



# La Vista Ecological Learning Center

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

## E-News

Email: [info@lavistaelc.org](mailto:info@lavistaelc.org)  
Website: [lavistaelc.org](http://lavistaelc.org)

## September E-NEWS AND ECO-SPIRITUAL CALENDAR

### September's Migration Energy



This month we align our energies with the marvelous monarch seen in this picture taken in La Vista's pollinator garden where monarch caterpillars were feasting on butterfly milkweed. On another plant, I counted 10 caterpillars of different sizes. Are you also finding monarch caterpillars on your milkweed?

The monarchs' last brood is the migratory form of this insect, those that will start their migration from Illinois to the overwintering grounds in forests in Mexico, traveling thousands of miles for 2 - 3 months. Who wouldn't be amazed at their ability to change form, their energy, stamina, perseverance, innate intelligence and beauty?

We share the monarch's ability to change significantly. In fact I read recently that a more accurate name for us would be *human becomings* rather than human beings. Do you see yourself aligning with this natural marvel??

Caterpillars are 02a perfect subject for your nature journal. They stay put a long time and are so colorful. If you want more nature journaling tips, join us on September 15th (See description below.)

### More Migration Energy

Not only monarchs migrate this month! Watch for bird migrations, like the osprey, Caspian terns, blue-winged teal, common nighthawks, broad-winged hawks, chimney swifts. Listen for migrating birds during evening hours. Look up and be touched by this natural wonder.

### Mushrooms in September

Around September 17<sup>th</sup> puffballs and other fall mushrooms start to appear, in fact September is when the greatest diversity of mushrooms come on the scene. Why? Temperature! Summer heat is usually ending, the bitter cold has yet to come. Temperature is the sign for fungi to start growing.

The variety and beauty of mushrooms can delight anyone who takes the time to search them out. (They are also prime subjects for your nature journal.) Find out more about mushrooms at

[www.illinoismushrooms.com](http://www.illinoismushrooms.com)



Hen of the Woods mushroom taken at the base of a tree stump along La Vista's driveway.

**September 11: Monthly Work Day in the Oblates Woods Nature Preserve  
9:30 - Noon, ending with lunch**

A faithful group of dedicated volunteers are working to restore and maintain the health of the 16 acre nature preserve at La Vista. Monthly we enjoy removing honeysuckle and trash and feeling a sense that we are doing something very practical to "care for our common home". We have fun in the process. Please join us, weather permitting. Register by email using the address given in the heading above.

## **September 15: Nature Journaling Through the Seasons - Autumn Session** **9:00 - 11:00 am**



Nature journaling is a wonderful way to slow down and learn to be astonished. We'll begin indoors, learning several interesting journaling techniques; then, we'll move outdoors to enjoy the beginning of autumn and practice what we have learned. Our presenter is Angie Jungbluth, a veteran science teacher, an experienced nature journaling teacher and a signature member of the St. Louis Watercolor Society. Her enthusiasm for journaling is contagious

Cost: \$15 per session. Send your payment to La Vista 4300 Levis Lane, Godfrey, IL 62035. Please include your e-mail address, and you will be sent a materials list with registration confirmation.

## **September 22: Celebrating Oak Trees at the Autumnal Equinox** **2:00 - 4:00 PM**

What speaks of autumn better than gorgeous golden oak tree? Living hundreds of years, they are our connection to the past and promise for the future. Considered "food hubs" they service many kinds of wildlife by providing acorns for a variety of mammals, leaves for moth larvae and more. Join us and deepen your appreciation for this giant among us. Our speakers will engage us, entertain our questions, and garner our help in caring for this member of our common home.

Cost: Donations will be collected to purchase tags for our oaks and other trees at La Vista.  
Registration: Please let us know how many are coming using the e-mail address given in the heading.  
Please bring a snack to share.

## **September 26: Walking Together: Caring for Our Common Home** **7:00 PM Location: Fleur de Lis Room, Cardinal Rigali Center,** **20 Archbishop May Drive, Webster Groves, MO 63119**

All are invited to attend this ecumenical prayer and ritual celebrating the Season of Creation sponsored by the LCWR Region X Intercommunity Ecological Council and the Peace and Justice Commission of the Archdiocese of St. Louis. We'll prayerfully reflect on the interconnectedness of all creation, one family walking together to care for our common home. No registration is necessary.

## ***PLANNING AHEAD***

### **In Pursuit of Silence, A Time for Reflection and Contemplation** **Saturday, November 3, 1:00 - 4:30 PM**

Our afternoon of reflection begins with viewing the DVD *In Pursuit of Silence*, a meditative exploration of silence and the impact of noise on our lives. This film takes us on a journey around the globe, inspiring us to experience silence while celebrating the wonders of our world.

Then we'll have time on the land to enjoy autumn and the quieting of nature, when crickets cease calling, and leaves gently fall to the ground. You are encouraged to bring your journal, lawn chair and water bottle. We'll re-gather for a conclusion together and time to share refreshments provided.

Cost: Donations collected will be used to purchase signs for our trees.  
Registration: Email us using the address given in the heading above.

