Pore Spaces 40-60%
You Are Sent
air and gas
20-30%
Land Ethic
Mineral
45%
Laudato Si
water
20-30%
5%
organic
WINTER'S KITCHEN
Beth Dooley
2019
Seasonings of Creation

September 1, 2019

Dear Earth Walker,

Again we enter with other Earth Walkers into a very precious Season of Creation from September 1 until October 4. Our special theme this year is WEB OF LIFE.

As School Sisters of Notre Dame and in response to our promise to our Living Planet, we the Care of Creation Committee have created a calendar of daily actions you may want to consider during this season.

We have chosen to use our SSND Land Ethic Statement along with You Are Sent, Laudato Si' and the Five Components of Soil as starters. You will notice that we have also called on our five senses – thus calling it SEASONINGS OF CREATION.

It comes as an invitation to respond as a community, individually or inviting others to join you. Choose all or as many suggestions as you wish. This is only a menu or spring board to send you wherever the Spirit coaxes you.

You might wish to Google "SEASONS OF CREATION 2019 – CELEBRATION GUIDE "
for further information and ideas.

May we walk these days in a web of Connections, Oneness, Zeal and Love with our entire Earth Family.

Your Earth Walker Companions,

The SSND Care of Creation Committee

School Sisters of Notre Dame
Central Pacific Province

Transforming the world through education

Earth is a Sacred Community
September 1-7
Water
20-30%

Week One
Soil Element: moisture-Solvent-Carrier of plant nutrition

1. Individually or as a community spend time reflecting on the Eco-living practices found in CP Land Ethic

2. Reflect on the gift of Water. Watch or experience water.
UTube: "Water that cool refreshing drink."

3. Chop up pieces of fruits in a glass. Pour cold water over and enjoy its flavor.
UTube: "Refreshing fruit infused waters clean and delicious

4. Do you have a low-flow shower head? How about a 5 min instead of 10. It will save several hundred pounds of CO^2

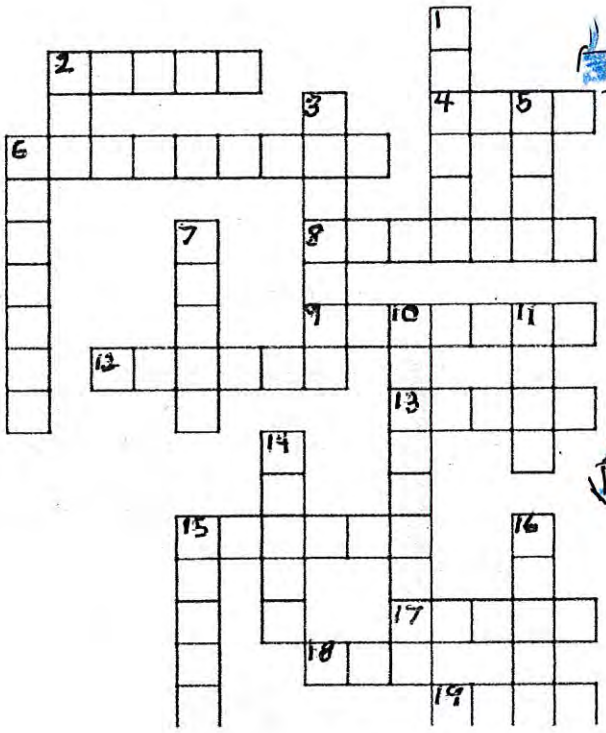
5. Reflect on Psalm 104 Choose to give praise with the rivers, lakes, oceans, springs.

