

Illinois Yearly Meeting Plenary
Thursday, June 18, 2009
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Quaker Earthcare Witness and the Testimony of Simplicity

Or

A Testimony of Radical, Faithful Simplicity for the Sake of the Earth and all its species.

First, I want to say how delighted I am to be here. As you may be aware, I have come to know and love a number of your members over the almost 9 years that I've been a member of the Steering Committee of what is now Quaker Earthcare Witness, but what was founded by as Friends Committee on Unity with Nature. Alice and Bill Howenstine - two of the original founders, Noel and Sarah Pavlovic, Roy Treadway (who now serves as QEW's very diligent recording clerk), John Hackman, Bob Cordova, Nancy Halliday, Steve Walsh, and our dear Bob Wixom.

As a yearly meeting, ILYM has demonstrated an impressive and unmatched level of involvement in and service to Quaker Earthcare Witness and I am privileged to know and have worked with these many Friends. It is also a delight to see the fruits of the Environmental Concerns Committee in their work on the ILYM buildings, recycling efforts, non antibacterial soap in the bathrooms, CFL bulbs, tree map, and more!

This is not actually the first time I have visited this wonderful property. Several springs ago, I came here for a work-day with Bill, Alice and John Hackman, where we joined other ILYM Friends. You'll be able to figure out what year, I think, when I tell you that we were emptying out the old building that stood over there, to ready it for moving. Another building had recently been demolished by some group with a mysterious name...was it, Dancing Rabbit? We stacked piles and piles of boards and other materials in the yard.

Alice and Bill told me that the wood from the old building was going to be reused to construct new cabins....so it was with special appreciation that I laid

out my sleeping bag on a bunk in one of them yesterday. I'd say, job well done, everyone!

That cabin, by the way, was a snug, tho breezy, nest during last night's wind and rain and I hoped that all of you braver folks out there in tents were staying dry and getting some sleep. I have a feeling that many of you may not have slept well, for this morning, Pam Kuhn said to me, "Oh, I feel sorry for you...we all may be awake now, but by tonight we are going to find it very hard to stay awake."

Well, I will try not to put you to sleep, but your bodies may or may not cooperate. So know that I will not take it personally. Nod off and come back when you can!

Now, last fall, when Chip Rorem originally extended the invitation to me to speak here, he titled his email "Simple...Faithful...Environmentalism," and my reaction was, oh, what a delightful topic from which to speak,

More recently, when I found the annual sessions program online, I saw that the topic of my talk had evolved into -- or been assigned as --- "Quaker Earthcare Witness and the Testimony of Simplicity."

I WILL say some things about Simplicity and QEW, but I hope you will not be disappointed if I speak mainly to Chip's initial, broader topic.

In fact, the title I have adopted is: **A Testimony of Radical, Faithful Simplicity for the Sake of the Earth and all its species.**

I have had a deep love of the natural world since I was a child. Some of you have heard my stories of finding Spirit - my sense of whatever God is - not in church, but in the forests and waters of the Adirondack Mountains of New York State where we spent our short and precious family vacations each summer, and where now, I have the privilege of companioning my elderly mother during the summer months....

It was there that I first found a sense of connection, rootedness, and heart-swelling gratitude at the beauty of unspoiled wilderness. There was something

larger than me, there....some Spirit in the forest and the crystal clear lake. I felt such a sense of wonder, and would walk - I still do - through the forest or glide upon the lake, speaking of my thankfulness for all I encountered.

My guess is that there others of you here who may also have had such an experience in the natural world...finding God's presence there.

Each year, when I returned home to my hometown, a busy commuter community outside of New York City I was keenly aware of the contrast between the unspoiled wilderness - God's creation as I saw it, and what humans had constructed, the trash we generated and left behind, and in some places, the broken down buildings in communities we neglected. That contrast caused me a sense of pain.

The Protestant church my family attended did not speak to that which I had found in the forests.

It was not until I was in my late 40's that I discovered Quakerism and at last found my Spiritual home away from the woods. While I'd lived in Philadelphia for almost 20 years and knew Quakers existed, I didn't know it was something others could join. (I'm mindful here of the report by your field secretary in the advance documents for this meeting!)

By the time I found Quakers, I had been trying for some time, to live out the saying "Live simply, that others may simply live." I'd moved to a walk-able community in Philadelphia in order to give up my car and I'd become a vegan for reasons of conscience as well as for the earth. I found that both choices provided unexpected benefits - they slowed down my life and made it more intentional.

