

Season of Creation 2021

A Companion Guide



Diocese of New Westminster
ANGELICAN CHURCH OF CANADA

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Hello and Introduction

Welcome to our Season of Creation Companion Guide. We acknowledge that we live on the unsundered ancestral lands of the Coast Salish Peoples. We are grateful for their hospitality and the opportunities we have to live and grow in this beautiful part of the World.

The Anglican Diocese of New Westminster's Synod passed a motion responding to the Climate Crisis in May of 2021. Since May our province has been devastated by wildfires which have taken lives, burnt homes, destroyed the community of Lytton as well as the animals and livelihoods of many people.

Whenever we face larger than life problems and overwhelming losses we may respond with a sense of powerlessness and fear. In Biblical terms, it may feel like we are in the wilderness. The Bible tells us about wilderness experiences, the uncertainty, the tendency to fracture into grumbling groups and distrust for community leaders. The Bible also recounts Jesus and his 40 days in the wilderness to prepare for ministry, where the experience can be strengthening and empowering.

Our journey during the next four weeks does not see the Earth as wilderness, but as the source of all we need to live a full life.

Our guides on this journey are the teachings, beliefs and wisdom of Indigenous, Inuit and Metis peoples accumulated through thousands of years of living sustainably and harmoniously on this land we currently call Canada.

Our strength for this journey comes from a sense of hope and the goal of healing. Hope can provide the energy to heal relationships between individuals, between humans and the earth, and between humans and other-than-human beings. May these pages be a companion that provides hope and strengthens your resolve to work for reconciliation in all its forms.

All My Relations.

Kerry Baisley,
Missioner Indigenous Justice,
Diocese of New Westminster.

History of Season of Creation

Orthodox Christians have been marking the Season of Creation since 1989. It was in 1989 that Ecumenical Patriarch Dimitrios I proclaimed Sept. 1st a day of prayer for the environment. That day actually marks the beginning of the Eastern Orthodox church year. At the same time more and more people were becoming aware of environmental issues.

In 1987 the World Commission on Environment and Development released a report that led to the development of the Earth Charter. This document began documenting what is seen as ethical principles for sustainable development throughout the world. The Earth Charter led to the 1992 Earth Summit and it turn that work ultimately resulted in the 2015 Paris Agreement.

The Day of Prayer begun in the Orthodox Church expanded to a “season” with the participation of the World Council of Churches. The Lutheran Church in Adelaide Australia was one of the first to organize celebrations of the Season of Creation in the year 2000.

The Roman Catholic Church in the Philippines began observing something they called Creation Time.

The movement has grown as Christians around the world have been invited to give particular attention to praying and caring for God’s creation as part of the global Season of Creation, observed from September 1 to October 4 every year.

The General Synod of the Anglican Church of Canada passed a resolution in 2019 adopting the Season of Creation in the Anglican Church of Canada as a time of prayer, education, and action and encouraging dioceses and parishes to participate.

This publication is a companion to the materials being produced by others involved in the Season of Creation movement. Our work introduces perspectives from Indigenous, Inuit and Metis Peoples as we examine our relationship with the environment.

Overall format of the Sessions

The Season of Creation is a four week period with preassigned readings and themes. The themes for this year are the Earth in week one and then Humanity, Sky, and Mountain in each of the following weeks.

Each week will follow an overall format including a Gathering Prayer, A Medicine Wheel/Four Direction meditation, a Scripture reading and reflection, an action suggestion and a concluding piece of music.

We begin with the Gathering Prayer from A Disciple's Prayer Book used by the Anglican Council for Indigenous Peoples. It can be found in the link below:
<https://www.anglican.ca/resources/a-disciples-prayer-book/>

The Medicine Wheel/Four Directions meditation begins in the East and moves clockwise through the Four Directions. These meditations are adapted from the writings of the eloquent writer Richard Wagamese.

