

Living the Change Outline of 2-hour Supper

PREPARATION

- Invite people who will relate easily with each other.
- Create a comfortable, relaxed environment.
- Prepare some yummy (vegan?) food and drinks, or invite participants to bring a plate. If more than 10 participants, you could specifically request some to bring: entree, main, dessert, drinks etc.
- A Bible for Christian groups) or relevant environmental texts from Scriptures for other faith groups (from LtC website www.livingthechange.net).
- Enough copies of hand-outs for chosen activity, if there's time.
- Depending on the demographic and participants' familiarity with technology, a Wi Fi connection to enable participants to use their phones for the commitment task if they wish.
- Commitment signs/Flashcards ("I commit to") and some blank ones for people to write their own commitment, if the standard ones are not suitable.
- If the group is large (greater than 8), then consider having a host, to welcome the guests, see to their seating and physical necessities and organise the meal, and a facilitator to lead the discussions and activities.

RUN SHEET FOR THE SUPPER

NB Sections in italics are the interactive parts, which are vital to make this more participatory and thus give it a greater chance of having an impact.

A: Intros (2 minutes each = 15 minutes)

- Welcome to the house
- Acknowledgement of country
- *From each person hear: (If it's a big group, do this in groups of 3 or 4)*
 - *Their name;*
 - *What made them interested in coming to this Supper; and*
 - *One unusual thing about themselves they're comfortable sharing (designed to get people laughing and appreciating each other).*
- Intro to facilitator (and host if different people): brief background, and why it's important to you, personally, to host a Living the Change Supper.

B. Spiritual moment (5 minutes)

- Facilitator read a passage from scripture or a prayer, from one or more spiritual traditions.

C. Entrée (10 minutes) (During which some input from facilitator)

- How they became interested in climate change.
- How their faith relates to this.
- What all that has meant for how they actually live now.
- Introduce the three main reasons for shifting to more climate-conserving living,
 - Government policies take a long time to be accepted and then to take effect, whereas personal choices have an immediate impact.
 - The more of us acting to match our lifestyle choices with our values, the more we influence what accepted as 'normal' in our culture.
 - Consuming sustainably is the right thing to do.

D. Dinner/Supper (25 minutes)

Invite people to each talk over the main meal about what motivates them to want to reduce their carbon footprint, and encourage people to draw from their spiritual traditions. Ask them to share what they already do to reduce their carbon footprint. Congratulate each effort, and be careful not to let anyone speak for too long.

Note that it's possible that guests will talk about reducing the use of plastic and other pro-environmental actions, as well as climate-conserving steps. Congratulate them for all changes, but encourage them to think in terms of the areas of (1) reducing transport reliant on fossil fuels; (2) energy conservation and clean energy; and (3) less wasteful and more plant-based food choices.

E. Dessert

F. Reflection (15 minutes)

- The big question for today is what's your 'edge' of your comfort zone. That might be:
 - To pledge to reflect more on the whole area of climate-conserving lifestyles.
 - Could be to make a commitment to:
 - Transport: Drive less, fly less, use public transport more, a more fuel-efficient car.
 - Household: Install solar panels, energy-efficient appliances, take shorter showers.
 - Food: Less red meat and dairy.
 - New products: Buy less new stuff
- *Think silently about what commitment you're considering making today. (2 minutes)*
- *Each guest shares (if a large group, in groups of 3) what they think they may be able to do and how they feel about that. (10 minutes)*

G. Making a commitment (15 minutes)

Invite participants to make a commitment tonight to reduce your footprint.

Depending on the demographic and their familiarity with technology, they could do that directly at Living the Change website www.livingthechange.net <https://www.arrcc.org.au/> There are 3 steps:

- 1. Insert your name, e-mail and faith tradition (read options and choose)*
- 2. Make a pledge or make a commitment by writing own commitment OR click 'Find Suggestion Here' (for suggestions in the three categories: Travel (10 items), House (9 items), Food (11 items))*
- 3. Click 'I commit'. (Assure people that clicking 'I commit' will only result in them getting an e-mail, nothing else.)*

H. Celebrate/Photos (10 minutes)

- Over coffee or tea, celebrate these commitments.
- If time, guests who are agreeable could pose for an individual photo with an "I commit to..." sign. Make the photos crazy/fun rather than portraits. Let each know this may be posted on Facebook.

I. Accountability (5 minutes)

- Ask your guests how they might like to be assisted in holding to their commitments.
- Would they be open to a monthly or bi monthly meeting to stay accountable to each other for the changes they've committed to?
- Or separate conversations with a "buddy"? Or with you as the organiser?

J. Closure (5 minutes)

- How did each guest feel the evening went?
- It's OK if anyone feels the conversation wasn't always an easy one.
- Thank each guest for coming!
- Closing prayer (appropriate to the religious traditions represented).

Optional activities for longer Suppers

Activity 1. 10 minutes

- Hand out the [Comparative Impact Images](#) (cut into individual images) representing the impact of various footprint-reducing activities. Order those images into their best guess at lowest images at the top to the highest impact at the bottom. (5 mins)
- Give out a copy of [Actual Comparative Impact](#) (attached). Guest compare their guesses to the Actual Comparative Impact. (2 mins)

Activity 2. 10 minutes

- [Quiz](#). Slide by slide, ask guests to choose which activity out of each two activities offered on each slide, offers more carbon savings; after each set, show the slide with the carbon savings measures visible.
- Or cut out slips of paper, so each has one activity on it (without the carbon savings) and ask guests to order them from least carbon saved to the most. When people have made their choices, show the correct ordering.