One day, when I shared with someone that I'd never found a religion that spoke to me, this person had exclaimed, "Why Hollister, I think you are a Quaker!" And when, in surprise, I asked why she would think that, she answered that "Quakers live their principles".

I've since learned that there are many people of Faith who live their principles, but that had not been my experience in the churches I'd attended.

Once I got up the courage to walk down to my local monthly meeting - those of us in Philadelphia are blessed to have many meetings from which to choose, and there was one only $\frac{3}{4}$ mile away - I was initially perplexed at what was going on, but sensed in the silence and peace that I had come home.

It was the testimonies of Simplicity, Equality, and Integrity that spoke most strongly to me, for they seemed to provide a framework for the kind of life I was trying to live.

In finding the Friends, I believed I had found a people, a faith community that would share or at least understand my concerns. It was with delight that I found that my yearly meeting had an "environmental working group" and that my monthly meeting was happy to appoint me its representative (Nominating Committee was probably relieved not to have to find someone!). From there I was encouraged to consider becoming my YM's rep to something called Friends Committee on Unity with Nature (now Quaker Earthcare Witness) in which I found true kindred spirits in terms of my deep concern for the sacredness of Earth.

From that Quaker foundation, I began to speak and give workshops at meetings, especially about the issues of climate change, and the impact and the inequity of our ecological footprints. Over the years I have become clear that this work is a ministry and I am filled with gratitude at the Quaker process that nurtures such work and builds a community of support that it might flower. I am grateful for my worship group, the Evergreens...we - about 15 mostly women - near neighbors who meet in one another's houses each weekday morning for worship and study and who find our community growing in its depth and commitment to one another.

Over the years, way has opened for me to give up my paid work, live very simply, and devote my life to Quaker service for the earth - for God's creation and for lifting up how it is that our testimonies call us into a different way of living.

Since yesterday, I have watched the joy and love surrounding the adoption by Brad and Monica of little Hannah and seen the tender care with which this YM shares the care of its little ones.

And that leads me to share with you that for a long time, I had carried a great sadness about never having a child of my own. But as my concern about caring for our earth grew...as my leading to call others into living in right relationship with ALL beings spilled forth...one morning, in Meeting for Worship, a different way of looking at my childlessness came to me.

I was thinking about the fierce love that the parents who sat around me have for their children...the same kind of love my parents had had for me...I reflected on how that fierce, protective love called them to give and give and give to those children...to joyfully sacrifice for them. And to sometimes take more than the earth's fair share to give it to their children - out of love.

What came to me was that perhaps God had not intended me to have children. Instead, I had been given the space in my heart to love the Earth as if it were my child, totally and unconditionally. To feel its pain - as a mother feels her child's pain - as earth has been and is being abused and exploited. To be overwhelmed by grief as I began to understand that it was dying...that the Earth, my child, is dying because of us. Because of our desires for ourselves and our children. Because of the greed of some.

And, Friends, when I say Earth, I refer perhaps more accurately, to the biosphere - that fragile, living surface of our planet, including its atmosphere. Our planet Earth will, of course, survive in some form even if we humans and our fellow species are destroyed by our hand.

The cause of this destruction is very simple. We are using more of earth's abundance than it can replenish and we are dumping on it more waste and toxins, including CO2 emissions, than it can process or absorb.

I think you are well aware of the results of our society's behavior:

1. climate change - the most critical issue of our time

- a. is largely the result of our burning of fossil fuels since the beginning of the industrial age and relentless deforestation - the loss, as some call it of the vegetative skin and the lungs of the planet.
 - b. It has already resulted in huge swaths of land becoming desert, and threatens to flood entire countries, including Bangladesh, pacific islands. The deserts and floods are displacing millions of what we call environmental refugees.
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2. loss of species - 10 to 100x the normal rate.

a. 90% of the large fish are gone from the ocean,

- a. all the large land mammals - lions, tigers, elephants, gorillas, pandas, will be extinct in the wild by mid century
- b. Biologists agree that we are in the midst of the 6th mass extinction.

3. Ecosystem collapse - all around us the intricate complex webs of life are unraveling...due to climate change, habitat destruction, buildup of toxins.

For a long time now, we have not been living in right relationship with the rest of creation, and at last, the damage from that is all around us.

Unlike the crisis that caused the last mass extinction, ending the Cretaceous Period - the dinosaur age - 65 million years ago - this crisis is one for which we humans are responsible.