If you would like to learn more about Four Directions Teachings the link below provides an excellent guide to the teachings of five diverse First Nations:
<http://www.fourdirectionsteachings.com>

The Scripture readings for each week have been provided by the lectionary.

From Meditation and Reflection we move to engagement in the world with "Actions to be taken this week."

At the end of each week there is a musical selection meant to empower and strengthen us for the week to come.

Modernizing the observation of Augustine of Hippo, "they who sing pray twice."

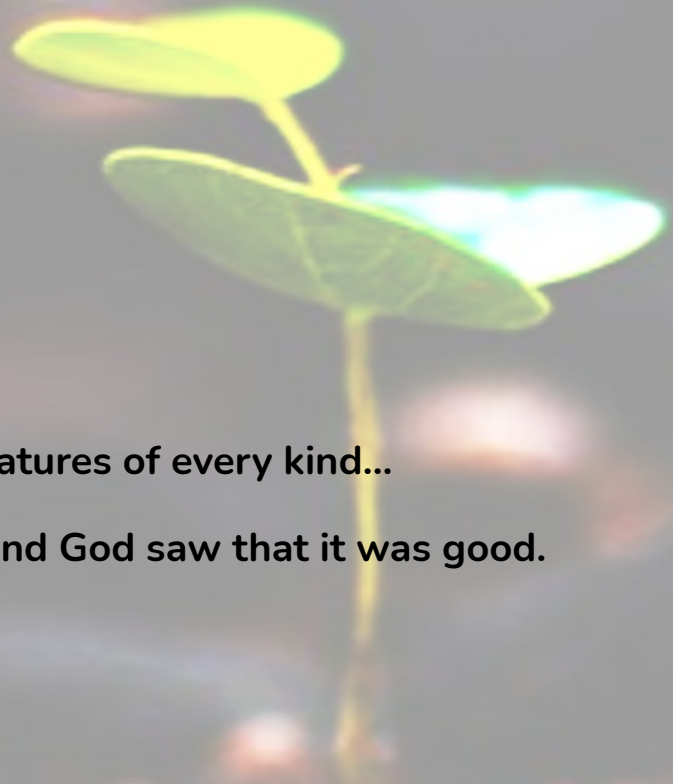
It is time to begin our Season of Creation with The Earth.

EARTH

And God said,

“Let the earth bring forth living creatures of every kind...

...And God saw that it was good.



As we start, Let's prepare our minds by saying the Gathering Prayer out loud

Creator, we give you thanks for all you are and all you bring to us for our visit within your creation.

In Jesus, you place the Gospel in the Centre of this Sacred Circle through all of which all creation is related.

You show us the way to live a generous and compassionate life.

Give us your strength to live together with respect and commitment as we grow in your spirit, for you are God, now and forever.

AMEN

A Disciple's Prayer Book

Medicine Wheel/Four Direction Meditation

As you are able, look to the East.
The East is where the sun rises, where the day begins.

The East is the place of *HUMILITY*.

It is said humility is the base or beginning for everything.

Humility is the ability to see yourself as an essential part, and still only a part, of the greater whole.

In the Ojibway world "humility" means "like the earth."

The Earth, our Mother, is the ultimate humble being, everything and everyone is allowed the same opportunity to grow, to become.

May we be open to *HUMILITY*.

Adapted from One Story, One Song by Richard Wagamese.

Medicine Wheel/Four Direction Reflection

Humility means “like the earth.”

What comes to mind when you think of humility?

It might be humbleness, willing to put the needs of others first.

It could be waiting at the “end of the line” and allowing everyone else to go before you.

How does Humility show itself in your life? In those around you? In your actions towards others?

Try to think of Humility as the ability to provide everyone one and every thing the chance to be the best they can be.

Humility enables all living beings to flourish.

Humility is inclusive and supportive.

