

PASSIONIST  
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG

# Living in Harmony

A Four-Week Program to Care for Creation

**This LENT, be part of the SOLUTION!**

... save money ... save energy ... save the planet



Most people now accept that damage is being done to the Earth. But few people understand what they can do about it. Here's an opportunity to learn about the issues and how to live in greater harmony with creation.

The primary cause of climate change is carbon dioxide emitted into the atmosphere through the burning of fossil fuels – gasoline, coal, oil, and natural gas, which power our homes, transportation, and the factories that produce the goods we consume. Large-scale solutions are necessary, such as switching to cleaner energy sources. But there are also dozens of things each one of us can do, right now, to begin making a difference. This workshop is full of positive, practical advice. Government and business each have crucial roles to play. But individual Americans must also start taking positive action, or else our children and grandchildren will surely pay the price.

### A Low-Carbon Diet

Any serious dieter knows that you've got to count calories. If we're serious about having a healthy planet, we have to start counting "carbs," as in carbon dioxide. That's one of the main ingredients causing climate change. So here is your chance to start on a "low carbon" diet. By making specific, targeted changes to actions we take every day, we can be part of the solution to the problem. Using the textbook *Low-Carbon Diet* by David Gershon, participants will learn ways to reduce their carbon emissions.

### Four Mondays in Lent

7:00 to 8:30 p.m.

March 9, 16, 23, 30, 2009

- Instructor: Phyllis Fitzgerald
- Location: The BARN behind the Passionist Monastery  
1924 Newburg Road in Louisville, KY
- Suggested donation: \$30.  
Includes cost of textbook  
No one is refused for lack of funds.
- For more information: contact Ms. Terry Schuhmann, weekdays from 9:00-3:00 at the Passionist Monastery 502.451.2330.

..... REGISTRATION .....

Yes, I would like to register for the LIVING IN HARMONY course beginning Monday evening, March 9, 2009.

Name \_\_\_\_\_ Phone (home) \_\_\_\_\_

Address \_\_\_\_\_ Phone (work) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ \$10 Deposit enclosed:  Yes

Make checks payable to: Passionist Earth & Spirit Center. Please enclose a \$10 deposit to confirm your reservation.  
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