

You Are Invited to a European Word of Wisdom Conference July 9, 2016

Location: [Landshut Castle](#) in Utzenstorf, Switzerland (near Bern and Solothurn, one hour plus from Zurich and Basel, two hours away from Geneva). Starts at 9 AM



Speakers:

- Jane Birch, author of [Discovering the Word of Wisdom](#)
- Markus and Caroline Gappmaier (natives of Switzerland and long-time plant-based advocates)

Conference Highlights:

- Explore the Word of Wisdom through a whole food, plant-based perspective
- Practical advice on learning to eat a healthy diet
- Time to get to know the presenters and other participants
- Whole food, plant-based lunch and refreshments
- An opportunity to attend Church and then spend more time together on Sunday, July 10 and a two-day excursion on July 11-12.

Cost

Donations are accepted, but there is no cost for the conference or the food.

Are You Interested?

If you are interested in the European Word of Wisdom Conference (or if you just want to get to know other Latter-day Saints in Europe who are interested in a healthy Word of Wisdom diet) add your name/email to the [Contact List](#).

Presentations by Jane Birch

Discovering the Word of Wisdom: How the power of a whole food, plant-based diet can help us to see the Lord's counsel in D&C 89

Many of us have known and kept the Word of Wisdom from our youth. We have heard it preached so many times, we imagine we understand what it means. But now many Latter-day Saints are coming to realize that we've barely scratched the surface of understanding the dietary counsel in D&C 89 and what it can mean to our lives and the lives of our families. In the session we will explore how a whole food, plant-based diet can help us see the Lord's counsel in a whole new light.

A Revelation for our Day: Given in the 19th century for the 21st century

The health challenges in Joseph Smith's day were very different than our day. The number one threat in the 19th century was infectious disease. The Word of Wisdom was not designed to address this threat. Instead, it was tailor-made for the health challenges of the late 20th and current 21st centuries. This presentation will focus on how we know the Word of Wisdom was designed for the challenges of the 21st century.

The Word of Wisdom: Doctrine, Principles and Applications

We often treat the Word of Wisdom as a list of things we should and should not eat. But the Lord teaches us through doctrines and principles. It is up to us to use the Spirit of the Lord to figure out the applications. In this presentation, I'll share the doctrines and principles of the Word of Wisdom and explain the "whole food, plant-based" application of those principles.

Presentation by Markus and Caroline Gappmaier

Practical and Personal Reflections on the Word of Wisdom (including our experiences with finding and creating healthy, wholesome plant-based meals)

In the Doctrine & Covenants, the Lord states:

"Yea, and the herb, and the good things which come of the earth, ... Yea, all things which come of the earth, in the season thereof" as well as "all wholesome herbs God hath ordained for the constitution, nature, and use of man— Every herb in the season thereof, and every fruit in the season

thereof; all these to be used with prudence and thanksgiving. (D&C 59, D&C 89)

These words have, step by step, received some unsuspected, very powerful meaning to use, and in this presentation, we plan to share our journey. This will be done within the framework of the promised blessings, such as running and not being weary and walking and not fainting.

More conference details [In German](#)

Preparation Materials

Where possible, please watch the two videos I've listed here in preparation for this conference: [Discovering the Word of Wisdom — German](#)

Questions?

Contact Jane Birch at birchbox@gmail.com

Contact the conference sponsor, Markus Gappmaier, in Switzerland:

mgappmaier@gappbridging.com

Worldwide WFPB Mormon Map

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