

Motivating individuals to examine and transform personal values and habits, to accept responsibility for the earth and to act on that commitment.



CANADIAN EARTH INSTITUTE



FALL 2007

Planet Care

Back to Involvement: Investing Time and Energy

September is upon us... and you know what that means! Back to the hustle and bustle of taking the kids to karate, going to the gym, taking night courses, and so on... vacation time is over. Perhaps we could think about exactly how we WANT to be investing our time and energy this fall. What new connections do we want to make? What (old) connections do we want to maintain or enhance? Do we want to behave as Spiders sending threads of gossamer out into the air, to let the breeze determine where we land and to a certain extent what kind of a web we build? This is the perfect time to ask ourselves: How do I invest my time and energy? Due to the way that our society is currently set-up, sometimes the things we need to invest in the most are actually the things we put the least time and energy into.



Think of this as your little reminder to take some time out BEFORE registering for all your extra-curricular activities or committing to help with those projects. What is important to you?

Once we have clarity around our priorities, we can build our webs with an overall plan in mind. Putting our time and energy into what we really want is Voluntary Simplicity to me. It means that I minimize my investment in that which I do not want to be connected to, those things that would take my energy away from my ultimate destination...

Where do YOU want to go?



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CEI Fall Fun

Celebrate *Fall Equinox* and *World Car Free Day* with other environmentally conscious humans in Victoria BC!

Come out and be part of the **September 23rd** CEI picnic event!

Walk, cycle, roller blade or take the bus. At a surprise location to be announced, CEI members, staff, friends, and family will be enjoying the scenery, food, and friendship. Games, a campfire, a massage, a raffle, and an introduction to the new CEI "Eating Out ToolKit" and 'I'm not a Plastic Bag' collection will be some of the fun activities you will encounter at the picnic. Bring a potluck appetizer and blankets/chairs to sit on. A CEI volunteer will be calling you soon to remind you of the event and ask how you would like to be involved. Contact: info@CanadianEarthInstitute.org

What's Happening At CEI?

The CEI office has been abuzz with activity this summer! We have been working on a number of projects to help CEI's long term sustainability as an organization, in addition to getting prepared for another exciting season of discussion circles. Finally, after getting Canadian copyright for the majority of study guides, CEI is able to focus on it's main purpose: Promoting and delivering sustainability discussion courses! YAY!... We have arrived!

CEI has been working on ...

- ≈ Gaining Charitable status
- ≈ Submitting Grant applications (Vancity, Gaming Commission, EcoAction)
- ≈ Maintaining Community Partnerships (Westhills Learning Commons, Emily Carr Eco-Festival, Westshore Grow your Own Food Association)
- ≈ Attending the NWEI National Training in Oregon in July
- ≈ Expanding our reach and launching discussion courses on B.C.'s Lower Mainland!



NWEI NEWS

Here's what's going on with our U.S counterparts, the Northwest Earth Institute...

The annual NWEI National Training took place the weekend of July 20th in Oregon. CEI's Executive Director, Beth Cruise, attended the workshop. One of the highlights included hearing the talk; *The Great Turning: From Empire to Earth Community*, with David Korten.

Beth presented a workshop on *Building Better World-Wide Alliances* at the Training. NWEI staff and sister institutes have pledged to assist CEI in its efforts to expand throughout Canada.

An effectively caring person is the most 'dangerous' revolutionary that you can let loose.

Fall 2007 Discussion Circles



Interested in taking personal action on climate change? Have you been thinking about simplifying your life, but aren't sure how to start? Do you want to connect with others while discussing the planet? Join one of our discussion circles this fall and invest in your future!

See accompanying attachment for list of CEI Victoria BC course offerings and locations.

Interested in starting a discussion circle at your workplace or with your friends? Go to our website:

www.CanadianEarthInstitute.org

PROVOCATIVE QUESTIONS

Here are some questions from the discussion courses that you might pause to think about, and discuss:

- In your life, how do you decide what to say "yes" to?
- In your view, is eating an agricultural act? A political act? A spiritual act? An ethical act?
- It has been suggested that we tend to be short-tempered when we are short on time. Do you agree? Have you experienced this in your life?
- What is your idea of success?
- What family activities made you feel connected with your family as a child? What made them memorable?
- Are you attracted to the idea of turning off the TV for a week or six months? What are the challenges?

WHERE DO I FIND HOPE ?



CEI asked past participants where they found hope in their lives. *Julie Johnston* of Pender Island and Toronto answered with the following heart-felt and deep response.

My husband, Peter, and I have had to devise several ways to keep our spirits up as we do "the good work" of peace and environmental activism.

1. We take time every day to remember why we're doing this. We thank the night and greet the light when we wake up in the morning, then thank the light and greet the night when we go to bed. We say thank you to the Earth for the food we eat. We get outside every day and listen, taste, smell, watch, or just feel the breeze on our cheek. "This is as good as it gets," we remind ourselves when we get to witness something beautiful.

2. We spend time with like-hearted kindred spirits (and sometimes this is by way of listservs or videos ~ Bill McDonough, Father Thomas Berry, Buckminster Fuller).

3. "This is our little sacrifice for the future" we tell people who think what we're doing is stupid or useless.

4. We remind ourselves that we were once people who knew nothing about global warming and climate change, voluntary simplicity and sustainable development. And now we're people who know lots about these new challenges and opportunities, so there's hope for the people we meet who know nothing about them.

5. We remind ourselves that we took on a multinational company once ~ to save our beloved Nechako

River ~ and we won. It ain't over til it's over. This is just a bigger fight, for our beloved Earth.

6. And sometimes, we simply allow our tears to flow. As long as we can still feel the pain of the Earth and our sadness for the future of children of all species, we know there's hope. And then we support each other as our tears morph into energy to keep doing the good work!

THANKS TO CEI VOLUNTEERS



Volunteers

Clockwise from top left: Bob Mitchell, Julia Black, Darcy Ambler, Christine Tomori, Lars Reese-Hansen, Sandra Thomson, Deborah Hall, Henri Lock, Cindy Moyer, Paula Sobie. Center: Cory Waters