

First Module



Time required: one two-hour session (minimum) – morning, afternoon or evening.

In advance: request all members to have purchased *Carbon Detox* by George Marshall.

Getting started on the journey or pilgrimage.

- Members get to know each other better, and set the ground rules for the group.
- Then the carbon-free discipleship vision and the main aims of the programme are elaborated and clarified.
- Members are briefed on the footprint measurement process.
- People then commit to supporting each other in developing ambitious plans to get emissions down to sustainable limits, plans which may take a few years to fully implement.

Introductions:

Facilitator introduces themselves (if necessary) and asks members to do the same (again, if necessary) (10 mins).

Plan of the Session:

The facilitator might like to put up this plan on a wall-chart.

1. Prayer
2. An overview of the programme of the journey of us
3. A group activity based on this overview
4. Discussion of ground rules for group
5. Discussion of roles that group members might take on, and other house-keeping issues
6. A briefing on the footprint measurement process
7. Recommendation for the Focus of the meeting
8. Resolutions, intercessions and closing prayer



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To elaborate on each of the above:

1. **Prayer:** (5 mins): an appropriate prayer to set us off on our journey.
2. **An overview of the programme, of the journey ahead of us** (20 minutes or so).

Start with a 10 min introduction to motivate people – perhaps based on ‘Visualising the Destination’ in the Core Module, or on the ‘see-grieve-hope-act’ model in the Introducing *ecocell* document. The facilitator need not take on this task him/herself. Another member could be asked to do it, or an appropriate local church leader. Ensure they are carefully briefed beforehand on the programme and to stick to the 10 minutes allowed for.

Then display the programme structure on flip-chart or as wall-chart, and discuss for 10 minutes allowed for.



Basic Programme Structure of *ecocell*

The documents:

- The *ecocell* Concept – and its theological rationale.
- Introducing *ecocell*
- The units or modules:
- First module (this one).
- Core module – the base camp that we return to after each of our explorations; where we support and challenge each other – and have fun. The other modules can be introduced as members are ready to explore how best to reduce their emissions in particular areas. They are:
- Food – learning to nourish ourselves in a sustainable way
- Energy Use (in the home) – learning sustainable ways of providing light and warmth
- Travel (personal) – learning to appreciate A as a good place to be; so that when we travel from A to B it is for a good reason
- Other Stuff that we purchase or consume – refuse more, so that we have less refuse...
- People Power – influencing the practices of the Public Services and other organisations that impact (significantly) on sustainability.

3. **A group activity based on this overview** (20 minutes or so).

Ask members to draw (or paint) a picture of their vision for the future, and discuss.

Then ask members if they have any questions about the programme.

And/or how they feel about the daunting challenge that they are undertaking?

In particular, how they will bring others in their lives with them on the journey?

Suggest a 10 min break about here.



4. Discussion of ground rules for group (10 minutes should be enough).

Suggest that the facilitator draws up a set of ground rules (on punctuality, honouring commitments, listening not 'hogging', communicating with each other between meetings, etc) and asks group to add to or amend.

5. Discussion of roles that group members might take on, and other house-keeping issues (10-15 minutes).

Someone might like to take a lead role for prayers and readings.

Because we have some serious 'counting' to do, consider appointing an eco-accountant in the group – a role for one of those quieter people who is good with figures! We might also consider asking different people to take on roles of 'advisors' on the different topic modules within the group – energy in the home, food/shopping, transport, etc. Even if the person does not have great expertise in the topic to start with, she or he will feel the responsibility to build up the expertise. In this way we can spread 'ownership' of the programme. No passengers on a pilgrimage! The topic advisors will also suggest when it is time to undertake their modules. Another role might be that of keeping abreast with local and national developments which might be of interest to the group – the 'environment scanner' as it were.

A group will also need a chair or facilitator, a note-taker and a 'host' for each meeting; and perhaps someone to follow up absent members.

And decisions on how often, when and where to meet.



6. A briefing on the footprint and impact measurement process (about 15 mins).

All members should have already carried out some form of carbon footprint audit (as part of Nine First Steps or equivalent). Talk about how we will measure or assess emissions and impacts in the different activity areas – that will be a challenge in itself. Green Christian has developed a spreadsheet specially designed for ecocell members to keep records. The facilitator will circulate that after the meeting. And we can access expertise from Green Christian on each of these areas. Allow a few minutes for discussion and reflection – as we think about the numbers we start to think about what it will mean to get them down to the levels required.

7. Recommendation of a programme plan, and of a focus of the next meeting.

Green Christian suggest that the facilitator, having looked at the Suggested Programme Plan, and the briefing for the Core Module, makes a specific proposal and consults the group (suggest keeping to 15 mins). The Suggested Programme Plan shows one possible plan of how 14 sessions might be spread out over five years. Go to www.greenchristian.org.uk/ecocell/ecocell-materials and look under 'Facilitator Documents'.

8. Resolutions, intercessions and closing prayer (about 10 mins).



The 'see-grieve-hope-act' model is very appropriate here: some prayers to express the two middle, less cerebral, stages of the model: our need to grieve both about the loss and damage to God's world, but also about what the changes we need to make will mean to our worlds – perhaps leaving big houses that we have spent our lives in, perhaps rarely if ever again seeing our grand-children who live in Australia, or our sister who lives in the Philippines; and our need for hope – for inspiration.

Green Christian is compiling a resource bank of prayers, readings, stories and poems for the benefit of *ecocell* groups, to which members can contribute:

<http://www.greenchristian.org.uk/ecocell/ecocell-materials>