

PASSIONIST
EARTH & SPIRIT CENTER

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DISCUSSION COURSE

Choices for Sustainable Living



This eight-session course considers environmental implications of daily choices and provides information for alternative options.

Sustainable living is an approach, a practice, and for many, a purposeful way of living in a society that separates itself from the natural systems that make life possible. Sustainability is a belief that we should meet our needs today in a manner that does not compromise the ability of future generations to meet their own needs.

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.

The only fee associated with the course is \$25, which covers the cost of the book of readings and materials. The course is being offered by the Passionist Earth & Spirit Center, located in the barn and on the land behind the Passionist Monastery at 1920 Newburg Road in Louisville, KY.

For more information about hosting or participating in this discussion course or other transformative learning opportunities, contact the Earth & Spirit Center by phone at 502.452.2749, or email: earthandspirit@passionist.org, or visit our website: www.earthandspiritcenter.org.

TOPICS COVERED:

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 conscious 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: Choices we make today about our homes, our recreation, and travel are shaping the world of tomorrow. How can we choose the most ecologically effective ways of doing things?

Visions of Sustainability: We may be more motivated to make personal changes and transform our society if we can envision a positive outcome. What kinds of values and technologies can we promote that are consistent with a sustainable future?

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SPONSORS COURSES DESIGNED BY THE NORTHWEST EARTH INSTITUTE
MOTIVATING INDIVIDUALS TO EXAMINE AND TRANSFORM PERSONAL VALUES AND HABITS,
TO ACCEPT RESPONSIBILITY FOR THE EARTH, AND TO ACT ON THAT COMMITMENT.