Think about Humility as you listen to the passage from Genesis read by Hope Sealy of Christ Church Cathedral Vancouver. [LISTEN TO SCRIPTURE READING](#)

Scripture Reading: Genesis 1:1-25

In the beginning when God created^[a] the heavens and the earth,² the earth was a formless void and darkness covered the face of the deep, while a wind from God^[b] swept over the face of the waters.³ Then God said, “Let there be light”; and there was light.⁴ And God saw that the light was good; and God separated the light from the darkness.⁵ God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

⁶ And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.”⁷ So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so.⁸ God called the dome Sky. And there was evening and there was morning, the second day.

⁹ And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so.¹⁰ God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.¹¹ Then God said, “Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so.¹² The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good.

¹³ And there was evening and there was morning, the third day.¹⁴ And God said, “Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years,¹⁵ and let them be lights in the dome of the sky to give light upon the earth.” And it was so.¹⁶ God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars.¹⁷ God set them in the dome of the sky to give light upon the earth,¹⁸ to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good.¹⁹ And there was evening and there was morning, the fourth day.

²⁰ And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.”²¹ So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good.²² God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.”²³ And there was evening and there was morning, the fifth day.

²⁴ And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so.²⁵ God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Scripture Reflection:

What word or images stood out for you in the reading?
What feelings did you have after hearing the passage?
Please make notes of your experience.

Consider these three words:

Diversity, Abundance, and Generosity.

Spend time with these three words.
Where do you experience them in your life now?

Listen to or read the passage again

[LISTEN TO SCRIPTURE READING](#)

Be thankful that we live in a diverse, abundant and generous world.

It is time to go out and explore it!

Actions to be taken this week

Explore your yard, the block or area where you live, a nearby park, your church property.

Notice what is growing there. Take pictures or draw what you found. Are you finding diversity? Make notes of your discoveries and share them with friends and family.

Many of the plants currently found in our yards and parks are not native to the place we call British Columbia. There are ways to find out how many plants are Native to this land.

If you are a “book” learner there is a great, yet slightly heavy for walking, book by Pojar and MacKinnon, [Plants of Coastal British Columbia](#) by Lone Pine and Partners Publishers. You can use it when you are on walks and hikes. It can slow you down and discover more about the world.

Actions to be take this week continued

You may prefer Phone Apps over paper references.

If you are that kind of explorer you can find Apps such as Seek may help identify trees and plants and tell you if they are native to British Columbia.

https://www.inaturalist.org/pages/seek_app

Click on the Image provided here and it can show you what Seek will do. Its can be a good way to engage the youngsters!

How have our gardening choices affected the native plant populations around you?

We hope this exploration helps shape your or your communities' gardening plans for the next year.



Week 1: Earth

As we come to the end of this first week we hope you are starting to see the World as our Home.

Our Home of Diversity, Abundance and Generosity.

When we see the Earth as our Home, our attitudes, perspectives and emotions shift.

What is shifting for you?

Robin Wall Kimmerer in her book *Braiding Sweetgrass* observed:

“If all the world is a commodity, how poor we grow. When all the world is a gift in motion, how wealthy we become.”

Our song this week is Blue Green Hills of Hills of Earth, by Kim Oler, sung by the Festival Chorus of Calgary.



We are grateful to Hope Sealy for recording the audio version of the Scripture reading this week on a very hot summer afternoon!

YOUR NOTES





HUMANITY

Then God said, 'Let us make humankind in our image, according to our likeness...

... So God created humankind in God's image, in the image of God

As we start, Let's prepare our minds by saying the Gathering Prayer out loud

Creator, we give you thanks for all you are and all you bring to us for our visit within your creation.

In Jesus, you place the Gospel in the Centre of this Sacred Circle through all of which all creation is related.

You show us the way to live a generous and compassionate life.

Give us your strength to live together with respect and commitment as we grow in your spirit, for you are God, now and forever.

AMEN

A Disciple's Prayer Book

Medicine Wheel/Four Direction Meditation

The South is the place of *TRUST*

Trust is the spiritual by-product of innocence.

