



## *Religious Education Materials to Accompany FWCC-QuakerSpeak Videos*

Lesson planning can be a kind of spiritual discipline. We hope the experience of preparing is engaging, enjoyable, and fruitful for you as a Friend. A rich array of material is provided here for different ages along with tips for designing a lesson. Additional resources are available in the **Community of Practice Resource Guide**. *Use what works for you and leave the rest.*

### **Contents: *A Quaker Approach to Sustainability***

<http://quakerspeak.com/quakers-approach-sustainability-work/>

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One of the joys of FWCC work is that you meet so many good and interesting people, Friends who are committed to connecting Friends and crossing cultures. However, when we step out of our comfortable circles of the people we know, we encounter Friends who have different ways of expressing themselves, theologically and culturally, and it can be hard to understand Friends from different geographic, class, ethnic, or age groups. We know from experience that our good intentions to love one another are not enough, that we all have room to improve our skills in speaking so that others can understand us, listening beyond the words, and forgiving when others hurt us, even unintentionally. In all cases, love and mercy and patience and forgiveness will be needed.

## Advices for Exploring these Materials:

- We need to instill a basic sense of care and concern for the whole human family. Our children need to know their way around the world.
- We are patient. We tolerate some unknowingness as we explore beyond our own experiences, home or community.
- Be open to the possibility that because of the journey, we may return to better understand ourselves and our community.
- We “listen with our whole selves” as the Faith & Play™ story says—with our bodies, our minds, our imaginations and our souls. We try listening beneath the words. We open ourselves to all of the non-verbal channels of communication.
- We get as far as we can with listening for meaning and rest in that.
- Invite the Light/God into those lingering questions.
- If you find you’re upset by something you hear or experience, try to practice some Quaker self-care. Use “The Prayer of Three Breaths,” on page 9 of the **Community of Practice Resource Guide**.

## Queries to Prepare Our Hearts:

### *A Quaker Approach to Sustainability*

- What is your experience of the connection between hope and tending the earth?
- Do you know someone who has been impacted by climate change?
- How do we listen to other people in the community (Friends and others) and find ways to disarm reflexes of hatred, prejudices, that lead us away from seeing others as our neighbors on the planet?
- Where are we called to be peacemakers through sustainability practices? What work exists for us at the intersection of stewardship and peacemaking?
- How can stewardship be in partnership with the testimony of community? How do we work to sustain life on earth across the issues that divide us?
- What Light and Truth do you find in the Pisac Minute? What is your family or meeting doing in response to the Pisac Minute? What are other faith groups in your area doing for ecojustice?
- How can we support individuals and groups in meetings who feel called to take action on sustainability, particularly Young Friends?
- How do we honor life in all living things? What impedes and impacts our stewardship?

### **The Kabarak Call for Peace and Ecojustice 2012**

<http://fwcc.world/fwcc-news/the-kabarak-call-for-peace-and-ecojustice>



### **The Pisac Minute 2016**

Living Sustainably and Sustaining Life on Earth

<http://fwcc.world/fwcc-news/living-sustainably-and-sustaining-life-on-earth-the-minute-from-the-plenary>

# Sample Session for Adults:

## *A Quaker Approach to Sustainability*

### **Preparation in the Days Before: Inward and Outward**

1. Invite Friends to be part of the program; gather supplies and copy photo release forms; ask others to support hospitality, photos and documentation of the event.
2. Consider suggested queries on page 2 and prepare “take home queries.”
3. Spend some time with Bible passages, for example:  
*The earth is the Lord’s and the fullness thereof, the world and those who dwell therein.* (Psalm 24:1)  
*Then shall the trees of the forest sing for joy before the Lord, for he comes to judge the earth.* (1 Chronicles 16:33)  
*Be ready for action with your robes hitched up and your lamps lit.* (Luke 12:35)
4. Watch the QuakerSpeak video, *A Quaker Approach to Sustainability* and familiarize yourself with the discussion questions at the end. (see link below)
5. Read the guidelines for worship sharing or small-group facilitation on pages 9 and 14 of the **Resource Guide**.
6. Test the tech set up where you will gather. (see page 10 of this document for Tech Tips)

### **Opening:**

“Good morning, Friends. Thank you for gathering together. My name is \_\_\_\_\_, and today we are going to be exploring our community’s response to the Pisac Minute.”