6. Create a mandala, sculpture or an artistic expression of Psalm 104. Bless it with your creative gifts over the following 5 weeks. You may be inspired enough to bring it to our Community days in 2020

7. Try the Bodies of Water Crossword puzzle on the other side

BODIES OF WATER

Crossword

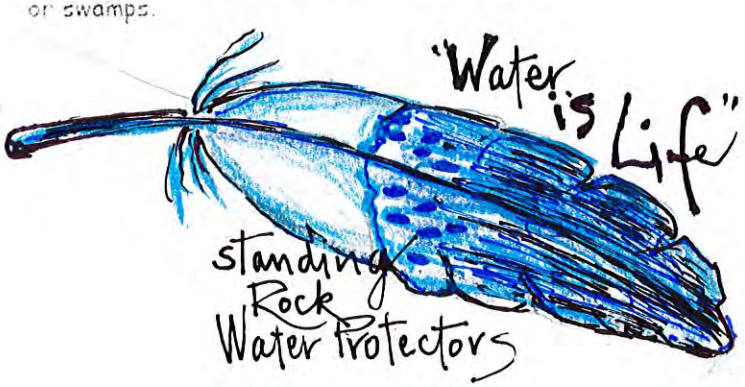


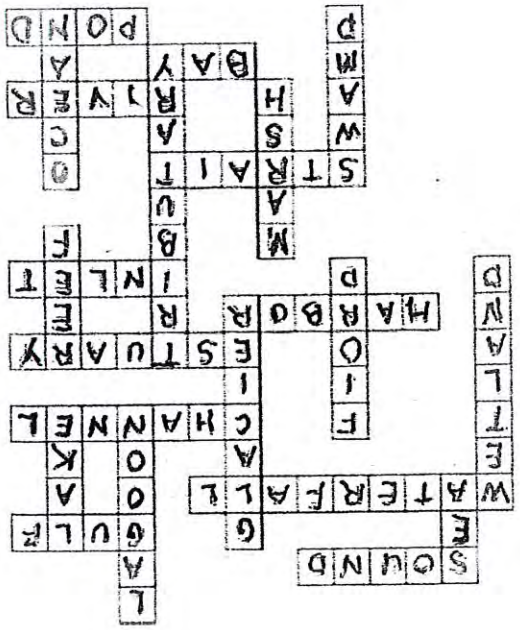
ACROSS

2. A wide inlet of the sea that is parallel to the coastline.
4. A deep inlet of the sea almost surrounded by land.
6. A cascade of water on a river.
8. A length of water wider than a strait, joining two large areas of water.
9. The mouth of a large river, where the tide meets the river.
12. A place on the coast where vessels may find shelter.
13. A small arm of the sea, lake or river.
15. A narrow passage of water connecting two large areas of water.
17. A large natural stream of water.
18. A broad inlet of the sea where the land curves inward.
19. A small body of still water.

DOWN

1. Shallow body of water located alongside a coast
2. A large body of salty water that may be connected to an ocean or completely surrounded by land.
3. A slowly moving river of ice.
5. A large body of water surrounded by land on all sides.
6. Land consisting of marshes or swamps.
7. A long, narrow and deep inlet of the sea between high cliffs.
10. A stream or river that flows into a larger river.
11. A ridge of rock, coral or sand near the surface of the sea.
14. Low-lying land that is flooded in wet seasons or high tide and always remains waterlogged
15. Freshwater wetland that has many trees and shrubs growing in it.
16. Large body of salt water that surrounds a continent.





Week two

Soil Component: minerals, soils and Solids

"Reverent + responsible Preservation of Earth is a necessity for survival of Water, soil, air, plants and animals."

September 8 - 14

Soils. Solids 50%
Minerals 45%

14. Place soil in your prayer space, give Praise to the Cosmic Christ within. PS 104

12. Take some quiet time today. Ask your backyard what you can do for it.

13. Try the Vegetable Word Search

10. Gather up a vegetable medly and join them with a good broth or some interesting herbs. Make a hearty nutritous soup for supper tonight.

8 Scoop up a handful of soil, look at it closely and reflect on the wonders you are holding. Journalize, draw, add to your art piece.

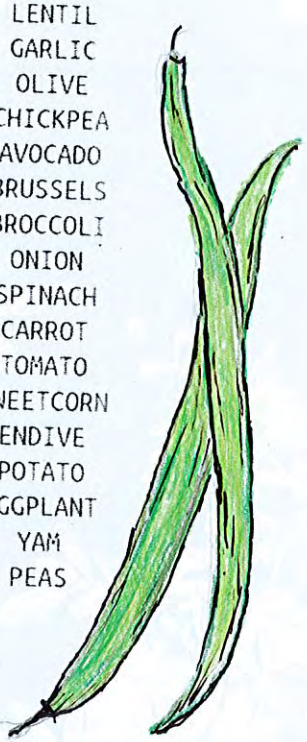
2. Google "Mineral depletion in the Earth's Soils and how it effects your health."