That we are responsible, to me, makes it a moral, ethical, and religious issue. An issue that calls not only for a response from secular environmental organizations, but also for the prophetic voices of faith groups - all faiths -- to name what is happening and call on our society to change radically and quickly.

So, let's look at how this connects to the theme of Simplicity.

Today in Meeting for Business, Roy Treadway mentioned efforts to lower ILYMs carbon footprint. Our carbon footprint, as you probably know, is the amount of greenhouse gas emissions that we generate through:

- 1) Heating our homes

- 2) Powering our lights, electronic equipment, tools and appliances and for some of us air conditioning
- 3) Fuel for our vehicles
- 4) Traveling via air, train, or bus.
- 5) And harder to measure, the impact of our diets, our material purchases, and our trash and recycling.

The average carbon footprint for a US resident is about 20 tons. To avoid the most catastrophic impacts of climate change, scientists tell us that we need to reduce that number to about 3 tons per person.

Carbon Footprinting (measuring our CO₂ emissions) is a tool that helps us determine our impact on the earth. Another tool that I find informative and constructive to use in tandem with the CARBON FOOTPRINT, is ECOLOGICAL FOOTPRINT.

Ecological Footprint, as the name implies, is a way to look more comprehensively at our impact on the earth's biocapacity. Our carbon footprint is a part of our ecological footprint, but our ecological footprint also includes the waste we generate, and the land it takes to support our food choices.

Mathis Wackernagel and William Reese figured out the math that enabled a way to calculate this. (show book *Ecological Footprint*, by Wackernagel and Reese, 1996)

The first part is quite straightforward. How much is there to share? What is earth's biocapacity? They have determined that there are about 28 billion acres of bioproductive land, including the portion of the oceans we refer to as the continental shelf. This 28 billion does not include unusable land such as deserts, ice caps.

With our current population of 6.7 billion, that means that what is available to each person on the planet is the equivalent of 4.4 acres.

Quakers might call that the "fair share"

EXPLAIN - this is not the footprint of your home, it is the composite of all the bioproductive capacity that your consumption and your waste represent. (give examples: If you eat food or buy products that come from California or New Zealand, part of your footprint is in those countries - the soil and water that grew your food and the materials, energy, and pollution associated with the production of those goods.)

Back in 1999, when global population was 6 billion, the amount available was 4.7 acres - so in just 10 years, what's available has decreased by more than 6%.

So that's what's available, but what are we using? Using 1999 data (because I know these by heart and have not yet fully absorbed the new report or translated it all from hectares into acres), I'll give you some examples.

- 1) Bangladesh - 1.4
- 2) India - where the Quaker organization, Right Sharing of World Resources, is helping women through micro enterprise - 2.2 acres
- 3) Kenya - about 3 acres
- 4) China - 4
- 5) Costa Rica - right at Fair share
- 6) Mexico - about 6
- 7) Italy - about 9 - twice the fair share
- 8) Japan - 11
- 9) Germany - 12
- 10) UK - 14
- 10, Canada - 17
11. US - 24 - **more than 5 times the fair share!**

You may have heard the saying, that if everyone in the world lived as the average American, we would need 5 planet earths. That's where it comes from.

Now 24 acres is the average US footprint, which means some of us use much less and some use much more. It tends to correlate fairly directly with income.

And, because the wealthy nations are using so much, the world average is already 5.6 acres, or as of 1999, about 20% above Earth's sustainable

biocapacity. We call that overshoot or ecological deficit. More recent data puts us at about 30% overshoot.

How can we use more than there is? It's not more than there is, but more than can be replenished, more than can be absorbed

Now perhaps it's becoming clear how this information fits into the theme of SIMPLICITY (but as our Friend David Finke said last evening in worship, simplicity is closely linked with social and economic justice...and it's also linked to peace, to taking away the seeds of war).

In both cases...for carbon footprint and for ecological footprint, there are measurement tools that help us figure out where we are on this scale of usage...we might also call it a scale of fairness,

The footprint "calculators" on the web tend to be very broad brush stroke and don't allow you any room for personal variation. QEW has developed both a Household Carbon Calculator and an Ecological Footprint Quiz that can be done via paper and pencil (or we can send them to you as an excel spread sheet). Just email us at info@quakerearthcare and we can send them to you.

Roy Treadway also printed out about 50 copies of the ecological footprint quiz that QEW uses. I'd love for you to take the quiz and report your results because I'm going to be working with the middle schoolers to see if we can figure out where a bunch of Quakers fall on that continuum.

Together, these tools help us get a handle on our part of the problem, our baseline use of earth's resources, and our sense of how we might be called to respond.