### **Building the Circle:**

1. Introductions around the circle
2. Warm-up Activity: Singing together from the suggested hymns on page 8.

### **Core Activity:**

1. Show *A Quaker Approach to Sustainability* [quakerspeak.com/quakers-approach-sustainability-work/](http://quakerspeak.com/quakers-approach-sustainability-work/)  
(Note: If you are meeting in a multigenerational group, a suggested age for QuakerSpeak video viewing is 12 and up.)
2. Read and discuss the Pisac Minute (see link on page 2). Break into small groups to discuss what individuals are doing or are led to do.
3. Returning to the group, share from small groups and discuss what concrete actions on sustainability could the meeting work toward in the next 12 months?
4. Alternately, or in addition, invite Friends to reflect on the questions at the end of the video. Use worship sharing practice or facilitate a discussion around the queries.

### **Closing:**

1. Thank Friends for their presence and participation.
2. Give out slips of paper with “take home queries” on one side and FWCC SoA website address on the other side: [www.fwccamericas.org](http://www.fwccamericas.org). Suggested queries on page 2 of this resource.
3. Close the time by sharing a moment of silence in gratitude for the time together, or ask an elder in the group to offer a prayer of thanks and going forth.

### **Leader Reflection and Debrief:**

Complete Evaluation for FWCC online or in the **Resource Guide**.

# Sample Lesson for Children:

## *A Quaker Approach to Sustainability*

### **Preparation in the Days Before: Inward and Outward**

1. Communicate with the community, including families, about the program; copy photo release forms; ask others to support hospitality, photos and documentation of the event.
2. Consider suggested queries on page 2 of this resource. Which ones might you lift up to children in your circle at meeting? Consider Bible passage and quotations:
  - Genesis 2:15, *The Lord God took man and put him in the garden of Eden to till and take care of it.*
  - Audrey Hepburn quote: "To plant a garden is to believe in tomorrow."
  - George Bernard Shaw quote: "The best place to find God is in a garden. You can dig for him there."
3. Read "Guiding Principles of Lesson Planning for Children's Religious Education" on page 11 and guidance for wondering with children on pages 12-13 of the Resource Guide.
4. Gather materials: book, ball of yarn, and supplies for core activity.

### **Opening and Building the Circle:**

1. Welcome and introductions — Good morning, Friends. My name is \_\_\_\_\_ and I am so glad to be with you today. We are going to explore together what it means to take care of and be a part of God's creation.
2. Go around the circle. Ask Friends to say their names and share the name of a person in their lives who loves plants and growing things. Give the group a minute to think, then the facilitator starts.

### **Core Activity:**

1. Read out loud one of the suggested books:  
City Green by Dyanne Disalvo-Ryan; Up in the Garden and Down in the Dirt by Kate Messner; The Gardener by Sarah Stewart; or The Curious Garden by Peter Brown.
2. Wonder about the book together: *What part did the listeners like best? What part was most important to them today? Where did they see themselves in the story, or what part was about them? Why is gardening important in this story? What do we discover about this garden?*
3. Activity options:
  - a) Make seed mosaics [http://www.firstpalette.com/Craft\\_themes/Food/Seed\\_Mosaic/Seed\\_Mosaic.html](http://www.firstpalette.com/Craft_themes/Food/Seed_Mosaic/Seed_Mosaic.html) for indoors any season
  - b) Outdoors: Plant bulbs, or plant a Bean or Pea Teepee – outdoors, spring or early summer <https://www.homegrownfun.com/bean-teepee/>
  - c) Creation Scavenger Hunt – indoors/outdoors  
Form groups. Each group is given 7 paper cups. Each cup will hold something that represents one of each of the 7 days of creation in the Genesis 1 story. Talk about the 7 days in the creation story from Genesis 1. If you have creation cards that you use for the Godly Play story, line them up as a reference guide.