11. Opel Whitely, 8 years of age, "The Singing Creek where the Willows Grow - The Mystical Nature Diary of Opel Whitely Penguin, 1994

Vegetable

K A T T O M A T O L I D H O
C C S W E E T C O R N L C L
E C E B M A Y O T A M I A O
D H O T N A L P G G E T N A
O I C O N I O N L A L N I A
I C V S L E S S U R B E P E
T K S S A E P T A O E L S T
B P B R O C C O L I O V T V
L E T O G A R L I C P E C N
O A A O D A C O V A O R E S
L E L P R S E N D I V E L N
I T T P R R Y N T L O S E A
V O I E C O A S S E C I R D
E O T A T O P C N O V O Y R

CELERY
LENTIL
GARLIC
OLIVE
CHICKPEA
AVOCADO
BRUSSELS
BROCCOLI
ONION
SPINACH
CARROT
TOMATO
SWEETCORN
ENDIVE
POTATO
EGGPLANT
YAM
PEAS



Word find

Week three

Soil Component: Air, gas

"God's creation is diverse and interpendent"

September 15-21

Air, gas

20 to 30%

15. Look at our land Statement on Land Use. Take a walk, breath in the air w Love breath out w thanks

16. Sit with your favorite Tree. Consider how it shades + Clears the dust for you. How it filters CO_2. How it acts as the lungs for Earth. How it absorbs and stores CO_2. How it converts CO_2 and Water into sugar

17. Introduce yourself to other TREE members of our family: Yellow poplar, Silver Maple, Oak, Horse chestnut, Red mulberry, Dogwood, Blue Spruce, Pines

18 Micro-Plastic, Challenge yourself for a week to refrain from using "one time" things

19. In Laudato Si # 165-166. Which of the presidental Canditates "gets it"?

20. How about a baked potato bar for supper with all the toppings

21. ... and all the times I was picking up potatoes, I did have conversations with them. Too, I did have thinks of all their growing days in the ground, and all the things they did hear.

Week four

Soil Component: Organic matter

Dialogue and Collaboration With other Communities of life

Sept 22-28

Organic Matter 5%

22. ... Where does the cherry blossom go?
.. Why, With the maple leaf and the fruit missed by bird and hand...
- Mike Adam-

23. "...Land then, is not merely soil, it is a fountain of ENERGY flowing through a Circuit of Soils Plants, and Animals."
- Aldo Leopold-

24... "I am the soil from which you have Sprung and both your fruit and blossoms will return to me Creating more rich Soil. Thus life begets life and Can't Know death ever."
- Neale Donald Walsh-

25... The Soil is faithful to its TRUST: whatever you have sown in it you reap the same.
But until Springtime brings the touch of GOD, the Soil does not reveal its secrets.
- Rumi-

26. Haiku
Quietly walking,
Through forests and wild meadows
Born from Soil and hope..

27. "Earth voices are glad voices, and earth Songs Come up from the ground through the Plants, and their flowering, and in the days before these days are come, they do tell the earth Songs to the Wind."
- Opel Whiteley-

28. Collaboration has no hierarchy. The Sun collaborates with Soil to bring flowers on the earth. - Amit Ray-

- Pop some Corn
- Sit around and
- share expressions
- Coming from the Soil of your Soul.

Week five

Soil Component: Poverty

"We Value our Charism of Education Our Choices Educate"

Sept. 29 to Oct. 4

1. Scan the Land Ethic Statement - Action - Advocacy. Any action you want to be a part of?

2. Think about a Community Closing prayer to Celebrate the feast of Brother Francis.

3. Allow today to offer you some reflection, journaling or creative completion of your mandala time.

4. Celebrate your attentiveness to the past five weeks with a delicious Seasoning of Creation

29. Meat or no Meat - That is the question google: "your food choices have a huge climate impact - Be picky

30. Another Viewpoint google: "The Vegetarian Myth" an interview w Lierre Keith

Catholic Climate Covenant Banquet

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