



Around the Table: Dinner Dialogues, Spirituality and Social Justice

Cindy Holmes

Thursday, April 13th

5:00-6:30 p.m.

Student Union Building (SUB) Upper Lounge and online

Join via Zoom at uvic.ca/csrs/events

Gathering for a meal is a ritual that is central to human cultures. While the food feeds our bodies, the gathering can feed our sense of understanding one another, our shared humanity, and our community. This talk will highlight emerging research on the socio-cultural and spiritual significance of the growing movement of dinner dialogue initiatives. What is the power of shared meals and dialogue to build community, deepen understanding, and advance social justice? Attendees will have the opportunity to share food and participate in dialogue.

Cindy Holmes is an Assistant Professor in the School of Social Work at UVic. Her interdisciplinary research explores connections between wellbeing, belonging, storytelling and resistance.