### **Closing:**

1. Do a "web of life" sharing: Holding a ball of yarn, each participant offers one word or phrase to describe their experience and/or how they are feeling. Then pass the ball of yarn to someone else while the 1<sup>st</sup> person holds on to her bit of string. The new holder of the yarn shares and so on. At the end, everyone is holding a part of the string. The facilitator says, "We are all connected to one another and to the earth."
2. Thank the circle of children for their work together. Close the time by sharing a moment of silence in gratitude for the time together, or offer a prayer of thanks and going forth.

### **Leader Reflection and Debrief:**

Complete Evaluation for FWCC online or in the **Resource Guide**.

## “WALKING CHEERFULLY OVER THE EARTH”

### STEP BY STEP TO A GREENER LIFESTYLE

by Marjorie McKelvey Isaacs, Psy.D.

Friends World Committee for Consultation (FWCC) World Conference approved a minute asking everyone to personally make green lifestyle changes. All changes, even desired improvements, create some stress. My psychology clients and I, working together for more healthy lifestyles, discovered research, strategies and viewpoints that can make change easier. Thanks also to the Sustainability Consultation Group that prepared the minute in Pisac, Peru.

1. Modeling. “If they do it, I want to do the same.” Someone we admire can inspire. An accessible role model is also effective. That person is someone with whom you can easily identify. “Chris is my age, works full time like me, and says using the clothesline makes a good excuse for getting outside. If Chris can do it, I can too.”

2. Notice what you are telling yourself about the change you hope to make. What you tell yourself will effect how you feel about the activity, and in turn, how successful you are. *Example:* (Old thought) “I must use these TV dinners in throw-away packages because I do not have time to cook.” (New thought) “When all three of us made that stew together, it saved us money, only took 20 minutes and tasted great.”

3. Give yourself credit for attempting a change, even if it does not work out at first. Know that there are stages in the change process. A new habit will not be automatic or immediately perfect. When you notice that you did *not* do your newly targeted change, that awareness is a sign you are just a step from success. Give yourself a little credit for noticing, “Oops! I forgot my lovely cloth grocery bags. Noticing the mistake means I’m already in the process of changing. I’ll remember them next time.” (Wrong way: “Oh no! I forgot those cloth bags again. Making this change is impossible—I’ll never learn.”) This second person is self-instructing herself to fail. So be nice to you—it is more effective.

4. Change happens in phases. Be patient with other people—and yourself. Each phase may require different activities and thoughts to help you move forward. Talking about the feelings will actually help you get through them. Yes, this does mean than whining can help you decrease resistance, rather than making it stronger.

#### Phases of change:

*Pre-contemplation – no awareness of a problem or need for change*

*Contemplation--notice mixed feelings about making a change*

*Preparation – finding, then removing obstacles, beginning small steps*

*Action – practicing the new activity, meanwhile, “sigh” maybe missing the bad old ways*

*Maintenance – commit to sustaining the new behavior; find what will help you stick with it.*

5. Adaptive energy. Any change requires adaptive energy. Find times and arrange your life so that you have enough energy to make the change. *Example:* The week you bring home the new puppy may not be the best week to get those worms started composting kitchen your scraps. It will be easier to stay with green lifestyle changes if you only implement one at a time.

6. Foot-in-the-door. Long ago on a far away planet, door-to-door salesmen put one foot into the doorway once someone opened it. Unable then to shut the door, the homeowner was forced to listen to the sales pitch. Agreeing to a small change makes people more open to a similar larger commitment. Succeeding at a small change also can build your confidence for making a larger change. *Example*: “I walked to the drug store yesterday, instead of driving, so I can walk to the grocery today—it's only a little further, and I do have my lovely new cloth grocery bags!”

