

Happy New Year to each of you!

We at the Center for Earth Spirituality and Rural Ministry are excited to unveil a new series designed to prompt conversation and action in our lives as we move toward a new sustainable future together. Building on the theme of "Crisis as Opportunity: Redesigning the Good Life" from our last Earth Conference (November 2009), we are ready to launch a new winter series.

This new series is based on the hope for a better, more sustainable future. Maybe you want to save money. Maybe you want to lessen your carbon footprint or you simply want to learn new skills. Maybe you want to use a fair share of the world's resources and build community at the same time. Maybe you're just curious what all the fuss is about. All good reasons to join us as we redesign, rebuild and reskill our lives.

Here's the schedule of events for January

Wed., January 6th, at 6 pm - Screening of **FOOD, Inc.**, SSND Conference Center, 170 Good Counsel Dr. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of E. coli-the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults. What do we really know about the food we buy? See this film to find out. Freewill donations accepted.

Wed., Jan. 13th - "Healthy Homes, Healthy People, Healthy World" workshop. 6 pm, SSND Conference Center. We'll focus on replacing toxic cleaning products with simple, effective, inexpensive made-at-home cleaning products. We'll have recipes and sample products on-hand for you to see. Bring your own re-usable bottle and take some all-purpose cleaner home with you. Suggested donation \$5-\$10. (No one turned away for lack of ability to pay.)

Wed. Jan. 27th, 6 pm - Book Club! We will discuss Sharon Astyk's book, **Abundance and Depletion: Life on the New Home Front**. This book has plenty of food for thought as we work to redefine abundance in our lives to include more than material wealth. It's eye-opening, inspiring and action-packed! (in terms of actions we can take for a more sustainable future together.) Center for Earth Spirituality and Rural Ministry, 170 Good Counsel Drive. There is a limit of 10 people for this, please call to sign up.

Don't miss these opportunities!

Peace in the coming year to you -

-Lisa

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