The Ojibway teach that innocence is learning or being able to look at the world with Wonder.

When we practice Wonder we live in a learning way.

Trust together with Wonder enable us to be open to teachings, teachings then provide us the gateway or the road to becoming who we have been created to be.

May we practice *TRUST*

Adapted from One Story, One Song by Richard Wagamese.

Medicine Wheel/Four Direction Reflection

Have you watched little ones walking while they hold the hand of a “bigger” person?

They rarely look where they are going. They do a lot of looking in other directions.

They don't need to look straight ahead. They trust the bigger person to choose the right and safe path.

The little ones are observing and taking things in.

Our hope is that with enough trust and support they see and experience the Wonders that are around them.

Do experiences of Wonder come easily for you? Or is it harder to see beauty and joy in the world around you?

Some Wonders are clear and obvious, others can be a little harder to see.

What comes to mind when you think about these things?

Our Meditation suggests that those who live with Wonder are able to do so because there is Trust and Innocence in their world.

Our focus this week is on Humanity.

Where do Trust, Innocence and Wonder reveal themselves in your lived experience with our human sisters and brothers and our other-than-human being relatives of the world?

Scripture Readings: Please Read both of these out loud.

Genesis 1:26-28: Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of Earth, and over every creeping things that creeps on Earth. So God created humankind in God's image, in the image of God, God created them; male and female God created them.

Mark 10:42-45 So Jesus called the disciples and said to them, 'You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not to be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Humanity did not come to be served, but to serve, and to give his life as a ransom for many.

Scripture Reflection:

Many Indigenous Peoples echo the observation of Robin Waller Kimmerer:

“humans are viewed as the younger children of Creation, and like younger children the world over, we must learn from our elders. In the world those elders are the Plants and Animals. They can teach us if we are willing to learn.”

Normally we do not break up the Genesis reading. The Seasons of Creation planners divided it in two.

What words or images caught your attention in this section of Genesis? What words or images were you drawn to in the reading from Mark?

Think about last week's story of Creation as well as these two readings. Imagine ways of living with a perspective of Trust, Innocence and Wonder. Does it change the way you act and behave? Please make notes of your experience.

Actions to be taken this week

Take time to explore to listen to this Creation Story from the Haida People.

[HAIDA GWAIL - Raven and the First Men](#)

How do the first humans in this creation story respond to the newly created world? Do they come out as learners or masters?

Watch and listen to this Video on the Teachings of the Salmon:

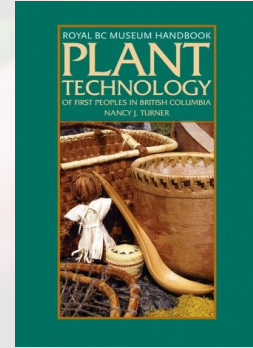
[Living Legends: The Teachings of the Salmon](#)

What can we learn from the Salmon?

When we operate from Trust, Wonder and Abundance, how do we behave in this world, in this place we call home? Spend time this week exploring your interactions with the plants and animals in the world around you.

What action and interactions with other people and other beings will you take to show your appreciation and your thankfulness for the Earth and all the living beings in it?

Learn about the ways the First Peoples in BC worked in harmony with Plants and the world around them in Nancy Turner's Plant Technology from the Royal BC Museum, available in many libraries.

