# **New economy reading group programme**

# **Session plan: Booklet 3 – energy in the new economy**

*A note on how to use these session plans:*

This plan is written for session facilitator(s) rather than for the whole group.

Facilitators are the people hosting and running the meeting. They do not need any expertise whatsoever on economics. They will also take part in all meeting activities where possible.

This plan is intended as a guide to help you run useful sessions. If parts of the plan are not relevant to your group, then feel free to discard or change them! Do whatever works best for your group.

## Agenda outline

*This plan contains different options for how to structure the session. There are some recommended introductory and closing activities. You can pick and mix activities from the middle ‘exploratory’ section. There are also optional ‘reflection on action’ activities if you think your group wishes to explore the practical steps that they can take out in the world to build the new economy in relation to work and business structures.*

*Below are two example ‘agendas’ which contain difficult combinations of the activities listed. You can take inspiration from these agendas, or compile a different agenda which best suits your group.*

**Example 1:**

|  |  |  |
| --- | --- | --- |
|  | **Activity** | **Timings** |
| Introduction | 1. Welcome | 5 minutes |
| 1. Introduction | 5 mins |
| 1. Check in | 20 mins |
| Exploration | 1. Worship sharing | 30 mins |
| 8. Examples and inspiration | 20 mins |
| Closing | 12. Next steps | 20 mins |
| 13. Closing | 10 mins |

Total time: 2 hours (with a 10 minute tea break between activity 5 and 8)

**Example 2:**

|  |  |  |
| --- | --- | --- |
|  | **Activity** | **Timings** |
| Introduction | 1. Welcome | 5 mins |
| 2. Silence / worship | 10 mins |
| 3. Introduction | 5 mins |
| 4. Check in | 20 mins |
| Exploration | 6. Questions for discussion | 40 mins |
| Closing | 12. Next steps | 20 mins |
| 13. Closing | 10 mins |

Total time: 2 hours (with a 10 minute tea break mid way through activity 6).

## Materials needed

Tea, coffee / refreshments (if you decide you want them)

Flip chart paper if you are doing activities 8, 10 and 12.

Optional: Handout sheet for activity 6 (see appendix)

Paper copies of Booklet 3: *Energy in the new economy*

Paper copies of *Principles for a new economy* (optional)

## Session plan

**Introductory activities**

1. **Welcome and introduction (3 minutes – not including worship time)**

You may want to offer people tea and coffee as they arrive. Make sure everyone has a comfortable place to sit. Chairs should be arranged in a single circle.

At the start, thank everyone for coming, introduce yourself if anyone doesn’t know you and begin the silence / worship.

1. **Silence / worship (optional)**
2. **Introduction to the session and housekeeping (5 minutes)**

Welcome everyone, and thank all those involved in organising the session. If there is anyone new in the room (who wasn’t at the first session), suggest that everyone in the room goes round the circle and introduces themselves briefly (saying their name and one brief detail, such as where they’re from).

Once this is done, outline the agenda for today (see agenda outline above). Explain that the aim of the session is to have a chance to discuss some of the ideas in the third new economy booklet, *Energy in the new economy.*

It is assumed that people will have read booklet 3 (*Energy in the new economy*) in advance.

If there is anyone new in the room (who wasn’t at the previous sessions), emphasise again that no prior economic knowledge whatsoever is necessary and that you want everyone to feel welcome, even if they don’t have experience of discussing subjects like this. You can suggest that if anyone thinks they might have practical difficulty reading the booklets they can talk to you after the session to think of ways to work around this. Large print copies of the booklet are available from Friends House (email [neweconomy@quaker.org.uk](mailto:neweconomy@quaker.org.uk)).

***A record of discussion***

Some meetings have decided to keep notes of their discussion, in order to record their responses to the ideas in the booklets, and add ideas of their own. Redlands meeting in Bristol is also collating local examples of people, organisations and groups building the ‘new economy’. If your group has found examples of case studies related to work or ethical businesses in the area, we’d love to hear about these. You can share examples by sending them to us at [neweconomy@quaker.org.uk](mailto:neweconomy@quaker.org.uk) or share them on our private online new economy forum on Loomio: https://www.loomio.org/invitations/adfc4d5c2f5c9b416cf2

You may want to propose to the group that your reading group could also keep records or produce some kind of response to the session. If so, you could arrange at this point for someone to take notes or write up the session.

