

Suggestions from Parishioners for Creation Care

JILL MEESE

Sunday on the Zoom Coffee Hour we spent much time discussing hummingbird viewing and feeding. We were all anticipating their imminent migration south with some sadness. They will be missed! I also found joy in watching a pair of Carolina Wrens build a nest, lay and incubate their eggs, and feed the chicks, all right outside my kitchen window. Nature has been a saving grace for many of us in this strange time.

JUDY WRIGHT

Suggests building a raised garden. Here are the instructions.

<https://judyschickens.org/2020/09/06/how-to-build-a-4-x-4-raised-bed/>

ARLENE WILSON

This time has found me enjoying my garden.

One thing I did some time ago was going paperless with some of the things I was getting in the regular mail, even a treasured magazine subscription.

Friends kindly share their NY Times with me rather than recycling. I take them to my painting groups who read the Arts section before using them for paint cleanup!

I signed up for the GREEN SWITCH with NES which diverts some of my power course to 70% solar, 20% wind and 10% biomass. Call NES customer Service at 615-736-6900 for assistance. (I couldn't find it on the website!) It adds a few dollars to your bill.

When we get to travel again, I will offset my carbon footprint with Cool Effect, a non-profit which helps environmentally responsible organizations and companies to prosper and grow. This came from Jane last winter when I mentioned I was flying to Australia! We can also find out our own carbon footprint with their calculator at cooleffect.org and buy offsets for that!

JANE BORAM

You might want to do NATURE SCRAPBOOKS for this Fall/ Harvest Season or journals with photos, poems, collections of leaves, dried flowers, etc.

Yesterday morning I watched Canadian geese fly in formation across the sun of early morning...truly God-sent beauty and connection with our fellow species. I couldn't photograph that moment, but I wish I'd captured a gorgeous black and blue-swallow-tailed butterfly. Di and I discovered a sassafras tree on our early morning walk.

Anne Doolittle taught me years ago to collect items on one's hikes and walks – a stone, a fallen flower-petal, seeds, a bird-feather. Bring those items home and reflect upon them, either using them for art or as collages for poetry or a spiritual journal/diary.

Going through one's day heightening spiritual awareness of our connections with others, with nature, with scripture or music. God's world becomes more precious and good, and we feel more hope and promise in the tasks at hand.

ANN OLSEN

Take care to donate usable items for resale, or donating directly to those in need, when doing all the decluttering so many seem to have been tackling. Or use the extra time at home to replace all the light bulbs with LEDs!

OPHELIA PAINE

During the last six months, I have found my daily walks with intentional openness to the peace and beauty of the natural world an even more necessary and restorative part of my regular routine. George and I have discovered new greenways and park trails using the maps provided online, I bought a book on native trees and have learned the names of a few I did not know before, and I have even found the simple work of weeding my small garden to be a meditation.

I also took a Forest Bathing Walk with Georgia Bromehead, a certified Forest Therapy Guide. <https://foresttherapynashville.com/> She leads walks at Cheekwood as well.

Those activities led naturally to a desire to declutter our home of 44 years, to give away clothes and household items to This 'n That or Good Will, and to donate money to those organizations that protect and preserve the beauty and resources of the natural world.

Finally, I have ordered reusable silicone food storage sacks for freezing leftovers. Since we have been cooking and eating more meals at home, composting with the help of Compost Nashville has been so easy and gives me so much pleasure!

Wendell Berry's "The Peace of Wild Things" is one of my favorite poems.

**When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.**

JOYCE WILDING

loved and appreciate the time when coop food shares were delivered to members at the cathedral
on Sunday
sometimes members brought their food inside and put under pew to keep cool

soo food was indirectly blessed during Eucharist
let the people say Amen

MARY STONE

I have had a great time growing seeds in milk jugs. You make drainholes, toss the cap, cut them almost all the way around so they hinge at the handle, put 3" of dampened potting soil in then, plant seeds (6-10), tape together and sit outside. Once they are big you can repot until you are ready to put them in the garden.

<https://springcreekhomesteading.files.wordpress.com/2011/09/milk-jug-sowing.pdf>

I grew tomatoes from seed and they were amazing. Also some flowers. Have chard, collards, arugula and kale I am just now moving to the garden.