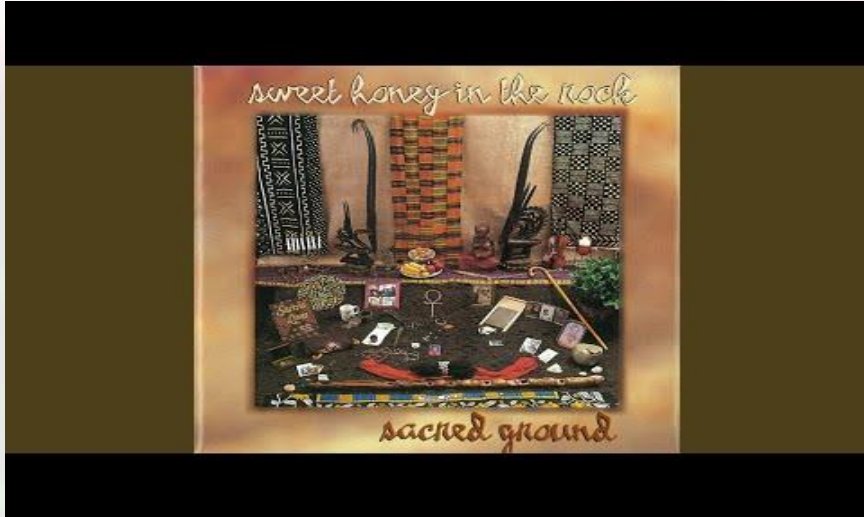


Have a look at the your notes from last week of the plant population around you. Are the indigenous plants important to the people who first inhabited this land still present?

How would you develop a relationship with these plants?

Week 2: Humanity

We close this week with a song called We Are from the group Sweet Honey in the Rock.



For each child that's born
a morning star rises
and sings to the universe
who we are.

We are our grandmothers' prayers.
We are our grandfathers' dreamings.
We are the breath of our ancestors.
We are the spirit of God.

We are
Mothers of courage
Fathers of time
Daughters of dust
Sons of great vision.
We are
Sisters of mercy
Brothers of love
Lovers of life and
the builders of nations.

We are
Seekers of truth
Keepers of faith
Makers of peace and
the wisdom of ages.

We are our grandmothers' prayers.
We are our grandfathers' dreamings.
We are the breath of our ancestors.
We are the spirit of God.

For each child that's born
a morning star rises
and sings to the universe
who we are.

WE ARE ONE.

SKY

The heavens declare the glory of God;

The skies proclaim the work of God's hands.

As we start, Let's prepare our minds by saying the Gathering Prayer out loud

Creator, we give you thanks for all you are and all you bring to us for our visit within your creation.

In Jesus, you place the Gospel in the Centre of this Sacred Circle through all of which all creation is related.

You show us the way to live a generous and compassionate life.

Give us your strength to live together with respect and commitment as we grow in your spirit, for you are God, now and forever.

AMEN

A Disciple's Prayer Book

Medicine Wheel/Four Direction Meditation

Please turn to the West

The West is where the sun sets and the day as we experience it comes to an end.

It is natural that the West is the place of *INTROSPECTION* On the Medicine Wheel *INTROSPECTION* is the "looks within place."

HUMILITY and *TRUST* offer many teachings, and *INTROSPECTION* is the way of seeing how these apply to our lives. It is both a place of vision and a resting place.

It is also a place of *COURAGE* as the hardest thing to do can be to look honestly inwards, at ourselves. It is important to do because it is where our history and our experience, our story, can be reviewed and we can decide what to keep and what to let go.

Adapted from One Story, One Song by Richard Wagamese.

Medicine Wheel/Four Direction Reflection

How many sunsets have you watched?

What do you think about as the light steadily sinks below the horizon and you wait to see if the clouds and the setting sun will create a unique and momentary light show?

Are you thinking of the day that is coming to a close?

Are you thinking of days gone by, friends, family members, hopes, regrets?

Given the current Climate Crisis, and our relationship with the planet at a turning point, it is an important time to pause and reflect. Most of the time we only notice the air when it does not meet our expectations: when it is smoky, too cold, too wet, too hot. We forget that air around us sustains and nourishes us every moment of our lives. It takes courage to acknowledge the fact our collective actions have damaged both Earth and Sky.

Think of the actions you may do now like recycling, picking up garbage, finding ways to be “greener”.

Do those actions have a new meaning when you do them with a sense of Humility and Trust and Community?

