

CHOICES FOR SUSTAINABLE LIVING

A NINE-SESSION COURSE FOR THE WORKPLACE, FAITH CENTER OR HOME

PURPOSE

- To explore the meaning of sustainability.
- To consider the ties between lifestyle choices and their impact on the earth.
- To learn about steps that can be taken to move toward ecologically sustainable organizations, lifestyles, and communities.

"I find that I think about things more – things I buy, things I eat, things I throw out. I see a much larger picture now, and I realize more than ever that I am a very important part of that picture."

Course participant



Simply Living — Creating a compassionate and sustainable world through personal, community and cultural transformation.

SESSION THEMES

A Call to Sustainability: The goal of a sustainable society is popular, but difficult to define. How does the way our society functions affect the earth, and how can we be “a blessing to the planet”?

Ecological Principles: Some argue that the earth is the best teacher of sustainable practices. How can nature’s organizing principles be applied in design, production of goods, and everyday living?

Sustainable Communities: The more resources we use in the course of daily living, the larger our “ecological footprint” is. By looking at our actions within the framework of communities, we can learn to shrink that footprint-and gain a simpler, more balanced lifestyle.

Sustainable Business and Economy: Is a growing economy equivalent to a healthy economy? What are other ways of measuring success, and how can we encourage businesses to adopt sustainable practices and perspectives?

Sustainable Food: According to one author, our food travels an average of 1,300 miles before reaching our plates. How can we lessen our impact on the earth through choices about the way we eat?

Sustainable Buying: Daily messages tell us to buy, buy, buy. How can we escape from these cultural pressures, and instead only purchase what we truly need, from the most sustainable sources available?

Sustainable Living: The spaces and buildings we inhabit influence our lives and the earth. How can we build, work, and live together in greater harmony with the natural world?

Visions of Sustainability: Choices we make today are shaping the world of tomorrow. How can we create the most sustainable society for our future?

Simply Living

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