**Exploratory activities**

1. **Check in (10 – 20 minutes)**

Ask everyone to go round and feedback briefly on how they found the booklet, including any questions they have relating to its content. You could add these questions to notes about the session (if you’re keeping them). You may wish to ask participants to limit their feedback to one or two minutes each (see facilitation tips).

1. **Worship sharing (optional) (30 – 60 minutes)**

See accompanying guide to worship sharing in the email.

Prompts for contemplation could be:

* Share your responses to the booklet
* Share your response to the subject in light of Quaker testimony

But feel free to choose your own prompts or ways of framing the worship.

1. **Questions for discussion (optional) (15 – 100 minutes)**

Read out the questions that are included in the blue boxes in the booklet (see list in appendix) or distribute print outs of the appendix to participants. Ask participants to identify any questions that they would like to discuss.

Group participants could break into pairs or small groups to discuss questions and then feed back to the wider group.

Or you can work through the questions identified as a whole group. In this case, ask that Friends be mindful of the balance of participation (see facilitation tips also included in the email).

1. **Energy needs (optional) (20 minutes)**

Make sure each participant has a blank sheet of paper and a pen.

Ask them to think through their routine on a normal day, from the time they wake up to the time they go to sleep. Ask them to list all of the ways in which they use energy (electricity, gas, heating oil, solid fuel, solar etc..) during this time.

Ask them to identify the most essential uses of energy during the day.

Give participants 10 minutes to feedback in small groups about the activity and what struck them.

1. **Examples and inspiration (optional)**

A chance for participants to share examples of energy co-ops or alternative providers that they know about and reflect on the examples in the booklet.

Question: Which real-life examples from the booklet most inspired Friends? Do people know of other organisations locally which are creating more ethical energy?

*(optional)* See activity 10. for a follow up action related to these examples.

**Reflections on action**

1. **How can we uphold and promote better energy?**

*This exercise encourages people to reflect on how they can uphold and promote more ethical ways of providing energy.*

*Group discussion: What energy does our meeting buy? If our meeting doesn’t buy from a renewable energy supplier, discuss why not. What are the barriers to the meeting changing its supplier? Is this something the reading group could take action on? [You can record plans by drawing a table like the one below]*

|  |  |  |
| --- | --- | --- |
| *Action* | *Who?* | *When by?* |
| *e.g. Talk to Clerk about energy suppliers* | *e.g. Anne* | *e.g. next reading group meeting* |

*Option 2: group discussion*

Ask the group to divide into small groups (3-4) and m reflect on how they could uphold, support and celebrate the progressive energy organisations mentioned earlier.

*Whole group feedback:*

Ask for one representative from each group to briefly feedback on the discussion in their group and the ideas they have for how to uphold, support and celebrate local organisations. You can jot down these ideas on a flip chart.

**Closing activities**

**13. Closing (5 – 10 minutes)**

Thank everyone for coming.

Announce who will be facilitating the next session (or arrange someone to facilitate if it hasn’t yet been arranged).

Remind everyone / confirm / arrange the date for the next session.

Remind everyone to take or download a copy of the new economy booklet 4 ‘Money, banks and finance in the new economy’ and read it before the next session. Copies are available from www.quaker.org.uk/neweconomy. If you need to order paper copies of the booklets, you can do so by emailing neweconomy@quaker.org.uk.

Invite group members to join the online discussion space, available at:

www.bit.ly/new-economy-discussion. Emphasise that it is not compulsory! The contact person can send the link to those people who are interested.

*Optional evaluation:* go round the circle and ask each participant to say one thing they will be taking away from the session and one thing they will be leaving behind.

**Closing reflection**

*Optional:* Closing reading. Read something related to economics and/or social change that inspires you.

**Closing silence / worship.**

## Sheet to accompany activity 6

**Discussion questions from booklet 3:**

1. Think about the ways you use energy. Which are most important for your needs and wellbeing? Can you access enough energy to meet your needs?
2. Do you feel that our use of fossil fuels conflicts with the Quaker testimony to equality? If so, how?
3. Where do you buy your energy from? Do you know how this company generates energy? Do you know who owns the company?
4. Do you know of any community energy projects in your area?
5. Which of the models do you think best helps people take back control of their energy supply?
6. What gifts and capacities do you have within your meeting that could help build a new energy system? If you want support to explore this go to www.quaker.org.uk/sustainability.