



RESURRECTION UNIVERSITY PARISH

Land Stewardship Committee

LET US GIVE THANKS

Inviting Nature Into Your Life

As we approach Thanksgiving we often spend time looking at what we are thankful for. When we walk outside viewing the beauty in front of our eyes, we are reminded to be thankful to our Lord for the beauty and gifts of nature.

Sometimes people don't realize the gifts of nature. Research shows that time spent in nature offers an abundance of psychological and physiological benefits. Ava Whitney-Coulter states in her article, "Sense the Benefits of Nature," in August 2021 *Mindful: Self-Compassion* that when people are looking at natural landscapes, they report higher life satisfaction, happiness, and self-esteem. She also noted that smell isn't our strongest sense, but its association with our emotions is powerful.

Participants in a 2014 study associated the smells of beeswax and fresh summer air with happiness. And others reported that natural scents from blooming plants make them feel more calm and alert while bolstering their mood. When we observe the natural world, we can discover the splendor we often take for granted but that always surrounds us.

We can marvel at nature's genius. Kelly Barron, in her article, "Invite Nature Into Your Life," in the *August 2021 Mindful: Self Compassion* noted that "Awe is a powerfully uplifting emotion and most everything in nature is awesome—whether it's a raspberry sherbet-colored sunset or the elegantly repeating spirals found in the bright center of a daisy. We can invite more awe into our daily lives by marveling at nature's genius."

There are many benefits to being out in nature. It includes everything from lessening depression to bolstering our immune systems.

Let's remember to give our Lord thanks for the beauty that surrounds us and the health benefits available in nature.

Thank you, Lord, for the beauty of nature and its many benefits.

Carol Zeglen

"How glorious a greeting the sun gives the mountains!" – John Muir

Green Leaf published monthly by Resurrection University Parish
On line at hoechoka.com



GREEN LEAF



WISDOM SPREADS HER TABLE A THANKSGIVING BANQUET

In the Old Testament Book of Proverbs there is beautiful imagery of Lady Wisdom setting forth a banquet and inviting all to come and partake. Scripture tells us, "*Wisdom has built her house, she has set up her seven columns; She has dressed her meat, mixed her wine. Yes, she has spread her table...Come and eat of my food, and drink of the wine I have mixed.*"



In the depths of his conscience, man has always detected a law that he does not impose upon himself but which somehow holds him to obedience. Proverbs enunciates this law. **Wisdom** proclaims it. **Sirach** sees it in the beauty of creation. **Song of Songs** sees it in the love between man and woman. **Ecclesiastes** laments the "vanity" of doing otherwise and, as death stands upon his very door, **Job** senses that it is there and refuses to speak badly about the source of life that lets both good and evil work.

Even the modern poets such as T.S. Eliot ask, "Where is the wisdom we have lost in knowledge?"

Wisdom has truly spread her table before the people of Resurrection University Parish. She speaks of it in the fall migration, the changing of the seasons, the coming of snow, the arrival of lower humidity and falling temperatures. She is present in the yellowing of the leaves of the alpine trees, the appearance of the morning star Venus, Sirius the Dog constellation tripping the light fantastic along the top of the Hyalite foothills and the scudding clouds advancing in front of the cold front. She speaks to us in the faint peep of the gnatcatchers, the sounds of the night-traveling robins, the beauty of Mars beckoning in the sky, and the monthly travels of the moon. Saints Augustine, Benedict and Francis taught and lived with the same fervor that Wisdom said is to be learned from nature.

Wisdom never ages and that is her eternal message to young and old. And that is the singularly unique message that should make her important to us. Wisdom is timeless, always present. Her teachings are spread upon the table, upon the land. Come walk with Wisdom. Make her part of your religion, your prayer life, and your contemplation.

*"Where is the life we have lost in living?
Where is the wisdom we have lost in knowledge?
Where is the knowledge we have lost in information?..."*

T.S. Eliot, The Rock

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WHAT'S IN A WORD

In the Old Testament authors would often use the term *FEAR OF THE LORD*. At that time it didn't mean fear as in "being struck dead." It meant utter amazement and complete lack of understanding as to what was happening. In the New Testament the term becomes marvel as "*they marveled at all they saw.*" Today the term for much of that type of discourse is *awe*. They stood in *awe* and watched the sunset. Remember in last month's issue of the Green Leaf conversation between Humpty Dumpty and Alice when the caterpillar says:

"When I use a word," Humpty Dumpty said, in a rather scornful tone, "it means just what I choose it to mean, neither more nor less."

"The question is," said Alice, "whether you can make words mean so many different things."

"The question is," said Humpty Dumpty, "which is to be master - that's all."

Awesome is what we use today for "fear of the lord and marvel." Times change, words change, meanings often remain constant. Even the caterpillar knew that much. Check out the two sources that Carol cites (Previous page) and invite some awe into your life.

THE UNIVERSAL MATHEMATICAL FORMULA THAT CAN DESCRIBE ANY BIRD'S EGG

Researchers from the University of Kent, the Research Institute for Environment Treatment and Vita-Market Ltd. have discovered a universal mathematical formula that can describe any bird's egg existing in nature—a significant step in understanding not only the egg shape, but also how and why it evolved, thus making widespread biological and technological applications possible.

This discovery is a feat which has been unsuccessful until now.

Egg-shape has long attracted the attention of mathematicians, engineers, and biologists from an analytical point of view. The shape has been highly regarded for its evolution as large enough to incubate an embryo, small enough to exit the body in the most efficient way, not roll away once laid, is structurally sound enough to bear weight and be the beginning of life for so many species. The egg has been called the "perfect shape."

Analysis of all egg shapes used four geometric figures: sphere, ellipsoid, ovoid, and pyriform (conical or pear-shaped), with a mathematical formula for the pyriform yet to be derived.

The full article:

<https://www.sciencedaily.com/releases/2021/08/210827133748.htm>



Shown above white crowned sparrow nest with cowbird egg added. The nest was subsequently abandoned by the sparrow because of the intrusion of the cowbird egg.

GREEN LEAF STAFF

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Resurrection University Parish Land Stewardship Committee (LSC) is looking for parishioners for volunteer work on the LSC. Nothing outstanding; just simple folk who like nature, want to become involved, have some spare time and want a parish commitment that has clear goals, short term time demands and want to work with others of similar intent. Librarian skills, botanical skills are helpful as are writing, photography, bird watching, planting, art work and caring for flower beds. It is basically spirituality from the ground up. Old, young, men or women, singles or couples—makes no difference. Grant writers are needed especially if they *kan spelt*. MSU students are greatly welcomed as are high school students who have courses in or interest in journalism The LSC believes that we are all part of a learning and teaching church. So please, come teach as well as learn!

Behold the Beauty of the Lord



Trumpeter swan, Central Park Lake Bozeman MT



How beautiful are all his works!

Even to the spark and the fleeting vision!

**The universe lives and abides forever:
to meet each need, each creature is preserved.**

**All of them differ, one from another,
yet none of them has he made in vain,**

For each in turn as it comes, is good;

Can one ever see enough of their splendor?

Sirach 42:23-25