

# Goal Three

# Lent Week 3

## *Ecological Economics*

*Many intensive forms of environmental exploitation and degradation not only exhaust the resources which provide local communities with their livelihood, but also undo the social structures which, for a long time, shaped cultural identity and their sense of meaning of life and community. The altering of ecosystems and the impositions of a dominant lifestyle are extremely harmful. (#145)*



## *Reflection Questions*

1. The ecological crisis that we are in will not be solved by technology but by a change of individual hearts. What can you change in your life?
2. What caused the water in Hampton Bays to need a re-furbishing with kelp to clean it up?
3. How do the ways you spend money demonstrate your concern for the environment, a commitment to workers, and to people most vulnerable to the harm of climate change and environmental degradation?

## *Suggested Actions*

1. Could you discuss/suggest Meatless Mondays as a practice in your local community?
2. Take an inventory of all the plastics you personally use and see if there is some way you can decrease this.
3. Shop locally.
4. Learn about and support the project of reintroducing kelp into the waters off Hampton Bays
5. When possible, research the business practices of the brands you buy.