

PRAIRIE UNITARIAN UNIVERSALIST SOCIETY

Sunday, February 3, 2002

Prelude

Welcome

Opening Words/Moment of Silent Meditation

Congregation with Aileen Nettleton:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote respect for the interdependent web of all existence of which we are a part."

Joys and Sorrows

Greet Your Neighbor

Choir

"Choices for Sustainability"

Presented by the members of this study group:

Connection with UUA Resolution - Aileen Nettleton

Limits to Growth - John Lewis

Leaving Footprints - Kathy Converse

"Two-Foot Seam,"

Recorded Music: John McCutchen

(See Reverse Side for Words)

Creating Community - Judy Skog

Personal Choices for Sustainability - Paul Pachciarz and Congregation

Vision for the Future - Aileen Nettleton

"Good Garbage,"

Forster and Chapin Song

(See Reverse Side for Words)

Accompanist: Doleta Chapru

Offering

Introduction of Guests and Visitors

Prairie Announcements

Closing Words:

Aileen Nettleton

I am only one
But still I am one.
I cannot do everything,
But still I can do something.
And because I cannot do everything
I will not refuse to do the something that I can do.

TWO FOOT SEAM

John McCutcheon

Way back when 'fore the sun come up,
I could smell his coffee in an old tin cup
Half an hour 'fore the rooster crowed
Heard that truck rattle down the road
Men grew up to go on down
Digging coal in the underground
Kids running free each night would dream
Of living their lives in a two foot seam
Back up home where the sun don't shine
My daddy worked in this here mine
Home each night with his face pitch black
His old shirt frozen to his back
"I'll Fly Away" and "Angel Band"
"Poor Orphan Girl" and "Beulah Land"
He'd sing each night and loved to tell
"I'm heaven bound 'cause I work in Hell"

Now, forty-two years it's gotten where
You don't know sun and you don't know air
Don't know your kids or the day from night
Don't need room and you don't need light
Hand me down my lunch pail, hand me my lamp
Going on down to the dark and damp
Is it a nightmare, is it a dream
Loving my life in a two foot seam

Sixty hours of slaving for
A handful of scrip in the company store
A mess of beans and a sack of flour
A week's pay gone in half an hour
All my life loading coal
Been digging myself quite a hole
To some it's a refuge, to some it's a cave
To some it's a womb, to some it's a grave

If they asked my wish would be
My kids would not grow up like me
Go to school and find a way
To walk and breathe in the light of day
For the sun goes up and the sun goes down
Another shift goes underground
Buy your paycheck, sell your soul
So the lights will burn and the engines roll
Men grew up to go on down
Digging coal in the underground
Kids running free each night would dream
Of living their lives in a two foot seam

GOOD GARBAGE

John Forster & Tom Chapin

I had a turkey dinner, threw the bones away.
They hauled them to the county dump without delay.
By the following Thanksgiving they had turned to clay
They're bio-de, bio-de, biodegradable garbage.
Good Garbage breaks down as it goes.
That's why it smells bad to your nose.
Bad garbage grows and grows and grows.
Garbage is s'posed to decompose.

Now Styrofoam is bad, it lasts a thousand years.
A packing peanut's born and never disappears.
So crumple up your comics when you ship your
chandeliers
'Cause comics are bio-de, bio-degradable garbage.
Good Garbage breaks down as it goes.
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Every time that we buy food we also buy the package.
Bottles, boxes, bags and cans, they end up in the
garbage.
Half of all our cash
We're spending on our trash.
For the sake of Mother Earth,
Let's get our money's worth!
Only buy bio-de, bio-degradable.
Good Garbage breaks down as it goes.
That's why it smells bad to your nose.
Bad garbage grows and grows and grows.
Garbage is s'posed to decompose.
Garbage, garbage, garbage is s'posed to decompose.

