



# La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate  
January 1, 2019

**E-News**

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## Winter/Spring La Vista Visions Newsletter

Click here to read this issue for inspiration, challenge, and new programs from January through June, 2019. Have an Ecological New Year!

[January 2019 Newsletter.pdf](#)

## January E-news and Eco-Spiritual Calendar



Let these words from Mary Oliver's book *Upstream* inspire you as you embrace the bare bones of January's energy which invites us to be explorers of the winter world:

*"I know I can find [answers] in some book of knowledge, of which there are many. But the palace of knowledge is different from the palace of discovery, in which I am, truly, a Copernicus. The world is not what I thought, but different, and more! I have seen it with my own eyes!"*

Teilhard de Chardin shares Oliver's perception when he writes that, "to understand the world knowledge is not enough. **You must see it, touch it, live in its presence and drink the vital heat of existence in the very heart of reality.**" What a lovely invitation during this cold month!

## World Day of Prayer for Peace Tuesday, January 1

*"...the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace." Luke 1: 78-79*

We are used to praying for peace among nations, between people, races and cultures. We also pray for inner peace. The reality of our times calls us to broaden our prayer for peace to recognize the close connection between climate change and increasing violence on Earth. As we pray for guidance into the path of peace we might consider practical ways we can seek peace with our planet and grow our awareness of those who live in poverty and are most affected by climate change.

## Epiphany Sunday, January 6

The quote above by Mary Oliver surely is a contemporary version of the deep meaning of the story of the three wise men we read in scripture today. "The world is not what I thought, but different, and more! I have seen it with my own eyes!"

This would be a good day for a hike in the woods or in your neighborhood, focusing your awareness on the *vital heat of existence in the very heart of reality*. See it with your own eyes, and rest in gratitude for the freedom and courage to follow the truth wherever it leads you.

## Work Day in the Woods Nature Preserve

**Sat., January 8 1:00 - 3:00**

Weather permitting, we will spend time in the Preserve removing trash and honeysuckle and enjoying life in the winter woods. Call if you can make it: 618-466-5004.

## Nature Journaling in Winter

**Sat., 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.

**Presenter: Angie Jungbluth** is an experienced nature journaling teacher, a signature member of the St. Louis Watercolor Society, and an amazing presenter.

**Cost:** \$15.

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

## Film: *Normal Is Over*

**Thurs., January 17 7:30 pm Held at AMC Showplace in Edwardsville, IL**

During our long-lasting ecological crisis, occasionally it is helpful to join with others who share concerns for our sacred planet. It is good to know we are not alone in our angst. Join us to view the film *Normal Is Over*, a documentary about humanity's wisest response to climate change, species extinction, the depletion of critical natural resources, income inequality and industrial control of our food production. While this film is intended to challenge viewers on many different levels, it most of all offers hope. (This film has brief scenes some might find difficult.)

**Cost:** \$12 Get tickets online: <https://gathr.us/screening/26942>

**Sponsored by:** Confluence Collaborative of which La Vista is a member.

## Winterfires Coffeehouse

**Sat., January 19 7:00 - 9:00 pm**

This annual tradition is a welcome wintertime event offering camaraderie, entertainment, and good food around the fireplace in the Oblates' home. The spontaneous nature of this gathering always provides surprise and delight in human creativity. Along with your original or found poetry, stories, music and song, please bring a snack to share. We'll provide coffee, hot chocolate and tea.

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

**Registration:** Email us using the address in the banner at the top of the page or leave a message at 618-466-5004.



## Cultural Cooking Workshop Sat., February 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.