



La Vista Ecological Learning Center March E-News and Eco-Spiritual Calendar

Email: info@lavistaelc.org
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A ministry of the Missionary Oblates of Mary Immaculate

Save the Date: Please read to the end for a special retreat day during April.

What Does March Sound Like?



(Photo by Ryk Naves on Unsplash)

This wonderful month invites us outdoors to listen as nature awakens. On sunny days we hear cardinals again after a winter of silence while they focused on survival. Chorus frogs are also calling, sounding like a thumbnail scratched along a comb. What sounds do you hear in your area this month?

Emergence Magazine offers listening exercises that evoke a new perspective toward sound as well as the power of silence. The authors of *Listening for Silence* tell us that "the act of listening to the natural world can profoundly impact our relationship to place, **rooting us in a presence that we otherwise often take for granted**". Isn't that enticing?

You can wake up to this "presence often taken for granted" by following the link below and participating in a lovely five-step practice. "Try to listen without judgment and simply be present, open, and curious." Mindful listening can be a March prayer leading us to deep gratitude for the voices of creation all around us. What messages from the Divine do they share with you?

<https://emergencemagazine.org/story/listening-for-silence/>

March 6 Ash Wednesday and Abstinence for our Times

Abstinence from meat on Fridays during Lent has long been a spiritual practice of the Catholic Church. During our time of ecological crisis, a new motivation for this ancient spiritual practice comes to mind. The Global Catholic Climate Movement is encouraging abstinence from meat on Fridays as a way to reduce one's negative impact on global climate change.

Scientific studies have revealed that meat consumption results in at least 15% of greenhouse gas emissions (mostly from methane). Meat production also utilizes substantial amounts of water: one pound of meat requires about 1,800 gallons of fresh water. By reducing meat consumption, individuals can make a substantial impact in the reduction of greenhouse gas emissions that ultimately contribute to human-induced climate change, as well as reducing one's fresh water footprint, both of which affect the poorest among us.

This Lent, please join the GCCM in this initiative as you plan your spiritual practices. For more information, google "GCCM".

Work day in the Oblates Woods Nature Preserve
March 12 Noon - 3:00 Call to register 618-466-5004

Going Deeper into Laudato Si':

Caring for our Common Home Lenten Program

Wednesdays, March 13, 20, 27, April 3, 10, 17 7:00 - 8:30 pm

We will pray with six themes from the papal encyclical *Laudato Si': On Care for our Common Home*. Each theme will be explored by way of a reading as well as a short video followed by contemplative sharing of the light within each person.

Cost: Donation

Registration: Email info@lavistaelc.org or call 618-466-5004

Cultural Cooking Workshop

Saturday, March 16 2:30 - 5:00 pm

Healthy food + Healthy People = Healthy Planet

Are you interested in healthy food? How do we care for the planet by promoting a healthy food system? What can we learn from other cultures about healthy food choices? How do some cultures prepare a meal? Come to experience a hands-on cultural cooking workshop. You will enjoy cooking with Dr. Sasi and learning about the anthropology of food. Cook, taste, laugh and have fun writing simple recipes you can use at home.



Presenter: Dr. Sasi Balasundaram is an anthropologist, farmer, and food and environmental justice advocate.

Cost: \$15.

Registration: Send your payment to La Vista, 4300 Levis Lane, Godfrey, IL 62035. This program is a La Vista and SIUE Anthropology Collaboration.

Screening of National Geographic's *Paris Pittsburgh*

Two Options:

Tuesday, March 19, 5:00 - 7:00 PM

Held on the SIUE Campus, Science Building, 40 Hairpin Dr., Edwardsville

Program: 90-minute screening, followed by a 30-minute Q&A

AND

Monday, March 25, 7:00 - 9:00 PM

Held at the Old Bakery Beer Company, 400 Landmarks Blvd., Alton

Program: 90-minute screening, followed by a 30-minute Q&A

This film celebrates Americans taking action against climate change into their own hands. It examines the already occurring consequences of climate change and highlights local initiatives in the U.S. by private sector and community leaders working towards the Paris Agreement goals, regardless of federal inaction.

Free and open to the public. No registration required.

Sponsored by the Confluence Climate Collaborative Members, SIUE's Sustainability Action Group, and Old Bakery Beer

Spring Equinox: Celebrations Around the World Saturday, March 23, 2:00 - 4:00 pm

Ancient equinox rituals are varied and rich, and you can enter this window on the world during our annual celebration. Anthropology students from Southern Illinois University at Edwardsville and their professor will be joining us to share the anthropology of equinox: celebrations of equinox around the world. Please bring a snack to share, your lawn chair and a spirit of adventure as we welcome springtime and open our eyes to other cultures.

Cost: Thank you for bringing a donation to support La Vista's programming. Your generosity is greatly appreciated.

Registration: Email info@lavistaelc.org or call 618-466-5004.

Among the Trees, A Retreat Day Day April 6, 10am - 3:30 pm (Rain date: April 20)



As a special part of your celebration of Earth month, please join us for a day of retreat among the trees at La Vista. We'll receive input from an architect and an artist on our *inner sapling*, participate in a hike among the trees led by a master naturalist, and have time for journaling and conversation as we consider the intelligence, wisdom, and social nature of trees and of ourselves.

What to bring:

Something from your area such as a rock, leaf, flower, that will be used for ambience and conversation.

A favorite quote or brief reading about trees.

A snack like fruit, nuts, bread, to complete a lunch of hearty soup we will provide.

A lawn chair, if you wish, and your water bottle.

Cost: Your donation will be greatly appreciated and well-used.

Registration: Call 618-466-5004 or info@lavistaelc.org

This event is a project of the Confluence Climate Collaborative. Members/organizations include:

Piasa Palisades Group Sierra Club; La Vista Ecological Learning Center; Center for Spirituality & Sustainability at SIUE; Studio Gaia Edwardsville; Toni Oplt, "green" blogger & member Metro East Green Alliance; Dr. Sasikumar Balasundaram, SIUE Department of Anthropology; Sandy Budde, freelance writer.

