



## La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate

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**E-News**

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### August, 2019 Eco-Spirituality Calendar

#### August's Colorful "Fashion" and Simple Living



Photo: Lothar Bodingbauer, Unsplash

Nature's fashion turns to berries in August. Sumac fruits ripen to crimson. Wild black cherries ripen, starting out red before turning black-purple. Grey dogwoods' bluish-white berries mellow through October. Wild grapes and elderberries' purple coloring attract wildlife as they mature. Year after year, these bushes and trees wear the same colors, and we never tire of seeing them. Repetition in nature is not boring! In fact, there is something wonderful about knowing what to expect as each season rolls around.

Human fashion, however, does not follow nature's lead. Each season brings "fast fashion" a term referring to cheaply produced and priced garments, most likely made in developing countries by workers (sometimes even children) at poor wages and pitiful working conditions. They copy "high fashion" styles and distribute them quickly through stores to maximize on current trends. The next time you are tempted to purchase this kind of clothing, consider these facts:

1. The fashion industry is the second largest polluter in the world, only wreaking less environmental havoc than the fossil fuel industry.
2. The fashion industry produces 20 per cent of global wastewater and 10 per cent of global carbon emissions - more than all international flights and maritime shipping.
3. From the World Resources Institute we learn that "One garbage truck of clothes is burned or sent to landfills every second!"
4. The average consumer bought 60 percent more clothes in 2014 than in 2000 but kept each garment for half as long.

What can we do?

- For a simpler, more sustainable life, imitate nature and enjoy wearing the same clothes as last season.  
Repeat year after year until they are worn out; then, recycle or re-purpose them.
- When you do make a clothing purchase, choose natural fabrics such as cotton, wool and silk over synthetics like polyester. Pay for long-lasting clothing.
- Exchange old clothing with friends or family.
- Give to Good Will Industries.
- Share this information.

#### August 6 Hiroshima Bombing, August 9 Nagasaki Bombing

It is easy to gloss over these observances when we see them on our calendars or hear about them

on the news. They seem so long ago; however, creating a peace ritual for yourself or a group seems a good idea during our troubled times. We remember the people, animals, insects, soil, water, air, everything that was completely destroyed for miles by those weapons. And we pray "Never again". We pray to become peaceful and compassionate human beings. We extend our compassion to the whole Earth community.

## August 15 Assumption of Mary and Full Moon

The full moon calls us to look to the heavens on this midsummer night, and the Feast of the Assumption issues the same call. Both events are a call to unity, linking Earth with the heavens. Enjoy this reflection from Eugene Kennedy via the National Catholic Reporter in 2010.

*The Assumption proclaimed the Mystery of the century, the return of Mother Earth to the Heavens and the end, therefore, of the split between Earth and Heaven and all the divisions, such as between flesh and spirit, that flowed from that. It heralded the unity of the universe and the unity of human personality. That is the richest and perhaps least plumbed aspect of this feast. The wonder is that the Assumption is rich and deep enough a Mystery to accommodate these various levels of understanding all at the same time. Midsummer allows us to savor its Mystery in many ways and to understand how much we lose when we limit our religious understanding only to the concrete literal level.*



## Fourth Friday Night Film Festival Aug. 23, Sept. 27, Oct. 25, Nov. 22 7:00 - 8:30 pm

Join us on the fourth Friday to view *Films for Action's* documentaries described as, "deeply subversive, challenging the status quo". We'll cover topics like education, ecology, future design, and eco-consciousness. If you enjoy ideas that turn our current dysfunctional worldview on its head, you'll appreciate the perspectives offered in these videos as well as the lively conversation they evoke.

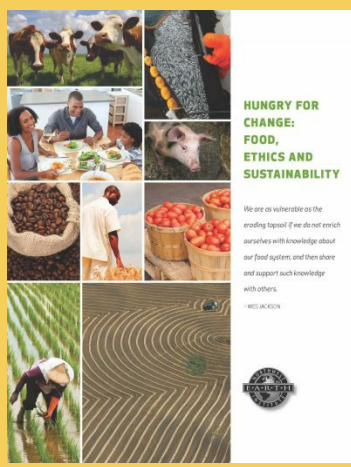
**Cost:** \$5 per night

**Registration:** Call 618-466-5004 or email at the above address.

**September** - Looking ahead. You may be beyond school age, but it is always stimulating to expand your perspective. Plan now to attend our discussion course:

## Hungry for Change: Food, Ethics, and Sustainability Mondays, Sept. 16, 30, Oct. 7, 21, Nov. 4

What we eat matters—the food choices we make every day have an impact on our planet. ***Hungry for Change*** is a discussion course that will help you explore the true meaning of the phrase "you are what you eat." Learn about our roles as both consumers and as creators—of food, of systems, and of the world we live in. Discuss how food



choices have an impact on a range of issues, including ecosystem health, factory and farm worker treatment, and our global economy. Participants may want to create personal action plans as they discover how to create a healthy food environment.

Registration: Call 618-466-5004. Please register no later than Sept. 6 so books can be ordered. Or register with us and then order your own book online at [www.nwei.org](http://www.nwei.org).  
Cost: Book of readings \$30 plus optional donation to La Vista for hosting this course.