We need to look with courage and honesty at the ways we are living and initiate meaningful new actions to support both the Earth on which we stand and the Sky that gives us the breath of life.

Scripture Reading:
Please read this portion of Psalm 19 out loud

Psalm 19

The heavens declare the glory of God;
the skies proclaim the work of his hands.
Day after day they pour forth speech;
night after night they reveal knowledge.
They have no speech, they use no words;
no sound is heard from them.
Yet their voice goes out into all the earth,
their words to the ends of the world.

In the heavens God has pitched a tent for the sun.
It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.
It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.

Scripture Reflection

We spoke earlier about Introspection and Courage, and now we are told “the heavens declare the glory of God.”

Honestly, it hasn't felt like that over the past number of months.

The heavens have been full of heat and dust. The winds have fanned wildfires and made breathing difficult.

Many people have felt their lives are out of control.

Has Climate Change reached a stage where even the glory of God is being threatened?

Do not lose hope, remember it takes Courage to deal with fear. It takes Courage to act.

Explore the Navajo/Dine people's perspective on “Walking in Beauty” by Navajo Historian Wally Brown



Our spiritual growth does not happen in a vacuum. It takes Courage and Honesty to find our place and learn of our duties in this world.

Notice the similarities between the Gifts mentioned in the video and the fruit of the Spirit named in Galatians, “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

These are necessary elements we need to bring to our current situation.

Actions to be taken this week

Think about ways you can walk in beauty, in balance with yourself, the earth and all living beings.

Supporting trees and plants is one way to be a good neighbor in the community and a good ancestor for those who follow.

We can become aware of our individual “carbon footprint”. Apps like *Capture* tracks personal CO2 consumption and help explore ways of reducing it by making choices of what we eat, the transportation we use, and what we purchase.

<https://www.thecapture.club/>

Find out what is happening or not happening in your community regarding Tree Planting and Tree Protection. Does your community protect trees and promote tree planting or is the focus on “tree management”?

What creative ways can you help ensure the health of the green spaces around you?

Can one person make a difference? Yes, absolutely. Watch this short movie about Jadav Payeng, the “Forest Man” who started tree planting as a 16 year old farmer in Assam India.



Week 3: Sky

Our province, the town of Lytton in particular, and many other parts of the world have been devastated by extreme weather this year. We needed rain, and Europe and Asia had severe flooding. We have been told these occurrences will come more frequently and are part of the reality of the Climate Crisis.

We close this week with a song, adapted from the Song of Songs as a prayer to bring all of us hope and strength to continue caring for the Earth and each other in the midst of difficult and stressful times. It is sung by Theresa Thomason and the King's Chorus of Halifax



YOUR NOTES





“They will neither harm nor destroy on all my holy mountain,”
says the Lord.

MOUNTAIN

As we start, Let's prepare our minds by saying the Gathering Prayer out loud

Creator, we give you thanks for all you are and all you bring to us for our visit within your creation.

In Jesus, you place the Gospel in the Centre of this Sacred Circle through all of which all creation is related.

You show us the way to live a generous and compassionate life.

Give us your strength to live together with respect and commitment as we grow in your spirit, for you are God, now and forever.

AMEN

A Disciple's Prayer Book

Medicine Wheel/Four Direction Meditation

Completing our circle, we turn clockwise to the NORTH

The North is the place of *WISDOM*.

Wagamese says "to be truly WISE is to understand that knowing and not knowing are one. Each has the power to transform."

WISDOM is the gathering of teachings gleaned, bit by bit, from our lifetime journey.

Our goal is to share these teachings with those around us while we are still here.

We are all on the same journey, and we become more by giving that wisdom, that treasure away.

Adapted from One Story, One Song by Richard Wagamese.

Medicine Wheel/Four Direction Reflection

Mountains and Wisdom both give us new ways of looking at things.

As we review what is important, important to us and important in the lives of all our relations, we need to embrace new perspectives

We may ponder what is transient and what is timeless.

