



# La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate

August, 2020

E-News and Eco-spirituality Calendar

Maxine Pohlman, SSND

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

Website: [lavistaelc.org](http://lavistaelc.org)

(Our monthly reflections are archived in the Blog on our web site.)

## August and the Relocation of Energy



During August I watch vegetable and flower gardens lose their luster and fruitfulness. Brown, spent stems and leaves slowly replace the vibrant yellows, oranges and greens during earlier growing time, and I sense a different energy taking over. My next task is to pull out, rake up, and compost what provided so much pleasure for a while, for there is no way to breathe life back into them. I wouldn't think of trying. That energy has been transferred to me as delicious food and pleasant memories of flowers gracing home and yard.

I am aware that another sort of relocation of energy continues to progress, and not just in August. In his new book *Living Between Worlds*, James Hollis explores our present moment as one in which many of the religious stories, traditions, and spiritual practices we grew up with are no longer helpful to people. He says the energy has left them. I am aware of many (including myself) who feel guilty about that. I see them trying to breathe life back into what they have evolved beyond. Just as I cannot resurrect a July daylily in August, striving to re-energize a treasured past does not often prove fruitful.

How are we, as people desiring to continue our vibrant spirituality, to go forward? To begin, we could get rid of our angst and embrace reality, using our past as compost (gardener's gold) to nurture whatever is to come, for ours is an amazing evolutionary spiritual journey. Next, Hollis suggests asking this question at the end of every day: What generated a significant amount of energy for me today? We will find guidance for our transition time by doing this inner work, by finding out where the energy has relocated and nurturing it with care.

A closing thought for your reflection:

*Remember not the former things, nor consider the things of old. Behold, I am*

*doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43: 18 - 19*

## More on Energy

I confess to being smitten with the music of animal life through the seasons. Spring peepers start it off with their charming bell-like peep chorus. Then the energy shifts, and birdsong takes over in delightful variety. As that energy wanes, the trills, scratches and hums of katydids, crickets and cicadas rises to a crescendo throughout August. Without this rhythm I count on year after year, my life would be much poorer. What about yours?

I am in tune with this thought from Joseph Campbell: *The goal of life is to make your heartbeat match the heartbeat of the universe, to match your nature with Nature*

## August 1 - 7 Noctilucent Clouds

This week is your last chance in 2020 to see these beautiful blue wisps called noctilucent clouds. They appear in the weeks surrounding the summer solstice, from May - August, in high latitude regions. Forming from water droplets freezing on debris left behind by meteors, they emerge 50 miles above Earth's



surface, much higher than other clouds. Look for them about an hour after sunset and an hour before sunrise. What an opportunity to participate in our beautiful sacred world! It would be such a loss if these lovely clouds disappeared without our noticing, without our aligning by way of observation and enjoyment.

## Climate Fiction Book Club

**Friday, August 7, 6:30 - 8:30**

*Death for Gaia: Ecocide and the Righteous Assassin*, co-authored by Samuel Alexander and Peter Burdon, is a work of philosophical fiction about a global pandemic. Written before Covid 19, the authors note that the timeline and any similarities with our existing situation are coincidental. Join us as we explore the themes presented, sharing our own insights and mining our collective wisdom. The author offers this book free online or for a "pay as you want" donation. Visit *Simplicity Institute Publishing* to get your copy.

Location: To be decided. Call 618-466-5004 for information.

## August 6 and 9: 75<sup>th</sup> Anniversary of the First Atomic Bombings



When several Japanese School Sisters of Notre Dame visited La Vista a few years ago, they impressed upon me their deep commitment to work for the end of nuclear weapons. In that spirit they gifted me with three precious seeds from the Aogiri Tree, survivor of the A-bomb. Accompanying the seeds was a

"Declaration of Loving Care for the Aogiri". I invite you to use this shortened form of the declaration in your own sacred time of remembrance of the thousands of people and other life forms decimated in Hiroshima and Nagasaki. Here it is:

*Honored Mother Aogiri Tree, survivor of the A-bomb, you reside in Peace Memorial Park. You rose to live again from the ashes of the atomic devastation in Hiroshima. You have a goal, a mission for living. Your sole purpose is to sound a warning bell for human beings.*

*This warning is not to alert us to the cruelty of wars, but to the preciousness of life - the importance of living and creating a world of peaceful harmony - not conflict.*

*Your purpose is to spread green on the earth. As the seeds of your life are linked to new life, we must be linked in peace to one another. Peace creates a world pleasant to live in and allows us to know the importance of priceless life.*

*Now is the time for us to realize your wish.*

### **Tuesday, August 11 Work Day in the Oblate Preserve**

**9:00 am - Noon**

In July we had a successful work day as we kept our distance from one another while removing golden raintree and bush honeysuckle.

If you would like to join us, please call 618-466-5004 and let us know you are coming.

### **Looking Ahead...**

**Saturday, September 19: Outdoor Autumn Equinox Celebration**

