Handwerk mit Zukunft	4	
<b>20.5.2019</b>	73	8	Malawi	Entwicklungshilfeklub - Wachsendes Wissen	5	
<b>27.5.2019</b>	70	6	Äthiopien	Entwicklungshilfeklub - Regen und Leben	6	
<b>3.6.2019</b>	50	4	Indien	Navdanya	1	
<b>10.6.2019</b>	70	5	Haiti	Entwicklungshilfeklub - ein Stück Paradies	2	
<b>17.6.2019</b>	50	4	Paraguay	Entwicklungshilfeklub - Zeichen des Lebens	3	
<b>24.6.2019</b>	65	7	Bangladesch	Entwicklungshilfeklub - In alter Frische	4	
<b>1.7.2019</b>	50	7	Indien	Entwicklungshilfeklub - Zurück in s Leben	5	
<b>8.7.2019</b>	75	7	Ecuador	Entwicklungshilfeklub - Gemeinschaftsküche	6	
<b>15.7.2019</b>	85	8	Peru	Entwicklungshilfeklub - die Zukunft säen	1	
<b>22.7.2019</b>	80	7	Myanmar	Entwicklungshilfeklub - Weg zum Licht	2	
<b>29.7.2019</b>	70	6	Brasilien	Living Gaia - Huni Kuin - Amazonas Landkauf	3	
<b>5.8.2019</b>	100	7	Indien	Entwicklungshilfeklub - Frauen auf dem Weg	4	
<b>12.8.2019</b>	65	6	Bolivien	Entwicklungshilfeklub - Farben der Zukunft	5	
<b>19.8.2019</b>	60	5	Ecuador	Entwicklungshilfeklub - Gemeinschaftsküche	6	
<b>26.8.2019</b>	120	7	Brasilien	Living Gaia - Huni Kuin - Amazonas Landkauf	7	Projekt des Monats August
<b>2.9.2019</b>	140	5	Venezuela	Semillas del Pueblo	1	80 Projekt des Monats September
<b>9.9.2019</b>	45	4	Paraguay	Entwicklungshilfeklub - Zeichen des Lebens	2	
<b>16.9.2019</b>	68	7	Brasilien	Living Gaia - Huni Kuin - Amazonas Landkauf	3	

<b>23.9.2019</b>	48	5	Indien	Navdanya	4	
<b>30.9.2019</b>	55	6	Kongo	Entwicklungshilfeklub - der Erde verbunden	5	
<b>7.10.2019</b>	45	4	Guatemala	Entwicklungshilfeklub - heilendes Wissen	6	
<b>14.10.2019</b>	70	9	Venezuela	Semillas del Pueblo	1	
<b>21.10.2019</b>	98	9	Burkina Faso	Entwicklungshilfeklub - Garten der Wüste	2	
<b>28.10.2019</b>	227	12	Brasilien	INRICO - Guaraní Kai- owá	3	davon 57 Projekt des Monats Oktober, 95 Mantrenabend Kathrin (10 Leute)
<b>4.11.2019</b>	77	7	Indien	Navdanya	4	
<b>11.11.2019</b>	100	7	Argentinien	La Elefanta Rodante	5	davon 17 Projekt des Monats November
<b>18.11.2019</b>	113	10	Guatemala	Entwicklungshilfeklub - heilendes Wissen	6	
<b>25.11.2019</b>	147,14	8	Venezuela	Semillas del Pueblo	1	davon 85 Mantren- abend Kathrin (10 Leute)