

Session Outline: UULM Low Carbon Challenge



Use this form to help you keep track of your Low Carbon Challenge get-togethers and commitments. Your energy, ideas, questions, and stories are an important part of your Carbon Ring! Please Help us drop 1,000,000 lbs of carbon emissions this year.

The UULM-CA Low Carbon Challenge relies on two workbooks. You will first need the Northwest Earth Institute's (NWEI) "Global Warming: Changing CO2course" and then the Empowerment Institute's "Low Carbon Diet" (LCD).

Name of Your Carbon Ring: _____

Name of Ring Leader/Phone: _____

Location of Meetings: _____

<u>Meeting Sessions</u>	<u>Date*</u>	<u>Opener**</u>
(NWEI) Off Course	_____	_____
(NWEI) Collision Course	_____	_____
(NWEI) Changing Course	_____	_____
(NWEI) Setting a New Course	_____	_____
(LCD) Carbon Calculator & WB	_____	_____
(LCD) What Happened/ Goals	_____	_____
(LCD) What Happened/ Goals	_____	_____
(LCD) Celebration/ Lbs Lost	_____	_____
One Year (LCD) Anniversary	_____	_____

*In our experience, it's best to do the NWEI every week, and the LCD every *other* week!

** Everyone takes a turn as "Opener." This short time helps provide a transition from other actions of the day, and brings us closer together. On your turn, bring an idea or object that is meaningful to you, and that expresses your feelings about your relationship to the natural world and how it relates to your UU values. What inspires you? What moves you to take the "Challenge?" Don't be shy! Everyone's story is important.

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