Adoption of Sustainable Lifestyles

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(Opcional) Para escuchar solo el idioma interpretado, haga clic en Mute Original Audio (Silenciar audio original). Notas:

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AN INDIGENOUS PERSPECTIVE ON SUSTAINABILITY
By the numbers:

- Tuscarora Nation:
  - Original Land Area (acres): 5,770
  - Arrived in 1713
  - Land Area Today (acres): 56,213

- Seneca Nation:
  - Original Land Area (acres): 1.9 million
  - Land Area Today (acres): 70

- Cayuga Nation:
  - Original Land Area (acres): 2.6 million
  - Land Area Today (acres): 7,300

- Onondaga Nation:
  - Original Land Area (acres): 3.7 million
  - Land Area Today (acres): 32 +10,000 reacquired

- Oneida Nation:
  - Original Land Area (acres): 9.9 million
  - Land Area Today (acres): 14,640
WHO ARE INDIGENOUS PEOPLES?

Considering the diversity of indigenous peoples, an official definition of “indigenous” has not been adopted by any UN-system body. Instead the system has developed a modern understanding of this term based on the following:

- Self-identification as indigenous peoples at the individual level and acceptance by the community
- Historical continuity with pre-colonial and/or pre-settler societies
- Strong link to territories and surrounding natural resources
- Distinct social, economic or political systems
- Distinct language, culture and beliefs
- Form non-dominant groups of society
- Resolve to maintain and reproduce their ancestral environments and systems as distinctive peoples and communities.

Source: United Nations Permanent Forum on Indigenous Issues
WHAT CAN WE LEARN?

- Ethics of Place
- Environmental Stewardship
- Spirituality of Thanksgiving
“Indigenous peoples have survived as separate and distinct nations within often-challenging natural, political and economic environments precisely because they maintain cultural values consistent with sustainability.”
ETHICS OF PLACE

- Place is inherently political, spiritual, and sociological
- Hyperlocal approach
- Generations of practices
- Indigenous knowledge
  - Example: Regenerative approaches can include periodically not fishing in certain areas so that fish populations can grow, and replenishing soil so that native plants repopulate an area
For the Haudenosaunee, law, society, and nature are equal partners and each plays an important role.

Seventh Generation Principle:

"We borrow the earth from our children's children and it is our duty to protect it and the culture for future generations. All decisions made now are made with the future generations, who will inherit the earth, in mind."

Native people make up only 5% of the world's population, yet they steward and protect 80% of its biodiversity.
Thanksgiving Address

Rituals of thanksgiving that follow and celebrate the seasons

Image: Indigenous knowledge is central to making the global food system sustainable
"We have forgotten that we ourselves are dust of the earth. Our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters."

*Laudato Si’, Pope Francis*
ACTION STEPS

- **Tribal Activism**
  - Consider voting for local, state, and federal representatives that support Native rights
  - Support Indigenous-run businesses and organizations

- **Develop your own Ethics of Place**
  - [Research](#) whose indigenous lands you live on
  - Create a [St. Kateri Habitat](#)

Image: [Dakota Access Pipeline: What's Behind the Protests?](#)
ACTION STEPS

- Seasonal (and liturgical!) living
  - The Sioux Chef
  - Pray the Liturgy of the Hours
- Bring back the village
- Buy Nothing Groups
- Live in Community

Image: Indigenous knowledge is central to making the global food system sustainable
THANK YOU
**Important Information**

- This session is being recorded and a link to the recording will be sent to everyone who registered within the next 24-48 hours.

- If you are on the Zoom platform, please type your questions in the Q/A box. If you are watching the livestream on the Covenant’s YouTube channel, please email your questions to info@catholicclimatecovenant.org. If you know who the question is directed to, please add that information to your question.

- The Chat is available for you to “chat” with others attending the session. It should not be used to submit questions. We request that everyone be civil and respectful in the Chat. Please note that you will not be able to save the Chat.
Opening Prayer

Walk Lightly

Each leaf, each petal,
each grain, each person,
sings your praises,
Creator God.

Each creature on the earth,
all the mountains and great seas show your glory,
Spirit of Love.

And yet the hand of greed has patented
and plundered your splendor,
has taken and not shared your gift,
has lived as owner of the earth, not guest.

And so the ice is cracked
the rivers dry,
the valleys flooded
and the snowcaps melt.

God our Creator,
show us how to step gently,
how to live simply,
how to walk lightly
with respect and love
for all that you have made.

Amen.