7. Staying in touch with other people attempting similar changes gives everyone more strength. Well known scientific studies show that holding onto a rational belief is difficult without the agreement of at least one other person. When you feel like the only one making a change, it is easy to feel “wrong” about your decision, even when you know the decision is right. Chatting together about the lifestyle changes you are making may feel like small talk, but it is really more. These connections with others sharing your goals will help identify and overcome obstacles to change, feel the importance of these changes, and stick with right action.

8. Contracts. Make a written promise to implement a specific change. Include dates, times, how the change will be done, and any reward you will receive. Tell a friend about the change you plan to begin. *Example*: “I will find my lovely cloth grocery bags by \_\_\_\_\_(date.) Each time I use them, I will put the bags back where they belong, ready for next time. I will tell Lucretia I am starting on Sunday to use those lovely bags she gave me two years ago. Lucretia and I will celebrate over coffee after I use the bags.”

9. Tie your lifestyle change to real pleasure or a short term reward.

*Examples*: Having a pretty basket with a fun-to-open latch for your paper recycling will motivate you to put recycled paper where it belongs. If the recycle bin is also a music box that plays Beatles songs, recycling could become irresistible. Or put the money you save by cooking simply from scratch instead of eating fast food into a “fun fund.” Spend it on a special activity this weekend, like buying lovely cloth grocery bags—no, no find something really fun. I probably hold the dubious distinction of being the only person who considers cloth grocery bags a source of fun. If you knew how many we have, you might believe it—I am afraid to count.

10. Discover the humor in the changes you are making. Humor helps decrease anxiety that often accompanies change. *Example*: When I look into my garbage can and see it is only one fourth full on garbage day, I think, “Wow, look what all those awkward refusals of plastic bags, and than ban on paper plates and napkins at our house has done to reduce the solid waste stream! What a proud and happy moment with my trash!” Yeah, kind of ridiculous, but also true. I'll leave it to you to figure out if there is anything you find fun about cloth grocery bags, and other environment-friendly lifestyle changes.

*Marjorie is a psychologist in private practice in Cincinnati, Ohio USA, and the Quaker Earthcare Witness representative for Ohio Valley Yearly Meeting. She enjoys doing Improv and using lovely cloth grocery bags. Never ask her how many she owns.*

## Additional Sustainability Materials For Children, Youth And Multigenerational Groups:

1. *The Story of Eco Eve and Green Gregory* by Marjorie McKelvey Isaacs  
[www.quakers4re.org/FWCC-QuakerSpeakCurricula](http://www.quakers4re.org/FWCC-QuakerSpeakCurricula)
  2. *Earth Friendly Lifestyle Changes According To Your Own Light* by Marjorie McKelvey Isaacs  
[www.quakers4re.org/FWCC-QuakerSpeakCurricula](http://www.quakers4re.org/FWCC-QuakerSpeakCurricula)
  3. *The Gifts of Creation: Multigenerational Games and Growing* by Joy Duncan  
[www.quakers4re.org/FWCC-QuakerSpeakCurricula](http://www.quakers4re.org/FWCC-QuakerSpeakCurricula)
  4. *World Quaker Day 2015 at Hill House Meeting in Accra, Ghana (West Africa)*  
Found on page 7 of the curriculum linked below, this **stewardship story** could be read with an older group of youth or the whole meeting community. See queries for discussion at the end, and consider planning a service activity to accompany the reading/discussion. <https://goo.gl/ZnrjCr>
  5. *FWCC Webpage on Sustainability Initiatives*  
[http://fwccamericas.org/\\_wp/2016/12/08/fwcc-sustainability/](http://fwccamericas.org/_wp/2016/12/08/fwcc-sustainability/)
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### A Body Prayer to Celebrate the Spirit of the Earth

*reprinted with  
permission of  
Beth Collea,  
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I am stable. I am grounded. I feel the earth beneath me. I feel balanced. I can't be pushed from this place of physical and spiritual grounding easily.



