



# La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate  
December 1, 2018

**E-News**

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## December E-NEWS AND ECO-SPIRITUAL CALENDAR

### Birds in Abundance



Birds are special messengers for those striving to deepen Earth spirituality. They remind us that we are free, that the heavens and the ground we walk on are interconnected; they call us to rise above the mundane while maintaining perspective and to rely on keen vision. Some are special symbols of the peace we want for our planet and for people.

This month provides ample material for reflection, for it's all about birds in December! Listen for courting great horned owls and barred owls. Watch for bald eagles as they begin arriving in the Midwest. Be dazzled by purple finches, cardinals, chickadees, nuthatches and other songbirds as they gather at feeders. Keep an eye on your suet feeders for downy, hairy, pileated, and red-bellied woodpeckers. As you feed birds, nourish your spirit with the insights they provide.

## December 2 First Sunday of the Advent Season

Resource for your spiritual practice during Advent

- **Advent Mary** This is a contemporary reflection on Mary created by Gen Cassani, SSND. It explores some of Mary's traditional titles such as Star of the Sea, Seat of Wisdom, Mystical Rose and God-Bearer. Click here to use this contemplative prayer. [Advent Mary revised 2018](#)

## Winter Solstice Celebration of Darkness and Light Saturday, December 22 7:00 - 9:00 pm

Our annual celebration of the winter solstice on the longest night of the year will focus on the ecological importance of darkness. We are aware that less daylight provides important signals to animals and trees that it is time to make a shift downward, to resting and maybe to hibernating. In the Christian tradition, darkness is a call to go deeper into the Great Mystery. Together we'll explore what nature has to reveal about darkness and light. **Please join us and please bring a snack to share.**



**Cost:** Thank you for bringing a donation to support our programming. Your generosity is appreciated.

**Registration:** Email us using the address in the banner or call 618-466-5004. Thank you.

## December 22 Full Cold Moon

The moon rises fully lit on December 22<sup>nd</sup> and will still be 95% full on Christmas Eve. If the sky is clear, make your experience of this light enrich your celebration of the Light no darkness could overcome.

## December 25 Christmas Tree

The tree is such a multilayered symbol, one perfect for our reflection during the Christmas season. Rooted in earth, reaching for the heavens, solidly in the past yet evolving into the future, trees remind us of the Christ, one who calls us to wholeness. Often it is hard to be true to ourselves when we are drawn into a make-believe world of pretend good cheer and forced holiday happiness. Under the glitz and glitter the tree is a tree, evoking a depth of meaning connecting us to the Real.

## Nature Journaling in Winter January 12, 1:00 - 3:00 pm



Although the winter world may appear to be mostly asleep outside, there are some amazing things to investigate and explore. For example, did you know that snowflakes can be classified into plates, dendrites, capped columns, and more? Did you know that you can identify flowers from last summer in their leftover winter state? "Winter flowers" often have stunning shapes and patterns.

Join us in this exploratory class as we investigate 5 Nature Journaling techniques inside that you

can use to explore the winter world outside. These techniques will help you overcome a blank page and will get you started sketching, recording your thoughts, questions, observations, and more. Through Nature Journaling, you can save your treasured outdoor experiences and discoveries for years to come!

Note: If it is too cold to go outside, options for Nature Journaling from windows overlooking the Mississippi River Valley as well as other views will be among the possibilities to try.

**Angie Jungbluth** continues to be our valued and experienced presenter.

**Cost:** \$15.

**Registration:** Send payment to La Vista, 4300 Levis Lane Godfrey, IL 62035

SAVE THE DATE

**Winterfires Coffeehouse, Saturday, January 19, 2019 7:00 - 9:00 PM**