In our dominant culture wealth is about acquiring things, keeping them, and measuring what we have in comparison to those around us. It is living based on an individualistic measure of success. Indigenous societies have long held the belief that wealth is measured by what you give away with an economic structure that focuses on the well being of the human and other-than-human community.

Living in a new way may not feel comfortable to start.

Like climbing a mountain, the task may initially seem insurmountable. We may feel small in relation to the changes we have to make.

As we progress, we create new trails and we may also discover trails made by those who came before us. What we learn will benefit the next generation in their time on this land. The journey leads us to an awareness of being a part of a generous, interrelated beautiful world.

We are on a lifelong journey of discovery. Work with Wisdom to prepare a space in your heart that is open to the teachings of the plants, animals and the earth itself. You may find there are good stories to gather and laughter to share along the way.

Scripture Reading: Isaiah 65 17-25

Please read out loud

See, I will create new heavens and a new earth.

The former things will not be remembered, nor will they come to mind.

But be glad and rejoice forever in what I will create, for I will create Jerusalem to be a delight and its people a joy.

I will rejoice over Jerusalem and take delight in my people; the sound of weeping and of crying will be heard in it no more

Never again will there be in it an infant who lives but a few days, or an old man who does not live out his years; the one who dies at a hundred will be thought a mere child; the one who fails to reach a hundred will be considered accursed.

They will build houses and dwell in them; they will plant vineyards and eat their fruit.

No longer will they build houses and others live in them, or plant and others eat.

For as the days of a tree, so will be the days of my people; my chosen ones will long enjoy the work of their hands.

They will not labor in vain, nor will they bear children doomed to misfortune; for they will be a people blessed by the Lord, they and their descendants with them.

Before they call I will answer; while they are still speaking I will hear.

The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food.

They will neither harm nor destroy on all my holy mountain," says the Lord.

Scripture Reflection

What words or images caught your attention?

What do you imagine “a new heaven and a new earth” to be like?

Spend some time thinking about people and animals who have been removed from their lands, forced out of their homes by climate change, war, famine, threats of violence and government interventions.

Wisdom is the place where internal prayers and external actions meet. To realize the vision God gave to Isaiah, individual efforts must be woven into a collective movement that brings about a reality of equality and sustainability for all of creation, those that walk, those that swim, those that crawl and those that fly

As we said in the first week of this series, our strength for this

journey comes from a sense of hope. Hope can provide the energy to heal relationships between individuals, between humans and the earth, and between humans and other-than-human beings.

Our experience over the past 4 weeks is to prepare us to work within a framework where healing our relationships with the earth becomes a way of living in response to the Climate Crisis.

As we learn to walk together with our Indigenous, Inuit and Metis sisters and brothers, we also work together to live in harmony with the earth.

[Conservation through Reconciliation](#) is an example where Indigenous communities, Knowledge Keepers and western based scientists are engaged in a seven year project to create Indigenous Protected and Conserved Areas across Canada.

This is a conservation effort that emphasizes a balance between rights and responsibilities in relations to the land we live on.

Actions to be taken

Our explorations in this Season of Creation are coming to an end.

In each Scripture reflection we asked you what images or thoughts came to your mind and record them.

Recall each of those reflections and spend time with those words, thoughts, and ideas.

During the past weeks, you have learned about the plants, trees and living things around your home, church property and community and their relationships to the First Peoples. You also explored how to reduce personal carbon consumption and what is happening regarding tree planting in your local community.

It is up to you to choose what actions to take in response to the Climate Crisis. Here are a couple recommendations.

Food Security:

The Climate Crisis has threatened food security in many parts of the world. The ripple effects may extend their reach to our local communities as food prices increase. Indigenous plants have supported both human and animal lives on this land in a sustainable way for centuries. Find out how your home, community or church garden may participate in local urban agricultural projects to promote food security in your neighborhood.

