



# La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate

February 1, 2018

**E-News**

## Mid-Winter and Feasts of Light



In a recent conversation I was reminded of the upcoming three feasts of light, or the three fires: St. Brigid (Feb. 1) Candlemas (Feb. 2) and St. Blaise (Feb. 3).

It is no coincidence that these feasts occur half-way between the winter solstice and the spring equinox. They remind us that we are people of the light; born of stardust, inhabitants of a milky way of stars, members of a planet intimately tied to sun and moon. We yearn for the return of the light, and we long for its energy. We celebrate the light of Christ within all.

A spiritual practice during this triduum of light might be to create your own "procession" outdoors, searching for those first green shoots poking out of the soil, reaching for the light of the sun. During the procession, recall those special beings who also reached for and experience the Sacred Light: St. Brigid, the Holy Family, and St. Blaise.

### **Fasting from Plastic for Lent** **Film and Discussion: *Plastic Paradise*** **Monday, February 12, 7:00 - 8:30 pm**

The movie *Plastic Paradise* tells us that every single piece of plastic that has ever been produced since the 19<sup>th</sup> century is still *somewhere* on our planet. If it never goes away, where does it go, and what can we do about it? Lent is the perfect time to commit to the discipline of fasting from plastic. Pope Francis says, "There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, **such as avoiding the use of plastic.** . . . (# 211, *Laudato Si'*) Join us and be motivated to join the movement to rid our world of plastic.

**Cost:** Suggested donation: \$5

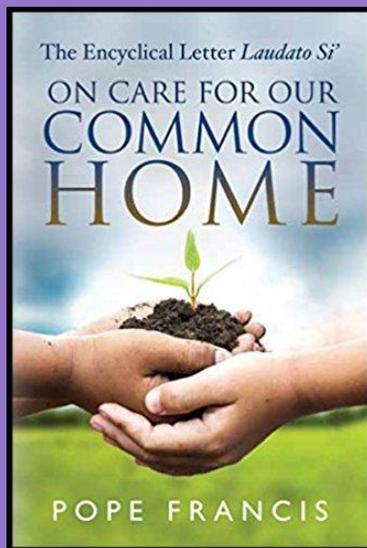
**Registration:** Please call 618-466-5004 or e-mail us at [info@lavistaelc.org](mailto:info@lavistaelc.org).

## Lenten Reflection and Prayer Hour

### On Care for Our Common Home: Pope Francis's Call to Ecological Conversion

Six Wednesdays, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28 7:15 - 8:15 PM

Held in the Oblates' Chapel at La Vista



Pope Francis's encyclical, *Laudato Si* invites us into prayer and conversion, two hallmarks of the Lenten season. These sessions are not study sessions as we have done in the past. Listening prayerfully to Francis's alluring words is another way to enter the spirit of this compelling encyclical. A short introductory reflection will be followed by a prayerful reading of a passage from the encyclical which we will provide, silence to ponder the words, time for sharing insights, and concluding prayer. It is not necessary to have a copy of the encyclical, but it is available online.

**Cost:** None, but optional donations to support our programming are welcome.

**Registration:** Please call 618-466-5004 or e-mail us at [info@lavistaelc.org](mailto:info@lavistaelc.org) and let us know how many are coming.

## LENTEN RESOURCES

If you are unable to join us for our Lenten Reflection and Prayer Hour, there is an excellent online resource you can use individually or with a group. Google Laudato Si' Reflection Ecospirituality Resource 2018.

Another resource: Stations of the Forest

In the mid 1980s, in the Philippines, Columban Father Vincent Busch developed a "Stations of the Forest" using the popular "stations" format to lament the stages in the death of a part of God's Creation, the Philippine rainforest.

Google *Stations of the Forest*. There is a video and/or a downloadable booklet.

## Nature Journaling through the Seasons

Sat., March 31, 1:00 - 3:00 pm; June, 9:00

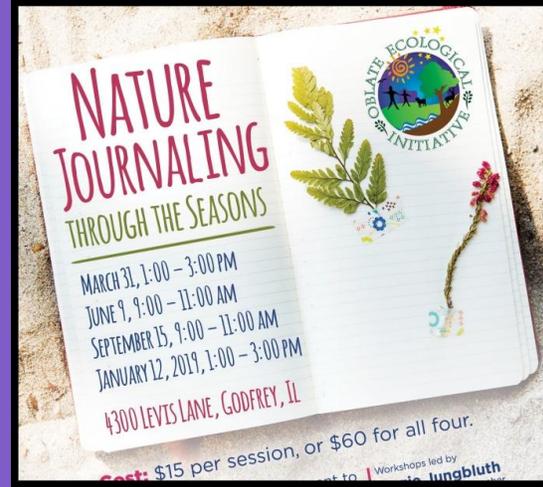
- 11:00 am; September 15, 9:00 - 11:00

am;

January 12, 2019, 1:00 - 3:00 pm

Enjoy exploring nature? How would you like to experience your outdoor time at a deeper and richer level? If this piques your interest, then join us once each season as we learn how to record our outdoor discoveries through Nature Journaling. We will start inside to get acquainted with techniques and

strategies and then move outside to journal. Nature Journaling is an excellent way to document your discoveries, thoughts, questions, and more as you explore the great outdoors! All skill levels are welcome - although artistic talent is not required.



**Angie Jungbluth**, is a veteran science teacher, has done programs for the Missouri Department of Conservation for many years, is a Volunteer Conservation Naturalist, and is a signature member of the St. Louis Watercolor Society. She is an experienced nature journaling teacher and considers it a favorite pastime.

**Cost:** \$15 per session, or \$60 for all four.

**Registration:** Send your payment for one or more of the sessions to La Vista, 4300 Levis Lane, Godfrey, IL 62035

**Materials:** Upon registration, you will receive a materials list.

## INCLUDE MINDFUL EATING AND FOOD CHOICES IN YOUR SPIRITUAL PRACTICE!

The wonderful thing about food is you get three votes a day.  
Every one of them has the potential to change the world.  
~Michael Pollan~

Now is the time to apply for membership in La Vista Farm, a Community Supported Agriculture Project on the land at La Vista. Phil Beile, our full-time farmer manages the garden using sustainable practices in harmony with the living process of the soil. No synthetic or chemical pesticides or fertilizers are used. Organizational responsibilities are over-seen by a Core Group of volunteers.

Shares of the harvest are sold to area families and individuals who are interested in obtaining fresh produce and who support the principles of Community Supported Agriculture. To learn more about cost and to download an application, google LaVista CSA Farm