Adapted from a prayer written by Linda Jones/CAFOD
CARITAS AOTEAROA NEW ZEALAND JUST WATER: CLIMATE CHANGE IN THE PACIFIC
Adoption of Sustainable Lifestyles

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“When people become self-centered and self-enclosed, their greed increases. The emptier a person’s heart is, the more he or she needs things to buy, own and consume. It becomes almost impossible to accept the limits imposed by reality. In this horizon, a genuine sense of the common good also disappears.” (LS 204)

“Today, in a word, “the issue of environmental degradation challenges us to examine our lifestyle.” (LS 206)

“A Adoption of Sustainable Lifestyles

“Let us choose to change! Let us advance with young people towards lifestyles that are simpler and more respectful of the environment…Let us pray that we all will make courageous choices, the choices necessary for a simple and environmentally sustainable lifestyle, taking inspiration from our young people who are resolutely committed to this. And they aren’t foolish, because they are committed to their own future. This is why they want to change what they will inherit at a time when we will no longer be here.” (Sept. 2021 Pope’s Prayer Intention)
ADOPTION
OF SUSTAINABLE LIFESTYLES

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Facilitator: Paz Artaza-Regan, Program Manager/ Catholic Climate Covenant
All seven goals are connected & interdependent

All 7 are grounded in our Catholic Christian faith and social traditions
“...When Pope Francis says that destroying the environment is a grave sin; ... when he says that we cannot save the environment without also addressing the profound injustices in the distribution of the goods of the earth; -- He is restating ancient Biblical teaching.”
ADPTION OF SUSTAINABLE LIFESTYLES

The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency, and promoting sobriety in the use of resources and energy. Actions could include reducing waste and recycling, adopting sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption), greater use of public transport, active mobility (walking, cycling), and avoiding single use items (e.g. plastic, etc.).
Our Catholic Social Tradition emphasizes Economy’s CLASSICAL Meaning and purpose “INCLUSIVE PROVISIONING”
Economy’s traditional aim: Ample Sufficiency for All
An economic viewpoint revolves aro
Earth’s Oikonomia
Ecology
Institutions: Economic, Cultural, Political
Local Communities, Civil Society
Family & Household Economies
YOU ARE HERE
The Earth is a “common good” for sustenance & enjoyment of all peoples, and all creatures
What is Economy’s Purpose?
To Produce & make Accessible Ample Sufficiency -- “enough” for All Members
This Catholic understanding is counter-cultural vs. what our modern, dominant economic and consumerist culture teaches us.
Our modern economy and consumerist culture form us in an
view, grounded in a sense of chronic insecurity and insufficiency.
“We require an “ecological conversion”, a radical and fundamental change in our attitudes to creation, to the poor and to the priorities of the global economy. Genuine ecological conversion involves the whole person. Commitment assumes a relationship, an emotional and relational attachment.”
Conversion entails the “unclenching” of our minds, hearts, spirits, hands.
Conversion is “a shift of one’s fundamental orientation, from self-enclosure to self-transcendence in knowing, choosing, or loving.”
Conversion is a process of opening hearts, minds, hands; some theologians compare it to “falling --and dwelling-- in love.”
Cultivating ways of seeing, judging and acting no longer ruled by fear & insecurity

The Lord is My Shepherd I shall not want...
Psalm 23

GOD PROVIDES
The gospels teach and invite us into this ‘unclenching’.....
to opening up to a different kind of sufficiency, security, & status
Conversion to authentic care—for ourselves, our neighbors, and creation—is a multi-layered, uneven process, renewed over a lifetime.
Pope Francis on *Solidarity* as Mindset and Practice

“The word “solidarity”... refers to something more than a few sporadic acts of generosity. It presumes the creation of a new mindset which thinks in terms of community and the priority of the life of all over the appropriation of goods by a few.” It means working “to eliminate the structural causes of poverty and promote the integral development of the poor, as well as the small daily acts of solidarity in meeting the real needs we encounter.” EG 188.
Mass Consumerist Culture: Waste is Rampant
“ENOUGH” is An Ever-Receding GOAL

“Today’s economic mechanisms promote inordinate consumption, yet it is evident that unbridled consumerism combined with inequality proves doubly damaging to the social fabric.” EG #60
With “more than enough” for some, there still seems to be....
Dominant “Marketist” vs. “Laudato Si’” Economic Priorities

- Focus: abstract, atomized *Homo Economicus*
- Competition for Individual Gain
- Efficiency, Profit, and Growth
- Creation is an object to use & exploit
- Desires for “more, better, newer”
- Markets’ wellbeing
- Individual wealth and property

- Focus: Embodied, interrelated *Homo Solidaritus*
- Collaborate for Inclusive Provisioning
- Sufficiency & Sustainability
- Creation is a gift to be shared for the good of all
- Desires for “enough,” “satisficing”
- Wellbeing of our vulnerable people and planet
- The common good of people and creation
To adopt sustainable lifestyles, to authentically embrace the “LS7”, we need to cultivate habits of *solidarity* and *sufficiency*; and anchor them in a deep spiritual grounding.
Solidarity: opening hearts, minds, hands, to Encounter and be touched by the realities & Pains of our interdependent world; and acting in ways that help promote the common Good & ”Radical Sufficiency” for all

