Green Note March 24, 2025

As attacks on environmental protections, promotion of fossil fuels, and denial of the climate emergency escalate from our neighbours over the border, we need now more than ever to stand up for our home, the Earth.

In our last Green Note (February 4, 2025) we talked about coping strategies in the face of these increasing threats to the environment (and to our country). Since then, nothing has happened in the political situation to mitigate any feelings of anger and anxiety that may be afflicting us. But we can help ourselves and each other, as well as helping the Earth. If you are feeling **anxious** about current political events and the climate emergency, taking some sort of action, however small, can aid you in managing your anxiety, as well as show your concern. Coming very soon are two global Earth events that could help you do this.

Earth Hour: Saturday, March 29th 8.30-9.30 PM local time. **https://www.earthday.org/earth-day-2025/**
Show your commitment to the Earth by:

1. Switching off non-essential lights for one hour.
2. Giving one hour of your time to doing something for the Earth. **https://www.earthhour.org/take-part/give-an-hour** for ideas on how to do this.

Earth Day Actions: Tuesday April 22nd **https://www.earthday.org/earth-day-2025/**
The theme for this year's Earth Day is 'Our Power, Our Planet'.

The St Hilda's GPAG team is issuing a challenge to everyone in the congregation to take some kind of action to mark our support for the Earth between now and the Sunday after Earth Day (April 27). If the action ideas mentioned at the websites above don't work for you, here are some more that GPAG members have thought of:

Educate yourself by reading a book, newsletter or article about the environment. Our library has lots of books on the subject, and Heather can help you find one. Or attend a lecture, either online or in person. Or go birding, and learn about the birds from observing them. (See also this week's Talking Climate with Katharine Hayhoe **talkingclimatenewsletter@substack.com** ; check out birding app Merlin **https://merlin.allaboutbirds.org/**

Create a poem (or read one by someone else), take a photo and share it, or write a story that expresses your care for the Earth.

Advocate by writing to our elected representatives (eg District of Sechelt Council **https://www.sechelt.ca/en/our-government/council.aspx** **Randene.Neill.MLA@leg.bc.ca**, **Patrick.Weiler@parl.gc.**), volunteering for or donating to an environmental cause, attending a meeting, or discussing Earth Day with a friend, neighbour, or family member. Things you might advocate for include better transit connections, more renewable energy on the grid, better support for local food, more support for home retrofits, more bike lanes. What else?

Take Spiritual Action by including the Earth in your prayers, taking a meditative walk by yourself or with others.

Take Practical Action by planting a native or drought resistant pla**nt**, weeding invasive plants, eating less meat, pick up trash off the beach, walking more and driving less.

You may also be feeling **angry** about current political events and the climate emergency. Nicole holds space for people to learn to use rage constructively in Rage Club **https://rageclub.org** . Rage Club is about shifting from a paradigm that says 'anger is bad, you must control it' to one that says 'anger is a precious resource of energy and information you can learn to use responsibly'. Rage Club is not only theoretical, it is a space for experimenting and building new competences over time. The world needs more human competence for taking responsible action! Rage Club is a great place to start, and Nicole would love to share more about it. You can reach her at **nicolebradford110@gmail.com**

Forthcoming Green Corners

On Sunday March 30th we plan to make an announcement during the service about the Zero Emission Churches building and energy assessment and the solar power assessment done at St Hilda's. You can ask questions and find out more at the Green Corner in the Hall following the service. We will also be available to discuss prospective Earth Day Actions if you want to share or get ideas for action.

On Sunday April 27th we will set up a Green Corner where you can tell us or briefly note down what action you took for Earth Day, so that we can share our collective activities with each other. If you would like to tell the congregation about your action, we will make some time available during Announcements.

Finally, good news: spring is here, despite the cold and wet: the forsythia by the bell tower is out (photo below taken this morning)!

Thank you, as always, for your concern and action,
Christine

Green Parish Action Group members:
Nicole Hartley Bradford — nicolebradford110@gmail.com
Carol Hartley — cahartley@hotmail.com
Christine Pawley— cpawley@wisc.edu
Bruce Pond— millpondsailor@gmail.com
Mike Starr — starrmj@me.com