Before I move on to the part about opportunities we have to make a positive difference - to lower our footprints, I want to share another fact or statement that took my breath away.

I really recommend to you the book from which this came, called *Radical Simplicity*, written by an extraordinary man named Jim Merkel. Several QEW folks were with us in Burlington Vermont in 2007 when Jim came to speak to us.

I wrote about this in one of my Clerk's columns in BeFriending Creation earlier this year, so some of you will know what I am about to say...

What I read was information from the 2002 Living Planet Report, produced by the World Wildlife Fund and the UN Environment Program. It used data from 1999 - 10 years ago - the same data from which the ecological footprint numbers I gave you came.

And what it said was this: **"Currently, the world's wealthiest 1 billion people use 100% of the earth's sustainable yield. Together, the 6 billion people use 120% of the earth's sustainable yield"**.

We could say that differently. The 5 billion poorest people on the planet use only 20% of the earth's biocapacity. Add the 1 billion wealthiest and suddenly we are in ecological overshoot.

And actually, as I said before, according to the 2008 Living Planet Report we are between 30 and 40% overshoot.

I knew that we were in overshoot, I knew that it was the wealthiest nations that were pushing the average over the sustainable level, but I had no idea that it was just the 1 billion wealthiest that were responsible for taking it all. Leaving nothing for those who earned less. Nothing for the wild creatures, except of course the chicken and hog farms and the cattle feed lots that supply our society's meat based diet.

I had had no idea that if we, the 1 billion wealthiest were to disappear, then the remaining 5 billion (now 5.7 billion) human population would be using only 20% of the earth's sustainable yield.

Now, one thing I haven't said explicitly yet, is that when Wackernagel and Reese calculated that the earth's biocapacity was 28 billion acres, and we divided by world population, there wasn't anything being left for wildlife.

Jim Merkel also spoke to conservation biologists who indicated that in order for biodiversity to flourish, we need to leave up to 75% of earth wild.

So, if we, the world's wealthiest 1 billion disappeared, then there would be enough biocapacity to support those 5.7 billion humans AND the other species we are now wiping out at unprecedented rates.

But of course, it's not that simple, is it?

Especially since most of those 5.7 billion people have such small footprints - not because they are living efficiently, but because they do not have a roof over their heads, or enough food to eat.

Well how small a footprint could we have and still have a good quality of life? Is the fair share enough?

Back to Jim Merkel for a moment.

Jim worked with a group of graduate students over several summers. He got funding for Wackernagel and Reese to calculate the ecological footprint factors of various foods and materials, based on weight.

They lived in tents and biked to get supplies. They weighed everything they ate and all the materials they brought (including clothes, bikes, tents etc).

They had a wonderful, happy, well fed time. And they got their footprint down to 3 acres! But how realistic is it to expect that we will all be willing to go back to living in tents??? And biking everywhere we need to go???

Jim figures that human needs can be well satisfied with a footprint of 6 to 8 acres.

But there are several problems with everyone using 6 to 8 acres:

1. The available or fair share of earth's biocapacity is, now only about 4.4 acres...
2. As our population continues to grow that fair share shrinks.
3. The average American currently uses 24 acres and, as I mentioned before,
4. That "fair share" leaves nothing for wildlife and biodiversity.

What do our Quaker testimonies have to say to us about this situation?

What about equality? When most of the world lives in poverty while we have so much?

What about integrity? How can we live with this dissonance of our lives?

What about our desire for peace? When almost all violence and war is fought over inequitable distribution of resources that leads to scarcity for some.

What about Simplicity? How is our stuff getting in the way of our relationship with God, with our community?

Here's where Jim speaks about population. And he offers a simple answer, with a big smile on his face:

What if, he says, we came to love the earth - God's creation - so much...came to understand how miraculous and critical it is, that our hearts were changed.

What if we came to see that all we would need to do to save this amazing creation was to voluntarily limit ourselves (on average) to one child per family.

If we did that - with a few still having two, while some, like me have none, then it would take just 100 years to bring the human population down to 1 billion people.

And, at one billion people, we all could live lives of 8 acre ecological footprints and only use about 27% of biocapacity - we'd have an abundance of earth's biocapacity for the wild things...the other 25 million or so species that are part of God's Creation.

So, what does this ask of you?

I heard a quote from Bill McDonough, the green architect, the quote is second hand so it won't be exact, but basically, he says:

Today, ignorance ends...tomorrow, negligence begins.

