



RNDM Earth Community

“We are One, We are Love”

May 7, 2010

“Let ours be a time remembered for awakening a new respect for our earth and all her inhabitants, for one another, for ourselves and for our common destiny.” (RNDM Congregational Chapter, 2008)

Vol 1, No. 3
Page 1 of 2

THE SOUL, THE NATURAL WORLD, AND WHAT IS

Question of the Day: **In what ways have I felt "mirrored" by nature?**

Your soul is your deepest you. We've called it the True Self, who you are in God, who you are in your deeply connected, invisible self. For many of us, it's a scary place to go because for forty, fifty, sixty years, we've defined ourselves by our roles, our titles, our degrees, our clothes, our ethnicity ... all those things that are going to die in a few years, anyway. The soul is before all of that, deeper than all of that, and also what endures after that! All seem to agree that the soul has an eternal quality to it.

I don't think that there is any way we can more *quickly* make contact with that soul than through nature. Both Bill Plotkin and Brian Swimme say that nature has an "alluring" quality to it. Try to listen to that pull, nature's inherent delight, that cosmic allurements which you feel in nature and around animals much more than in anything constructed by human hands.

I don't know anything that can mirror us more lovingly, more truthfully, and more foundationally, than nature itself. Religion just takes it from there! Today let Brother Sun, Sister Moon, Brother Dog, Sister Water talk to you. And you know what? They always talk to you in a nonjudgmental way and a fully accepting way! That is what we mean by mirroring. So today we find that dogs and horses are among the most successful "therapists" for many people who have been deeply wounded by society.

(Adapted from *The Soul, The Natural World, and What Is* by Richard Rohr, OFM)

TIPS FOR GREEN LIVING

“Thinking green” can guide our decisions about shampoos, face and hand creams, and other products. In 2007, Canada introduced legislation requiring that ingredients be listed on personal care products.

When reading the labels on these products, some ingredients to avoid are:

- DMDM hydantoin
- Imidazolidinyl urea
- Fragrance and dyes
- Methylchloroisothiazolinone and Methylisothiazolinone (big words!)
- Parabens or “-paraben”
- Ingredient names ending in “PEG” and “-eth”
- Sodium lauryl or laureth sulfate
- Triclosan and triclocarban
- Triethanolamine (TEA)



SKIN DEEP is a database that gives toxicity ratings for many personal care products. It can be found at www.cosmeticsdatabase.com

This database is prepared and maintained by the non-profit Environmental Working Group in the USA. The mission of the Environmental Working Group (EWG) is “to use the power of public information to protect public health and the environment.”

DID YOU KNOW?

Green Building, also known as **green construction** or **sustainable building**, is the practice of creating structures and using processes that are environmentally responsible and resource-efficient throughout a building's life-cycle: from siting to design, construction, operation, maintenance, renovation, and deconstruction. This practice expands and complements the classical building design concerns of economy, utility, durability, and comfort.

Although new technologies are constantly being developed to complement current practices in creating greener structures, the common objective is that green buildings are designed to reduce the overall impact of the built environment on human health and the natural environment by:

- Efficiently using energy, water and other resources
- Protecting occupant health and improving employee productivity
- Reducing waste, pollution and environmental degradation

COST

The most criticized issue about constructing environmentally friendly buildings is the price. Photo-voltaics, new appliances, and modern technologies tend to cost more money. Most green buildings cost a premium of <2%, but yield 10 times as much over the entire life of the building.

The stigma is between the knowledge of up-front cost vs. life-cycle cost. The savings in money come from more efficient use of utilities which result in decreased energy bills.

Studies have shown over a 20 year life period, some green buildings have yielded \$53 to \$71 per square foot back on investment. It is projected that different sectors could save \$130 Billion on energy bills.

(Adapted from an article on Wikipedia)



BUILDING PROJECT UPDATE . . .

According to our lawyer:

“The Vendor cannot complete the sale on April 15th because it has not yet subdivided the property. The Vendor’s subdivision of the property has been delayed due to unforeseen circumstances. There is an old City waterline running down the middle of the Vendor’s proposed Lot 3 which was not discovered until recently. The City wants the vendor to pay for the cost of removal and the Vendor is resisting payment.” The sale is now set for June 1st.

‘The Story of Stuff’ is a powerful, informative yet easy-to-watch overview of the environmental effects of buying ‘stuff’. It is a hope-filled, encouraging 20-minute video. It can be viewed at <http://www.storyofstuff.com/>

If any of these articles have stirred a response in you, please share your insight at GreenSistersTalk@yahoo.ca