Know the land you live on and work to transform it:

Put all of these experiences together and look for ways we can heal both ourselves and our relationships in the wider world.

We now know the plants around us are not mere objects we tend to and manage. They are our teachers to live a balanced life. They maintain our physical, mental and spiritual health.

Actions to be taken continued

We can give back to our native plant teachers by ensuring their flourishing and let the green spaces become part of the collective effort that reestablishes healthy habitat for animals and pollinators.

As examples, look at the Suzuki Foundation's [Butterflyway project](#) or the youth led [Pollinator Project](#) in the Lower Mainland. Indigenous plants have been used to [remediate sites](#) previously occupied by high pollution facilities. Be strategic and work with neighboring parishes and share your work and discoveries with others.

Together we can transform the landscape and make a tangible contribution to the ecological health of your region. And church communities can be the drivers in such process.

We can only live fully in the sustainable abundance of the

earth when we enter into a relationship based on respect and reciprocity with all of Creation.

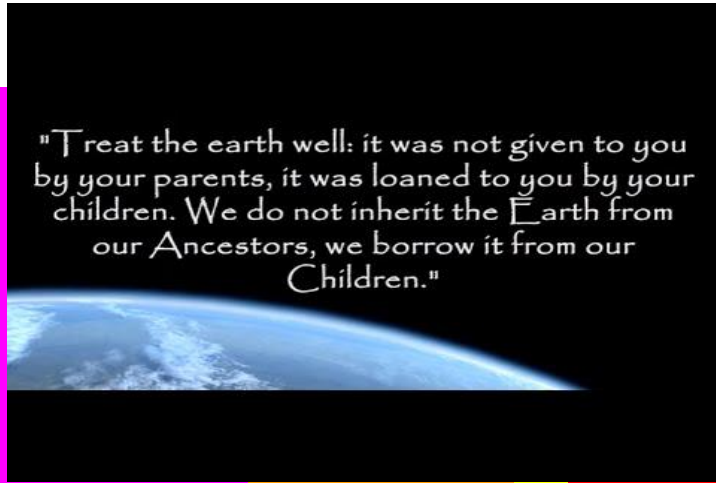
We end with an encouraging message from the Conservation through Reconciliation Partnership.

All Our Relations.



Week 4: Mountain

Buffy Sainte-Marie send us out with her song Carry It On.



Hold your head up
Lift the top of your mind
Put your eyes on the Earth
Lift your heart to your own home planet
What do you see? What is your attitude?
Are you here to improve or damn it?

Look right now
And you will see we're only
Here by the skin of our teeth as it is
So take heart and take care of your link with life and
Oh, carry it on, we're saying; Oh, carry it on, keep playing; Oh, carry it on, and praying;
Oh, carry it on

It ain't money that makes the world go round
That's only temporary confusion
It ain't governments that make the people strong
It's the opposite illusion

Look right now
And you will see they're only
Here by the skin of their teeth as it is
So take heart and take care of your link with life and
Oh, carry it on, we're saying; Oh, carry it on, keep playing; Oh, carry it on, and praying;
Oh, carry it on

Look right now
And you will see we're only
Here by the skin of our teeth as it is
So take heart and take care of your link with
Life is beautiful
If you got the sense to take care of your source of perfection
Mother Nature, she's the daughter of God
And the source of all protection

Look right now
And you will see she's only
Here by the skin of her teeth as it is
So take heart and take care of your link with life
Oh, carry it on, keep saying ; Oh, carry it on, keep playing; Oh, carry it on, and praying;
Oh, carry it on
Oh, carry it on, we're saying; Oh, carry it on, keep playing; Oh, carry it on, and praying;
Oh, carry it on

Treat the Earth well:
it was not given to you by your parents,
it was loaned to you by your children.
We do not inherit the Earth from our Ancestors, we borrow it from
our children.

**“Tell me, what is it you plan to do with your one
wild and precious life?” —Mary Oliver**

