



110 Notre Dame Street
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February Newsletter

Book Nook

With its gray days, February seems like a good month in which to cuddle up with a book that stirs the creative juices. We have three to recommend:

- **Hot, Flat, and Crowded** is an excellent analysis by Thomas L. Friedman of our present planetary state, what led to these conditions, how to grow through them and the great nation we have the potential to build by creatively facing these challenges. **Hot**=Global warming. **Flat**=Global technology potentially can raise the living standards of all. **Crowded**=Global population growing. Not a bad analysis for an author who previously won a Pulitzer Prize for his work with The New York Times.
- **Love Thyself** by Masaru Emoto gently cancels out the myth that there is nothing an individual can do in the face of our planetary crises: "...I think it's essential to love yourself, to be able to thank yourself, and to respect yourself. When you do so, each of these vibrations will be sent out into the cosmos..." How comforting to know that we are each capable of sending out positive energy to the rest of creation.
- **Hope's Edge**, another classic by Frances Moore Lappe and her daughter, subtitled "The Next Diet for a Small Planet". This book is a healthy read to complement those beginning-of-the-year resolutions for losing weight and exercising more. It outlines a rational menu for reducing our footprint on the planet and at the same time teaches us to delight in wholesome food choices. A planetary YUM!

Each of these books as well as a good number of others written by eco-minded authors are available in our SUNSEED Eco-Education Library. Come, see for yourself and "spring" your winter mind into fresh perspectives which affirm your values.



Coming Events

- February 4 **Courage Stones**: A Prayer Ritual about Courage; 6:30-7:30; donation graciously accepted
- February 7 **Courage Stones**: A Prayer Ritual about Courage; 2:00-3:00; donation graciously accepted
These hour long rituals help us pray the ordinary. How often we overlook those parts of creation which are right in front of us or, in this case, right under our feet. In the tradition of our Native brothers and sisters, we are open to the graced energy these ancient stones give to us.
- February 15 **Gifting Our Children with a Green Future**; Holy Cross Parish Hall; Mount Calvary (corner of WH and W); 7:00-8:30 PM.
*Imagine the world you want to pass on to your children and grandchildren: financially secure, peaceful, equitable and yes, green with clean air to breathe, clear water to drink, a healthy earth to produce healthy food as necessary for any other kind of dream to be. Let's explore **the how** of a green future together.*
- February 27 **Bread Workshop**; 10:00-2:00 PM (*Because of peaked interest, this is the second workshop being offered on how to make bread—from scratch! and is being held in place of a previously scheduled workshop on soap/cheese making.*) As of January 21st, this workshop is already filled. Look for another one in the future.

For further information on prayer and presentations, contact Suzanne Moynihan, SSND.

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