

VOLUNTARY SIMPLICITY

You are invited to participate in a self-facilitated course on Voluntary Simplicity developed by the Northwest Earth Institute, a non-profit organization. Simplicity means different things to different people. In this course we will explore together how we can make our lives simpler and less stressful, and how life might be enriched through the practice of simplicity. The course includes 5 sessions, plus an introductory session.

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

Topics Covered:

1. *The Meaning of Simplicity:* The concept of simplicity, as a religious practice or philosophy of life, has a long history. Both inner simplicity and outer simplicity are involved. What are some common misconceptions about a simple life?

2. *Living More with Less:* Accumulating material possessions is part of the American Dream. For some, the dream has become a nightmare. When do material possessions add meaning to our lives and when do they detract?

3. *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 simple life. Why is that so difficult in our culture?

4. *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 of our mainstream culture?

5. *Living Simply and Sustainably:* There are countless practical benefits in moving toward simplicity and sustainability. What steps can be taken to move toward a life simple in means, rich in ends?

Join Us

Date: Sunday mornings, January 25 – March 1

Time: 9:15 am – 10:15 am

Location: Sparta United Methodist Church

Contact: Litsa Binder 973 -726-3245 or Julie Clarke 973 – 362-1151

Please let us know whether you are interested in attending, or if you have any questions regarding the course. At the introductory session we will brief participants about the course and if you decide to take it, you can purchase the course book (cost \$21.00).