

DISCUSSION COURSES
Finding Wisdom and Guidance in a Complex World

BEGINNING MONDAY, JANUARY 26, 2009

Both courses are offered in the Morning 10:00-11:30 a.m. and in the Evening 7:00-8:30 p.m.

**VOLUNTARY
SIMPLICITY**



This 7-week course addresses the distractions of modern society which keep us from caring for ourselves, our relationships, and our environment. In a society that enjoys such unprecedented prosperity and abundance, why is there so much personal unhappiness and discontent? Why is there so much poverty and hunger? Simplicity is a movement, a practice, and for many, a purposeful way of living in a complex consumptive society. Simplicity results in a life that is outwardly simple and inwardly rich.

LEARN ABOUT **SUSTAINABLE EATING**

**A Menu
FOR THE
Future**



A 6 Week Discussion Course – Food is not simply fuel. Eating is an agricultural act, an ecological act, a social act, and a moral act. Every time we sit down for a meal, we are supporting a food system that has reverberating effects on the sustainability of the Earth. Farming policies and practices can help or harm the natural world. This course offers a diversity of voices and a helpful study guide which can direct both individuals and communities toward a healthier and more equitable world through the food we eat.

Learn More at an Introductory Session
Monday, January 19, 2009 at 10:00 a.m. OR 7:00 p.m.
Come and Observe ~ Hear an Explanation ~ Make your Decision

How the Courses Work Courses consist of 8 to 12 people who meet weekly for little over an hour to discuss readings from a course book. The course books contain a diverse collection of short essays, articles and book-excerpts organized around weekly themes to create lively discussion. There is no “set” outcome. The goal is for people to examine their own values and habits, listen to others talk about theirs, and ultimately allow their thinking to be transformed, deepened and inspired. The only charge for participating is a nominal fee of \$25 to cover cost of the course book and reading material. For more information or registration, email the Earth & Spirit Center at earthandspirit@passionist.org or call Ms. Terry Schuhmann at the Passionist Monastery weekdays at 502.452.2330.

..... REGISTRATION
I would like to register for: Voluntary Simplicity Food: Sustainable Eating Morning Evening

Name _____ Phone (HOME) _____

Address _____ Phone (WORK) _____

City/State/Zip _____

Email _____