

May 11, 2014

On Sunday, May 11th as we remember our day of fast and prayer, “We will work to eradicate violence against and abuse of the earth and its creatures. Through our responsible and appropriate use of all creation (Art. 24) we practice active stewardship and reverence for our planet.”

Spring’s renewal makes us grateful for the presence of both nature and nurture. We celebrate Mother Earth for her ability to fade winter’s cold darkness into the sunrise of a new season. In this time of rebirth, we also celebrate our own Mothers, remembering those who planted our roots, tended our soil and watched us grow. Just as Mothers help provide nourishment, care, shelter, guidance and inspiration, it’s important to remember that Mother Earth offers these things and more every day as well.

Plant a garden

Spring is the season for rejuvenation, so what a perfect opportunity to give life back to the earth. Spend an afternoon gathering your materials, preparing your plot and working in the soil. Gardening can be meditative and therapeutic, but also lends itself to teamwork, teaching and learning.

Take a walk and pack a picnic

“In every walk with nature one receives far more than he seeks.” The words of John Muir are still true today, especially when you take time to get away from life’s busy occupations and surrender yourself to the serenity and wisdom of Mother Earth. On a nice day, pack a picnic of fresh bread, sliced tomatoes, cheese, nuts and some refreshing fruit. Pack sustainable plates and utensils to enjoy an eco-friendly meal. Find a trail and walk. Slow down, stop frequently, enjoy. Once you come upon a place that invites you to sit and rest, stop and enjoy your picnic.

Get inspired together

Nature is known for its gifts of solace, imagination and inspiration. Go somewhere beautiful in nature with someone. Paint a landscape. Photograph a flower. Fill pages of a blank book with poetry or quotes that you share with one other. Listen to or play music that resonates with your surroundings.

Adopt an area

You don’t need put your name on the side of a highway to commit to clearing away its trash. Pick a spot that means a lot to you. Once or twice a year, commit to visiting that place and removing its impurities. Share this endeavor with others and promise to do your part in keeping Mother Earth as pristine as possible.