Choices for Sustainable Living

A Call to Sustainability

We have assumed control of nature without adequately understanding nature's arrangements. Wes Jackson

Ecological Principles

This we know. All things are connected like the blood which unites one family.
Whatever befalls the earth, befalls the sons and daughters of the earth.
Man did not weave the web of life; he is merely a strand in it.
Whatever he does to the web, he does to himself. Chief Seattle

Sustainable Communities

The great paradox is that there's not much we can actually do at a global level...The global condition is too multidimensional to respond to slam-bang solutions. It will only be through a multitude of diverse, localized strategies, each carried out with awareness of the larger context, that we will come together to alter the course of the planet in the next 20 years. Steven Ames

Sustainable Business and Economy

Corporations are the only organizations with the resources, the technology, the global reach, and, ultimately, the motivation to achieve sustainability. Stuart Hart.

Sustainable Food

A diet that's sustainable for people and planet must consider not only one's individual health, but agriculture (the well-being of the land), energy (minimizing waste and Pollution), and the health of other people--those in one's own community and those inhabiting Earth's many other bioregions. Rachel Albert Matesz

Sustainable Buying

Only population growth rivals consumption as a cause of ecological decline, and at least population growth is now viewed as a problem by many governments and citizens of the world. Consumption, in contrast, is almost universally seen as a good--indeed, increasingly it is the primary goal of national economic policy. Alan Durning

Sustainable Living

Once you learn certain things--one you learn to ride a bike, say--your life has changed forever. You can't unlearn it. Sustainability is one of those distinctions. Once you get it, it changes how you think. It's just part of who you are. Robert Shapiro

Visions of Sustainability

Although these might seem like small changes, the character of a society is the cumulative result of the countless small actions, day in and day out, of millions of people. Duane Elgin

Putting a sustainable life style into practice

Lessen the burden on forests

- ☺ Avoid paper disposables such as cups, napkins
- ☺ Eliminate junk mail
- ☺ Live in a small home

Lessen burden on fresh water

- ☺ Install low flush toilets/flush less
- ☺ Replace lawns with native vegetation/no watering

Reduce fossil fuel use

- ☺ Get energy audit of home

Reduce water pollution

- ☺ Declare yard a chemical free zone

Recycle

- ☺ Carry cloth shopping bags
- ☺ Select glass or metal containers not plastic
- ☺ Select paper cartons or packaging
- ☺ Compost leftover food (not meat or dairy)
- ☺ Use recycled paper

Avoid products with persistent chemicals

- ☺ Vinyl, air-conditioners, pesticides

Get to know your neighbors

- ☺ Directories, start co-ops for buying/babysitting
- ☺ Organize garage sales
- ☺ Share tools and gardening equipment
- ☺ Throw a party

Buying choices

- ☺ Shop at locally owned stores
- ☺ Buy local products, local produce
- ☺ Invest in environmentally responsible funds
- ☺ Buy from the farmer
- ☺ Buy organic
- ☺ Eat less meat
- ☺ Produce some of the food you eat
- ☺ Avoid irradiated or genetically engineered foods
- ☺ Buy used items when possible

Before you purchase

- ☺ Why do I want it?, Can I get along without it?
- ☺ How will I use it?
- ☺ What are my alternatives?
- ☺ Avoid catalogs
- ☺ Give gifts that are not objects (contributions, labor)
- ☺ Buy durable rather than disposable items

Life style choices

- ☺ Take control of TV or give away
- ☺ Get outdoor entertainment rather than electric
- ☺ Ride bike, car pool, walk
- ☺ Move closer to work/town
- ☺ Share a vacation with others, vacation closer to home

Choosing Products for Sustainability

Cotton

Paper

Plastic

1. Do I really need the product?
2. Is the product safe to use?
3. Is the product practical, durable, well-made, of good quality, with a timeless design?
4. Is the product made from renewable or recycled materials taken in a sustainable way?
5. Is there any information about the manufacturing practices that tells of environmental improvements?
6. How will I dispose of the product, and what environmental impact will that have?
7. What kind of package does the product have?
8. How far has the product been shipped to reach the retail outlet?
9. Is the product a good value for the money?
10. Is there some environmental, health, personal or economic benefit that outweighs the product's environmental cost?

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