How do our testimonies of equality and integrity and peace call us? How can our testimony of simplicity guide us?

Here is a list of ideas for you to consider:

1. **STUFF AND SABBATH ECONOMICS** - Alice and Bill talked last night about the joys of second hand goods. In the preface to "Sabbath Economics, Household Practices" the author speaks of how in "The First World we live in an economic system that is dependent upon consumerism and an unjust distribution of resources. Many of us are beginning to ...understand how this economy results in desperation and death for many, especially in the Third World." He goes on to say, "...what we may not be as clear about is that our own participation in the economy amounts to an addiction."
 - a. Acknowledge our addiction
 - b. Be mindful of discerning difference between what we want and what we truly need
 - c. Reduce, Re-use, recycle
 - d. Give away as much as you can and be involved in the organizations to which you give.
 - e. Create space for Sabbath in your lives
2. **CALCULATE YOUR ECOLOGICAL FOOTPRINT AND YOUR HOUSEHOLD CARBON FOOTPRINT** to determine a baseline, then commit to reducing it by 10% and when you find out how easy that was, commit to further reductions!

#3, 4, and 5 are embodied in the footprint analysis but bear lifting up separately. According to the Union of Concerned Scientists, which published a book called *Guide to Effective Environmental Choices*, the three most

important areas of your life to look at are: FOOD, HOUSING, AND TRANSPORTATION

3. CONSIDER THE IMPACT OF THE FOOD YOU EAT

- a. eat less meat, which involves many times more water and CO₂ emissions in its production and processing.
- b. Eat less fish!!! By far the highest ecological footprint factor is that for carnivorous fish (e.g., Tuna, swordfish) and for farm raised fish (e.g. Salmon - sold as Atlantic Salmon - and catfish).
- c. Eat fewer processed foods and more local and if possible organic foods. The average item in your supermarket travels 1200 to 1500 miles so the imbedded energy in those products are much higher than those from local farms.

4. CONSIDER THE IMPACT OF YOUR HOUSING - the square footage of your housing and the extent of its insulation is directly correlated to the energy it takes to heat and cool and maintain it and therefore the size of your footprint.

- a. We've gone from an average home size of 1,400 square ft in the 1950's to 2500 sq ft now.
- b. If you are an empty nester and no longer need the space you have for your family, provide a room to someone. I have a little row house in Philadelphia that is less than 1,000 square feet, but in order to cut in half my housing footprint, I now share it with another person for a very nominal rent that helps cover utilities and taxes.
- c. Insulate, insulate, insulate!

5. REDUCE YOUR TRANSPORTATION EMISSIONS - a big one

- a. Fly less - average air plane trip generates 1 lb of CO₂ per passenger mile. A short trip as much as 1.28 lbs, and those emissions go directly into the stratosphere, making them many times more damaging than those emitted at ground level.
- b. Drive less and when you do drive, take someone along! A car that gets only 20 mpg emits as much as an airplane - one pound of CO₂ per mile. A Honda civic hybrid emits less than half as much, a Prius even less, but remember that every car trip is an extra trip that

might be avoided by biking, walking, using transit, or just choosing not to go.

- c. Use public transit. Amtrak trains emit .42 lbs per passenger mile, and a long haul bus is the most efficient - less than half of Amtrak at 0.18 lbs per passenger mile.

6. **SPEAK OUT ABOUT CLIMATE CHANGE** - Right now, there are three opportunities to take action at the legislative level:

- a. call your US Representative when you get home and tell him or her it is important to you that they pass current climate legislation - Markey/Waxman - called ACES - HS 2454 (American clean energy and security) even though it is not as strong as is needed, but according to Carolyn Treadway, Al Gore says the bill is critical as it will establish a foundation. Tell everybody you know to do this too. Carolyn also says, what happens in Copenhagen will determine the fate of our world.
- b. Join FCNL's legislative action network to keep up to date on such opportunities - www.fcnl.org (visit Ginger and Jim Kinney's display)
- c. Sign the Countdown to Copenhagen Campaign post cards (an interfaith effort to urge the Obama administration to engage in meaningful climate negotiations this December at the international meeting in Copenhagen) and help us collect more signed cards. These cards will be at the Environmental Concerns/Quaker Earthcare Witness display.

7. **CONSIDER CARBON OFFSETS** as a way to reduce future CO₂ emissions:

- a. What are they? Right now, this is a voluntary opportunity to contribute financially to clean, renewable energy production; to conservation and energy efficiency projects; or to reforestation efforts. Places like Native Energy (www.nativenergy.com) or Gaviotas Offsets (www.gaviotasoffsets.org) will help you calculate the CO₂ emissions of a trip (you type in starting point and destination and mode of travel; it calculates tons of CO₂ emitted; then you can purchase the number of tons you need - all on the web site!).

