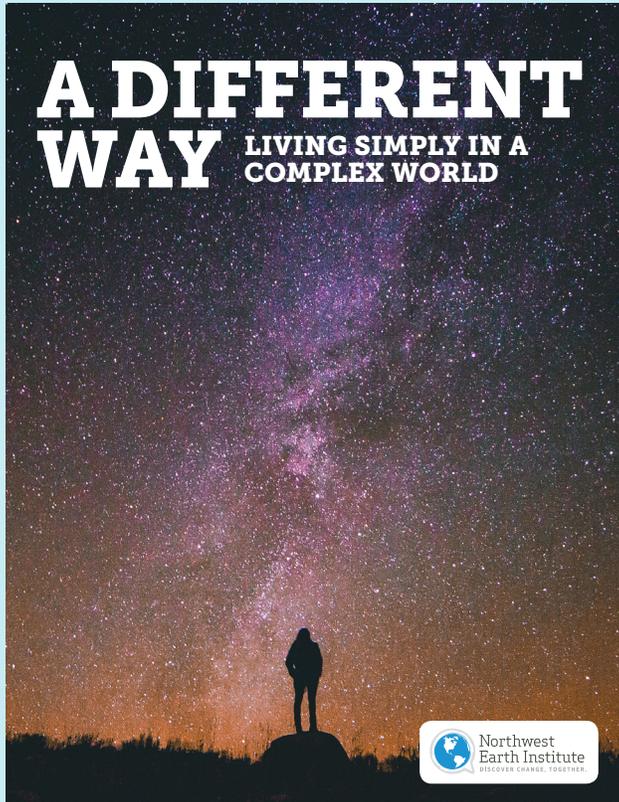


A Different Way

"Tell me, what is it you plan to do with your one wild and precious life?"

— Mary Oliver



Join an upcoming *A Different Way* course:

What:

When:

Where:

Contact:

Additional information and cost:

PARTICIPANTS IN THIS SIX-SESSION DISCUSSION COURSE WILL:

- Explore the many personal and global issues we face that a simple lifestyle can help to address.
- Determine which of your values leads you to an interest in simple living, and how simple living will help you live more in line with your values.
- Commit to action to create bigger impact in our world.



Northwest
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DISCOVER CHANGE, TOGETHER.

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A DIFFERENT WAY DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
Finding Your 'Why': Living a Life Of Happiness and Meaning	People choose to live simply for many reasons, usually to live in alignment with their values, whatever they may be. This session helps you to connect to your own values so that you can live life in a way that is better for yourself, for others, and for the planet.	<p>"The World Is Not Enough"</p> <p>Excerpts from "Voluntary Simplicity"</p> <p>"Why Millennials Are Trending Toward Minimalism"</p> <p>"Marie Kondo and the Privilege of Clutter"</p> <p>"A Different Way: Miguel Arellano"</p>
Times Change: Busyness, Distraction and Mindfulness	In our society, busyness is often worn as a status symbol or a "badge of honor," showing that we are important and industrious and popular. But the busyness of our lives can also make us feel continually stressed, overwhelmed and pressed for time. This session focuses on the ways that we can live intentional and mindful lives that are productive, healthy and meaningful.	<p>"Why Being Too Busy Makes Us Feel So Good"</p> <p>"Multitasking is Killing Your Brain"</p> <p>"Family Rituals Protect Time"</p> <p>"Just Breathe: The Powerful Simplicity of Meditation"</p> <p>"A Different Way: Yadira Ruiz"</p>
Lighten Up! Consume Less, Create More	The choices we make as individuals make a huge impact on the world around us. We are more than consumers — we are also creators, artists, organizers, friends, healers. This session focuses on how we can make choices that create less waste and more good for us and for the rest of the world.	<p>"Enjoy Without Owning"</p> <p>"Four Questions to Ask Yourself Before Buying a Product"</p> <p>"Let's Trash the Idea of Garbage"</p> <p>"Why Sending Your Old Clothes to Africa Doesn't Help"</p> <p>"Is the Library of Things an Answer to our Peak Stuff Problem?"</p> <p>"Swimming Upstream"</p> <p>"Creation Over Consumption"</p> <p>"A Different Way: Betty Shelley"</p>
Technology: Connection and Disconnection	Digital and social media have the ability to connect us with people all around the world in ways we have never been able to before. But digital media can also serve to disconnect us from our surroundings, our loved ones, and the things we value. In this session, we consider the difficult choices regarding the balance of digital media in our lives.	<p>"The Plugged In Paradox: Why Always Being Connected Makes It Harder to Connect"</p> <p>"Smiles All Round: Sharing Happy News Is Good for You and Everyone You Know"</p> <p>"Living in the Age of Distraction"</p> <p>"What's Lost When We Photograph Life Instead of Experiencing It?"</p> <p>"Friend Yourself: Social Media and Your Personal Growth"</p>
Media Literacy: Resisting Materialistic Values	Through a media literacy framework, this session helps participants reclaim agency over their media participation as part of their commitment to living intentionally and simply.	<p>Video: "The High Price of Materialism"</p> <p>"Key Concepts of Media Education"</p> <p>"Distinguishing 'Fake News' From Real News"</p> <p>"How Advertisers Seduce Our Subconscious"</p> <p>"Horrible Facebook Algorithm Accident Results in Exposure to New Ideas"</p> <p>"A Different Way: Stephanie Co"</p>
Moving Forward	This closing session will help you ground yourself in what is important to you, while helping you figure out what bigger impacts you can make in the world. By connecting your individual values and actions to the larger picture, you can find power to make real change in your life, in your community, and in the world.	<p>"A Different Way: Philena Seldon"</p> <p>"Simplicity Is the Path"</p>