C. Firer Hinze, Fordham University
**mindset**

**Fact**
- Economic & Social Interdependencies
- Local & Systemic bonds create →
- “Common goods” and “common goods” -- often unseen or unacknowledged

**Moral Virtue**
- See, acknowledge material and moral Interdependencies
- Act responsibly in face of these bonds
- Moral dedication to common good

**Christian Virtue**
- Interdependencies seen theologically
- Respond out of love for God and neighbor
- Christian self-gift, dedication to common good

**practice**

**SOLIDARITY**
Everything is interconnected, and genuine care for our own lives and our relationships with nature are inseparable from fraternity, justice and faithfulness to others.

—Pope Francis, *Laudato Si’* (70)
Changing isn’t easy.

Who wants change?

Who wants to change?
“Obviously, we shall make mistakes in the process, but until the attempt is made, and a certain (and very large) number of mistakes are made, there will be no progress.” John A. Ryan, *Distributive Justice*, 1916, 1921, 1943.
The journey to solidarity, sufficiency, & sustainability is a path best taken together. Francis: “Do not let yourselves be robbed of hope!”

START
WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.

- ARTHUR ASHE
Climate and planetary destabilization requires urgent action.
EMISSIONS UPDATE

After a dip in 2020 owing to the COVID-19 pandemic, global carbon emissions rebounded — and then some. Researchers predict a 1% increase in worldwide emissions in 2022. India contributed strongly to that, with a predicted 6% increase.
Limiting warming to 1.5°C and 2°C involves rapid, deep and in most cases immediate greenhouse gas emission reductions.

Net zero CO₂ and net zero GHG emissions can be achieved through strong reductions across all sectors.
How does consumption fit in to this climate challenge? The paradox of American affluence

Consumption is both the goal of production and a weak reed for change.
A high average household footprint
48 tons of CO2e per year*

*Excludes embodied GHGs from imports

The big three:
Transportation (including travel)
Housing
Food

Figure 1: Carbon Footprint of a typical U.S. household: 48 tons per year (Cool Climate Network, UC Berkeley)
The 60-15 Rule of Carbon Footprints

15% of spending → 62% of emissions

Note: emissions figures based on the 18.3 t CO₂e personal consumption footprint of the average American in 2011. This excludes emissions from government and capital expenditure, which are an additional 5 t CO₂e per person. Spending figures based on the share of personal spending, which averaged $34,500 per American in 2011.

Sources: BEA, EIA, EPA, DEFRA, IO-LCA studies, own calculations
One planet living: a 4 ton per person footprint?

Energy, transport and food

But also economic arrangements: working hours and inequalities
Household carbon footprint, by income level

The more money a household has, the more average tons of carbon dioxide equivalent it emits per year.

Tons of CO2 equivalent per household:
- Food
- Housing
- Clothing
- Transportation
- Services

Less than $5,000
$5,000 to $9,999
$10,000 to $14,999
$15,000 to $19,999
$20,000 to $29,999
$30,000 to $39,999
$40,000 to $49,999
$50,000 to $69,999
$70,000 to $79,999
$80,000 to $99,999
$100,000 to $119,999
$120,000 to $149,000
$150,000 and more
20% of diets account for 45% of GHGs
Focus on the big impact activities

Research on eco-conscious mothers finds that they have a heavy focus on time-consuming, small impact (but symbolic) sustainable behaviors (plastic, diapers)

No time for activism
Disproportionality among households globally

Top 1% responsible for double the emissions of the poorest
(Top 1% = $100,000)

Top 10% responsible for 52% global emissions from 1990-2015
(top 10% = $35,000 per year)
Avoid the POGO problem

100 companies responsible for 71% GHGs
Disproportionality among companies/plants

But, this doesn’t mean we’re off the hook.
There’s still a lot we can do to reduce our personal and household footprints.
Working hours: a powerful method for reducing emissions

The productivity dividend and the potential for taking leisure rather than income

High hours countries have high carbon emissions

Figure 4.2 Ecological Footprint and Hours Worked Across Countries, 2005

Total Ecological Footprint, per capita (acres)