- b. And here's where I want to tell you about a dilemma we face with Quaker Earthcare Witness:
- i. Those of you who know about our twice annual Steering Committee gatherings may already have, as I do, a concern. The 40 or so of us on the QEW Steering Committee represent more than 20 yearly meetings, and when we meet we travel from all over the continent.
 - ii. Because we were concerned about our travel emissions, we approved purchasing carbon offsets equivalent to that generated by our meetings. We supplied Native Energy with the data about the numbers of people who came by plane, train, bus or car and from where. We supplied the utility bills of the facility so that our part of their cost could be prorated for the days spent there and rooms used.
 - iii. Native Energy told us that each of our gatherings was generating 25 tons of greenhouse gases - that's more than the emissions of 6 $\frac{1}{2}$ cars, averaging 25 mpg each, driving for an entire year (assuming 10,000 miles driven per year)! To hold two such meetings was the equivalent of a year's emissions for 13 cars.
 - iv. And we are a group of Friends who are deeply concerned about the health of our planet's ecosystems. We, a group of Friends who want to somehow awaken people to change their lives in order to protect this precious living planet, are doing this....
 - v. Certainly, when we are together we choose a site accessible to transit to minimize emissions, and work hard to lessen our impact by eating totally vegetarian (surprisingly, this is to the dismay of some), and contributing CFL's and low-flow shower heads to our host facility. We often meet in rooms with the lights off - especially when Bill Howenstine is there to remind us! I wish I could tell you that have eliminated the use of all disposables items while together, but the truth is that Friends still forget to bring their travel mugs and cloth napkins and seem not to give it a second thought when, at snack time they take a paper or Styrofoam plate or coffee cup or plastic glass.

On the plus side, we each contribute toward the \$300 we send to Native Energy - to "offset" the 25 tons we produce.

- vi. This Spring, the decision was made to contribute that \$300, instead, to the QEW greening our meetings mini-grant program to fund a project by a monthly meeting that would reduce their own CO2 emissions. We felt this would do more to raise awareness among Friends of the importance of finding ways to reduce our emissions.
- vii. But I think the time is coming when we need to change the way we operate - and concentrate on creating more of a virtual NETWORK...where the WORK happens at the local level and the NET part happens via email, conference calls, web conferences, and much less frequent national gatherings. We could rely on the old means of Quaker inter-visitation, taking advantage of already existing local and regional gatherings.
- viii. I don't have the answer yet, but I think it is a question that QEW's steering committee needs to wrestle with.
- ix. On with the list....

8. CREATE COMMUNITY AND WORK TOGETHER

- a. Create a study/discussion/worship group and wrestle with these issues.
- b. Read together - Northwest Earth Institute has about 8 wonderful, Quakerly study series that include topics such as, Voluntary Simplicity, Choices for Sustainable Living, Global Warming Changing CO2urse, Menu For the Future, and more. See www.nwei.org
- c. Learn about the "Transitions Initiative" - Carolyn Treadway will be leading a workshop on Saturday on this hopeful movement. There's a handbook available at 50% off for groups.
- d. Study Sabbath Economics (as mentioned earlier) - my worship group spent several months on this and found it transformative. Some of us changed to local banks, others changed our giving patterns.

9. POPULATION - if you are of childbearing age or have a child of that age, talk to them about Jim Merkel's proposal for a one child per family

practice. Encourage adoption. Encourage them to consider bearing only one child.

10. LOVE - Discern what piece of this is yours to do and then do all that you do out of love, for God's creation, for your brother and sister humans and for all species of all time. Remember that when you do things out of love it does not feel like sacrifice.

And lastly:

11. KNOW THAT IT IS POSSIBLE that we can turn things around.
 - a. I've seen places where it is happening, where happy, fulfilled people are living totally sustainably. Read the book *Gaviotas: A Village to Reinvent the World* and be inspired. Read the article I wrote about Gaviotas and ZERI - a philosophy that could change the world - in the October 2008 issue of *Friends Journal*. I have a feeling that the farm where Joanna Hoyt lives may be another.
 - b. Joanna Macy says, "Don't give up. Do whatever you can and know that someday, future generations will look back and thank you. If we can pull it off - and all we can do is hope that we can - they may call this the time of the GREAT TURNING".