



The Gift of Nature

8.1.21

Unwrap the Gift of Nature by considering the following 2 Actions:

1st – Intentionally enjoy creation.

Make time this week (30-60 minutes) & go for a walk or a hike or a ride. Get outdoors. And wherever you are:

Look for something beautiful. A tree planted along the path you are walking. A flower springing up in an unlikely place. The color of the sky at that time of the day. The sun, the moon, the stars. Look around and enjoy what you see.

Listen to the birds, the wind, or some of the other natural sounds that you hear above all the other "noises" in your life. Listen to the symphony that's playing but that you often don't hear.

Smell. What are the smells where you are? What immediately arises for you? Perhaps, get up close to a flower or a tree, or the grass and take in the scent? How does it smell?

Touch. What does that leaf feel like? What about the bark on the tree? What about taking your shoes off and walking barefoot in the grass or the dirt? Touch & enjoy the beauty & intricacy of what you see hear, smell & feel.

2nd - Commit to an action that will preserve, protect, & care for the beauty of creation.

You can do this by yourself or with your family, school, work, or church by:

1. Using fewer plastic products – Replace disposable plates, cups, and silverware with washable or compostable items. Use a re-usable water bottle.
2. Reducing water consumption – Take shorter showers, wash dishes by hand, or don't run the dishwasher until it is full.
3. Reducing meat consumption to once or twice a week.
4. Cooking no more than you will consume.
5. Using public transportation, carpooling, walking, or riding a bike.
6. Conserving electricity – Turning off lights and buying energy-efficient appliances.
7. Getting informed/educated: Reading a book or watching a documentary about creation care.
8. Participating in public events – Clean Ocean Action Beach Sweeps, marches, and rallies to raise awareness and act in ways that help renew & restore the earth.
9. Joining the efforts of local groups and working with elected officials and community leaders to explore ways to reduce harmful emissions and use renewable energy.
10. Urging legislators to remember that people who live in poverty in our state may suffer the most from climate change, and that legislative measures should include provisions that address disproportionate economic impacts, e.g., in heating and transportation costs.