

Voluntary Simplicity

"The course has given me a sense of hope and support for a happier, healthier, more balanced life."

- Communications consultant, Portland, Oregon

VOLUNTARY SIMPLICITY IS A FIVE-SESSION DISCUSSION GUIDE FOR THE WORKPLACE, CLASSROOM, COMMUNITY CENTER OR HOME.

PARTICIPANTS IN THIS DISCUSSION COURSE WILL:

Gain an understanding of the meaning of voluntary simplicity

Explore the material and psychological distractions that prevent us from caring for Earth

Consider how life might be enriched through the practice of simplicity

Develop a personal Action Plan to integrate simplicity into their lives



INSPIRING PEOPLE TO TAKE RESPONSIBILITY FOR EARTH

107 SE Washington
Suite 235
Portland, OR 97214

Phone: 503.227.2807
Fax: 503.227.2917

E-mail: contact@nwei.org
www.nwei.org

FOR MORE INFORMATION CONTACT:

NAME: _____
PHONE: _____
E-MAIL: _____

VOLUNTARY SIMPLICITY: DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
The Meaning of Simplicity	The concept of simplicity, as a religious practice or philosophy of life, has a long history. How is simplicity connected to personal happiness and well-being?	Action Plan "Living Deeply" by Janet Luhrs The Simple Living Wheel "The Gospel of Consumption" by Jeffrey Kaplan "Take Your Time" by Heather Menzies "Do High-Consumption Levels Improve Human Well-Being?" by the Worldwatch Institute
Living More With Less	Accumulating material possessions is part of the American Dream. For some, the dream has become a nightmare. When do possessions and technologies add meaning to our lives and when do they detract?	Action Plan "When It's All Too Much" by Barry Schwartz "Stepping Lightly" by Mark Burch "Homemade Prosperity" by Shannon Hayes "Do It Yourself! The DIY Movement" by Carolyn White "Attached to Technology and Paying a Price" by Matt Richtel "When Enough is Enough" by F. Marina Shaufler "Teachings of World Religions on Consumption"
Making a Living	A growing number of people wish to resolve the conflict between the desire to make and spend money and the desire for a more enjoyable lifestyle. Why is that so difficult in our culture?	Action Plan "Work: The Benefits of Working Less Hard" by Carl Honoré "Crafting a New World: An Interview with Richard Sennett" by Suzanne Ramljak "Economy and Pleasure" by Wendell Berry TED Talk on "How to Make Work-Life Balance Work" by Nigel Marsh "What is the Purpose of Work?" by Vicki Robin and Joe Dominguez "Slow Down and Explore Simplicity"
Do You Have the Time?	In modern society, our minds are focused on the "busyness" of the day, our current problems, and our future challenges. Are there alternatives to the fast pace and technology overload of the dominant culture?	Action Plan "Simplicity, Time, and Money" by Mark Burch "Caught in the Current" by Jay Bookman "A Slow Media Movement" by Sally Herships "My Antidote to Overwhelm" by Shannon Hayes "I Need a Virtual Break... No, Really" by Mark Bittman "Washing the Dishes" by Thich Nhat Hanh
Living Simply on Earth	As a society, we engage in patterns of material consumption that are damaging the environment. How much do we really need?	Action Plan "Small Wonder" by Barbara Kingsolver "One Garbage Wonder" by Shellie Bailey-Shah "Conservation is Good Work" by Wendell Berry "Living Simply and Strengthening Community" by Richard Czaplinski "Cool Lifestyle for a Hot Planet" by Duane Elgin