

From Passion to Action: Building Local Food Resiliency Using Permaculture Values

Instructor: Lee Recca

Overview

Building on Loretto's history of working for justice and acting for peace, we will learn together to identify the systemic changes needed in our food production, access, equity and agency systems and the environmental, economic, racial, and cultural means to bring systems into greater balance. We will explore:

- ❑ Going from non-surviving to thriving systems. Why is moving from a charitable model to a regenerative model important?
- ❑ Colonization and the growth of the commodity agriculture industry.
- ❑ Regenerative systems, using a permaculture design approach that draws on natural and indigenous processes to create healthy living systems.
- ❑ Allying with local organizations that are working towards systemic change.

How to Prepare for the Course

Begin by thinking about your personal goals for the class. Think about your awakening to the need, within yourself and in the world, for the values expressed in the Overview. Commit to investing the time, energy and thinking needed to strongly reach your goal. Schedule time not just for the classes but also several hours in between classes, ideally soon after the previous class, to explore the exercises and topics for the next session.

Those who want to focus on their personal relationship and knowledge of food can attend the first one or two sessions, and then decide if they want to continue. Those who want to have a greater impact and a wider sphere of influence should plan to attend all of the classes they can. Classes will be recorded and will be available for later viewing.

A folder called "Background Information" is on the course shared Drive. The following list of books and links is not required, but the instructors will be quoting from these works, so they are listed here for your information.

Recommended Reading

Brock, Adam, *Change Here Now, Permaculture Solutions for Personal and Community Transformation*, North Atlantic Books, Berkeley, California, 2017.

Starhawk, *The Empowerment Manual, A Guide for Collaborative Groups*, New

Outcomes

1. Awareness: "Now I get it"

Participants will understand how and why the current food system is broken and the disastrous effects of industrial agriculture on Earth and in populations.

2. Passion and Compassion

Students will become motivated to develop compassion, a sense of urgency, and a need to come together with others for justice and healing. Exercises will also enable us to understand our complicity and role in the broken system.

3. Connecting

Learning about tools that can be used to create a more resilient, regenerative, and just food system in communities and neighborhoods. We will each develop recipe boxes for social change derived from natural systems.

We will also learn how to align with local groups, discover complementary strengths and skills, listen, and apply actions that benefit each group.

4. Practicing: "Get the ball rolling"

Developing criteria to determine if a project meets set goals, using the 12 permaculture principles. We will focus on the Denver/Front Range, the El Paso/Rio Grande, the St.

Society Publishers, Gabriola Island, British Columbia, Canada, 2011.

Gregerson, Joan, *Climate Action Challenge: A Proven Plan for Launching Your Eco-Initiative in 90 Days*, (ebook) <https://www.greenteamacademy.com/>

Schedule

August 13, 1-2 pm Eastern: Orientation

August 18-September 26 Individual work on first assignment

All classes are held from 3-5 pm Eastern

September 27 First session of course (Zone 0-1, person/worldview)

October 4 Second session of course (Zone 2, companions)

October 18 Third session of course (Zone 3, neighbors)

November 8 Fourth session of course (Zone 4, the community)

November 15 Fifth session of course (Zone 4, the community)

December 13 Final session of course (Zone 5, the World)

Louis/confluence, Kaw River, and the Louisville/Appalachia Regions.

5. Transformation: “Here’s What I Personally Can Do”

- The larger global picture of how many small steps are leading to global change
- How to collaborate with our Pakistani Loretto community to design and apply the permaculture principles and exchange learning and experiences

Sponsored by the Loretto Intentional Living Committee: Anna Koop, Becca Krasky, Jean East, Libby Comeaux, Lisa Reynolds, Beth Blissman, Carole Eschen, Pilar Gonzalez, and Mary Helen Sandoval.