Annual Hours Worked, per employee

Sources: Ecological Footprint from Global Footprint Network (2008); hours from The Conference Board and Groningen Growth and Development Centre (2008)
<table>
<thead>
<tr>
<th>Years</th>
<th>Average Annual Growth Labor Productivity, %</th>
<th>Average Annual Change in Working Hours, %</th>
<th>Decrease in Hours as % of Productivity gains</th>
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<tbody>
<tr>
<td>US</td>
<td>1.73%</td>
<td>1.70%</td>
<td>1.72%</td>
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<tr>
<td>UK</td>
<td>2.35%</td>
<td>0.83%</td>
<td>1.76%</td>
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<td>Germany</td>
<td>2.61%</td>
<td>0.82%</td>
<td>1.91%</td>
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<td>Netherlands</td>
<td>1.96%</td>
<td>0.64%</td>
<td>1.45%</td>
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<td>Italy</td>
<td>2.03%</td>
<td>0.02%</td>
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<td>1.37%</td>
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<td>3.00%</td>
<td>0.87%</td>
<td>2.17%</td>
</tr>
<tr>
<td>Australia</td>
<td>1.67%</td>
<td>1.11%</td>
<td>1.45%</td>
</tr>
<tr>
<td>Sweden</td>
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<td>1.11%</td>
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<tr>
<td>Switzerland</td>
<td>1.16%</td>
<td>1.00%</td>
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<td>China*</td>
<td>6.40%</td>
<td>8.98%</td>
<td>7.41%</td>
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<tr>
<td>India*</td>
<td>2.89%</td>
<td>6.19%</td>
<td>4.18%</td>
</tr>
</tbody>
</table>

*Data for China and India only available to 2017

(+) Indicates an increase in Hours as % of Productivity gains
Hours/ emissions relations: scale and composition effects

Scale effect: Hours/GDP/ emissions relationship

Composition effect hypothesis: higher working hours yield more eco-intensive household activities
The “work and spend cycle”
(Schor, The Overworked American)

Break the cycle by using productivity growth to reduce hours, rather than expand spending:
A powerful climate impact
How the world’s biggest four-day workweek trial run changed people’s lives

The New York Times

**Trial Run of 4-Day Workweek Wins Converts**

Of 61 British companies that participated in a pilot program, 56 said they would continue. Both employers and employees reported benefits.

**A four-day workweek pilot was so successful most firms say they won’t go back**

15 percent of employees who participated said that “no amount of money” would convince them to go back to working five days a week.

**Why 2023 Could Finally Be the Year of the 4-Day Workweek**

Firms saw productivity hold mostly steady and fewer employees quit.
More inequality = more carbon emissions
(work with Andrew Jorgenson and our students)
The pitfalls of materialism

Overstepping Ourselves
As our ecological footprint continues to exceed Earth's biocapacity, we overshoot our resources.

1961: 74% of biocapacity
1985: 114% of biocapacity
2012: 156% of biocapacity

Source: Global Footprint Network, Earth Overshot Day 2017

SKIP THE MATERIALISM TRAP GO STRAIGHT FOR HAPPINESS

Stuff, fake money, power → Work on getting core needs for autonomy, relatedness and competence met → Happiness

NJLifehacks

I need a new phone. Mine is not good. It is bad. I will never be happy until I get a phone that makes a decent lotte.

The Hedonic Treadmill

Elation! New phone! So shiny! (Do happy dance)

This phone is stupid. This phone only cures cancer. You call that a feature?
The biggest impact action you can take is engaging social activism
Is there another way? Can we find a less materialist, satisfying, sustainable way to live?

https://newdream.org/videos/plenitude
Join us on Tuesday, July 11th for the next conference session: Ecological Education at 8pm (Eastern)

For more information: info@CatholicClimateCovenant.org
Closing Prayer

**Prayer for Sustainability of Our Earth**

(Adapted, CHAUSA, Providence Health Services Montana/Washington)

Let us pray:
Creator God, we can choose to live differently! Inspire us as we make choices so that we will recognize the impact our lives have on our environment and our human family around the globe.
We pray to the Creator: God, help to reclaim the future!

Loving God, we can reclaim the future! Encourage us to be people of hope as we look forwards in faith, knowing that we can build a world of justice and peace.
We pray to the Creator: God, help to reclaim the future!

Brilliant God, we can choose to live in a way that creates a better world for everyone. Help us to know that our individual actions are made in solidarity with our sisters and brothers.
We pray to the Creator: God, help to reclaim the future!
Closing Prayer

Wonderful God, you invite us to live simply, to live sustainably, and to live in solidarity with the poor. Help us to respond to that invitation with conviction and generosity.
We pray to the Creator: God, help to reclaim the future!

God of justice, listen to us as we pray this day.
In the silence of our hearts, we place all our needs before you.
We pray to the Creator: God, help to reclaim the future!

God of grace and love,
we bring you our prayers, our commitments, our gifts to you this day.
Let us who have a keen dedication and awareness of your creation and all that it brings to the human family, have courage and conviction that we are able to contribute to the sustainability of our Common Home.

Pour out your blessing upon us today. May each of our actions reveal our awareness that we are partners with You in the creation and sustainability of this earth that you have given to us to appreciate and enjoy. We ask this in the name of your Son. AMEN
THANK YOU
AND
GOOD EVENING!