I reach up in gratitude for all that is above me — the sky, the firmament, the stars and planets of the night sky, the clouds and sunshine of the day. It is part of me and I am part of it.



I gather the world of animals and sea creatures to my heart. I celebrate the world of plants. I am grateful for all of them. I am part of all of life and all of life is part of me.



I reach out to my whole human family in love and service, witness and welcome. They are part of me and I am part of them.



I reach inward to listen for the still, small voice. God (the Spirit) is part of me and I am part of God (the Spirit).



*(Stay in the prayer position, quiet and still, for a few seconds.)*

# Bibliography and Resources for *A Quaker Approach to Sustainability*



## Videos:

If your group is multigenerational, a suggested age for QuakerSpeak viewing is 12 and up.

- *The Kabarak Call for Peace and Ecojustice, set to music by Jon Watts* <https://youtu.be/rIsSSYbk1uI>
- *Quakers Talk to Congress About Climate Change* <http://quakerspeak.com/quakers-talk-to-congress-about-climate-change/>
- *Why I Blockaded 40,000 Tons of Coal With A Lobster Boat* <http://quakerspeak.com/why-i-blockaded-40000-tons-of-coal-with-a-lobster-boat/>

### Tech Tips for Showing the QuakerSpeak Videos

1. Test out your tech set-up in advance.
2. Download the video and save the file rather than relying on internet connections.
3. Bring an extension cord or plug adapter as needed.
4. With a small group it may be fine to use a laptop. For a larger group, try to locate a projector. Test it out in the room with the lighting you will have at the time you are going to show it.
5. Confirm that the speakers you have will be loud enough for the room and the size of the group – this is even more important than being able to see clearly.

## Hymns and Songs:

Found in “Worship in Song” (W) and “Rise Up Singing” (R)

*For the Beauty of the Earth* (W)(R)

*A Garden of My Own* (W)

*Garden Song* (R)

*I am an Acorn* (W)(R)

*All Things Bright and Beautiful* (W)(R)

*Morning Has Broken* (W)(R)

*Bringing in the Sheaves* (R)

## Reading for Adults:

*Beyond the Growth Dilemma: Toward an Ecologically Integrated Economy*, edited by Ed Derby and Judy Lumb <https://goo.gl/YzqWbw>

*GreenFaith — Mobilizing God's People to Save the Earth* by Fletcher Harper <https://goo.gl/CJUIdB>

*Renewable: One Woman's Search for Simplicity, Faithfulness, and Hope* by Eileen Flanagan <https://goo.gl/uihcnL>

*Quaker Earthcare Witness Readings* “QEW publishes materials to inspire, inform, educate, and share ideas for Quakers and caring others who are seeking to integrate their concern for Earth with Friends' long-standing testimonies for simplicity, peace, equality, and justice.”

<http://www.quakerearthcare.org/publications>

*The Sense of Wonder* by Rachel Carson and Nick Kelsh <http://rachelcarson.org/>



## Books for Children

(also see suggestions in children's lesson plan on page 4)

*Growing Vegetable Soup* by Lois Ehlers

*Wangari's Trees of Peace: A True Story from Africa* by Jeanette Winter

*We Planted a Tree* by Diane Muldrow

*One Plastic Bag, Isatou Chlesay and the Recycling Women of Gambia* by Miranda Paul

*One Child, One Planet* by Bridget McGovern Llewellyn

*Finding Wild* by Megan Wagner Lloyd

*On Meadowview Street* by Henry Cole

*The Flower Hunter: William Bartram, America's First Naturalist* by Deborah Kogan Ray

## Suggested Stories About Listening for Godly Play® and Faith & Play™ Practitioners:

### Godly Play:

*Creation (Volume 2)*

*Second Creation: The Falling Apart (Volume 6)*

*The Parable of the Mustard Seed (Volume 3)*

### Faith & Play:

*Listening for God*

*Meeting for Business*

Friends interested in using Faith & Play™ (or Godly Play®) stories as religious education resources should be aware that there is a particular method of storytelling and supporting children's spiritual lives that these stories employ. More information about Faith & Play and Godly Play for Friends, including training opportunities, can be found on the website: <http://www.fgcquaker.org/faith-and-play>.

