



La Vista Ecological Learning Center

A ministry of the Missionary Oblates of Mary Immaculate
November 1, 2017
E-Newsletter

November, 2017 Program and Eco-Spiritual Calendar

Quiet November, at last! The lawn mowers are in the garage, and the last cricket calls have been sounded. Sigh.

Before the first frost this praying mantis took up residence on the coleus just outside our office...for a long time. Day and night, through rain, wind, and sun it remained. Amazing. Silent. Poised. Steadfast.

The behavior and appearance of this unique insect matches the feeling of the season, a time for stillness and contemplation. The mantis appears to take its time, to exist mindfully, to move at its own pace. Showing the value of quiet awareness, it reminds us to enjoy the present moment, the beauty of autumn, the time to go within and find our power there. Mantis comes to us with a message that is its very being.



Mysterious mantis, teach us to be true to ourselves.

November 1: All Saints' Day in the Month of Gratitude

In 2016, during his trip to Sweden, Pope Francis celebrated a Mass for All Saints' Day and offered a new list of beatitudes including,

"Blessed are those who protect and care for our common home".

Today we pray in gratitude for all the saints who work tirelessly to maintain, preserve, and conserve any part of any ecosystem all over Earth. Thank you for being part of this communion of saints!

November 23: Thanksgiving Day

On this day especially all of us at La Vista want to express gratitude to our farmers, the Core Group, and our shareholders for 16 years of La Vista CSA Farm. You have been a blessing to people and planet. Thank You!

There are many good reasons to join La Vista's CSA Farm and buy a share in our farm's harvest. Some people join for the amazingly fresh vegetables; others enjoy the connection to a specific farm and farmer. Supporting a



local food system is another common reason. We invite you to plan now to join our farm next year. For more information visit the web site: lavistacsa.or

November 24: Buy Nothing Day

This is an important day for anyone wanting to counter climate change.

After you read the following quotes from *A Different Way: Living Simply in a Complex World* and from *Laudato Si'* please make plans to avoid consumerism, not just this day, but every day.

"What we consume - or more accurately, what we don't consume - matters far more in improving our environmental footprint than what we do with our stuff once we're through with it."

"The Oregon Department of Environmental Quality leads some of the U.S.'s most advanced research into material management, and their research has found that an estimated 42% of the U.S.'s total greenhouse gas emissions come

JUST FROM THE PROVISION OF CONSUMER GOODS."

From *Laudato Si'*

"But a sober look at our world shows that the degree of human intervention, often in the service of business interests and consumerism, is actually making our earth less rich and beautiful, ever more limited and grey, even as technological advances and consumer goods continue to abound limitlessly."

November 30: International Remembrance Day for Lost Species

Those who are "joined so...closely to the world around us that we can feel the...extinction of a species as a painful disfigurement" (Pope Francis) often desire a way to honor these species and to grieve their loss. Sister Terri MacKenzie has created a sensitive prayer to satisfy our need to respond to the silent tragedy of the sixth extinction.

Visit her Eco-spirituality Resources site, gather some family and friends, and participate in this day of remembrance: ecospiritualityresources.com/2016/11/13/nov-30-remembrance-day-for-lost-species/

LOOKING AHEAD:

Sunday, December 3: First Sunday of Advent

Plan your Advent now by ordering this resource:

***Laudato Si'* Cosmic Advent Wreath Candle Lighting Prayer**

An 8 ½ x 11 beautiful poster with reflections on the back, plus a 3x3 pamphlet with candle lighting prayers, this resource broadens our celebration of the season and

preparation for Christmas by situating us in deep time. Traditional as well as contemporary, it is a prayerful way to enter this lovely season. You can purchase it for \$2.00 by contacting Sister Gen Cassani, SSND: gcassani@ssndcp.org.

PLEASE ORDER BEFORE NOVEMBER 9TH.



**Winter Solstice Celebration at La Vista
Saturday, December 16, 7:00 - 9:00 PM**

A Cosmic Advent Reflection and Annual Ecological Commitment Ritual
More information to come in next month's E-News.