## Quaker Religious Education Curriculum for Children and Youth:

*Earthcare for Children: A Curriculum for First Day School, Sunday School, and After School Programs* by Sandy Farley, Thomas Farley and Diana Egly <https://goo.gl/Tl15z8>

*KidsQuake* — “Walk Gently on the Earth: 16 things kids can do to help care for the earth”

By Dana KesterMcCabe © 2006 <http://Friendsmedia.Org/Index.Php/Kidsquake/Article/Walk-Gently-On-The-Earth>

*Speak To The Earth And It Shall Teach Thee* by the Religious Education Committee Of Philadelphia Yearly Meeting. Curriculum on caring for our environment based on the creation story. Stories, activities and resources for mixed ages. [www.pym.org/publications/pym-curricula/speak-to-the-earth-and-it-shall-teach-thee](http://www.pym.org/publications/pym-curricula/speak-to-the-earth-and-it-shall-teach-thee)

*Teaching our children about climate change: a series of blog posts on climate change education for Quaker children* by Brian Drayton <https://amorvincat.wordpress.com/2016/09/10/teaching-our-children-about-climate-change-part-1-introduction/>

*Finding the Light in You: Bright Silent Worship With Young Friends*, Marjorie McKelvey Isaacs, 2016. Available from QuakerBooks of FGC [www.quakerbooks.org](http://www.quakerbooks.org)

## Wider Quaker Fellowship Pamphlets

*Being Salt And Light: Excerpts From The Plenary Speeches From The 2012 World Conference Of Friends Held In Kenya* Friends from Kenya, Nepal, Philippines, Cuba, New Zealand, Britain, USA, Rwanda, and Burundi at the World Conference of Friends at Kabarak University.

[www.fwccamericas.org/pub/fwcc2013.pdf](http://www.fwccamericas.org/pub/fwcc2013.pdf)

*Beyond Stewardship of Nature: Friends and the "Great Story"* by Doris Ferm

A Friend in her 80's offers a broad and challenging framework for considering our place in the world. [www.fwccamericas.org/PUB/FERM2010.PDF](http://www.fwccamericas.org/PUB/FERM2010.PDF)

*God's Earth, Our Choices* by Stephen Collett, Silas M. Keza-Kubi, Bernabé Yujra Ticona and Gillian Smith. A panel presentation by four Friends on "The Light Of God's Creation," at the 1994 FWCC Triennial held at Ghost Ranch, New Mexico.

[www.fwccamericas.org/pub/Collett1994.pdf](http://www.fwccamericas.org/pub/Collett1994.pdf)

*Selections From Spirit Rising: Young Quaker Voices*

Young adult Quakers from USA, Korea, Sweden, Britain and a variety of theological backgrounds share ecological concerns. [www.fwccamericas.org/PUB/QUIP2010.PDF](http://www.fwccamericas.org/PUB/QUIP2010.PDF)

*The Cool Green Hills Of Earth* by Elizabeth Watson. A New England YM Friend pleads for human beings to show respect for God and the planet and to live more ecologically centered lives. [www.fwccamericas.org/PUB/WATSON1990A.PDF](http://www.fwccamericas.org/PUB/WATSON1990A.PDF)

*Trees And The Forest: Story And Trustori In Quaker Faith And Practice* by Rob Pierson  
Friends environmental testimony explored through an examination of spiritually transformative stories, and following the inspiration of Wangari Maathai, Kenyan environmentalist.

[www.fwccamericas.org/PUB/PIERSON2013.PDF](http://www.fwccamericas.org/PUB/PIERSON2013.PDF)

**Friendly Note:** You may wish to use this lesson on World Quaker Day – the first Sunday in October. For more information, visit [www.worldquakerday.org](http://www.worldquakerday.org)

