

# EARTH BEATS

March 2018

## Earth and Environment Commission Newsletter US Sector / No. American Region



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Individuals from various organizations in Nashua are working together to increase nutrition consciousness, cooking and gardening skills, farmers markets, and general access to healthy, local foods. Thanks to UNH's Sustainability Institute and NH Farm to School, an active Food Council in Nashua is emerging to rebuild the vitality of the local food system. Its five -year goal is *"to reweave the way that we locally secure the most nutrient dense produce for our schools, hospitals, grocery stores, and restaurants. Such accessibility and practices will enhance human well-being, economic vitality, and the ecological health and resilience of our diverse community."*

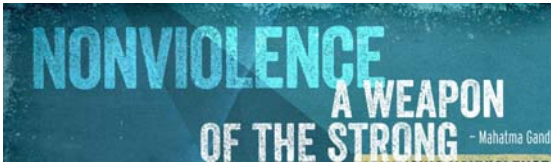
This infographic illustrates the groups involved in this project.



Note the participation by local Catholic institutions such as Rivier University, the New Hampshire Food Bank, and St. Joseph Hospital. Particular credit also goes to the organizing skills and vision of Justin Munroe, Executive Director of GrowNashua.org. (Justin is a 1980 graduate of Infant Jesus School, a Holy Cross School in Nashua, NH!) For more information, go to the [www.GrowNashua.org](http://www.GrowNashua.org) in the section titled Programs.

Submitted by

Edith Couchman, Art and Environmental Ed Teacher at Infant Jesus School



*"We acknowledge that the nonviolent way of Jesus challenges us to engage in profound interior transformation."*

Family of Holy Cross Statement on Nonviolence and Just Peace

Our challenges and opportunities for reflection:

- Be present – a Zen translation;
- Practice mindfulness – to live one minute of life: to really eat an apple or dust a chair, etc.;
- Be fully alive to the present moment;
- Nurture a sense of reverence, wonder, and sacredness in the face of mass consumerism, and waste pollution;
- Love everything – you will perceive the divine mystery of all things.

Certain practices to arrive at the awareness of the divine within include meditation, prayer, silence, fasting, and repetition of holy words and reflective reading of scriptures. All can lead to contemplation, to a living, loving look at the real. May we open our hearts to continue inner transformation.

Inspired by *"The Nonviolent Moment: Spirituality for the 21st Century"* by Mary Lou Kownacki, OSB.

Submitted by  
Rachel Labonville, CSC

#### Encouraging News



Two laws put forward by the gun lobby were rejected by the New Hampshire House of Representatives in February 2018. This was in part thanks to the efforts of the NH Chapter of **Moms Demand Action for Gun Sense** who attended the legislative hearings on February 22. One of the laws (a punitive preemptive bill) would have resulted in lawsuits against local officials who enacted or enforced stricter gun control ordinances. The other would have allowed firearms on college campuses.

Submitted by  
Denise Turcotte, CSC

#### Heartbreaking News about DACA (Deferred Action for Childhood Arrivals)

On March 5, 2018, the undocumented immigrants who came as children with their parents years ago were due to see their permits for deferred action expire. Thanks to the action of the federal district courts of California and New York, their deportation has been temporarily suspended. Some work permits will be renewed but we have no idea how long it will take the US Citizenship and Immigration Service to process these. Let us continue to hold these migratory problems in our prayers.



Submitted by  
Shirley Brien, HCA



**“Inform, do not frighten.”** These are the words of Professor V. Ramanathan, a world-renowned, award-winning climate scientist at the University of California in San Diego. He is sometimes called “the pope’s scientist” because he advised Pope Francis on *Laudato Si* as a member of the Pontifical Academy of Sciences. For 40 years he’s been researching our planet’s atmosphere and, in 1980, predicted that CO2 levels would be detectable by the year 2000. He was correct and our consciousness increased considerably that year.

Professor Ramanathan’s goal is to educate 100 climate experts around the world. “The great risk” he warns, “is to frighten people about climate change lest they be overwhelmed, go into denial and return to business as usual”. Yet, he is convinced that people must become painfully aware of the situation and work together. He believes there needs to be a “new alliance between science, religion and policy”. Therefore, he has undertaken a “bottoms-up” approach with numerous lectures and other environmental initiatives with entrepreneurs, foundations, individuals, college students, etc. To hear some of his past lectures, go to YouTube and enter Professor V. Ramanathan.

#### **BY THE WAY, HOW’S YOUR CARBON FOOTPRINT THESE DAYS?**

Submitted by  
Pauline Maurier, CSC

#### **Marjory Stoneman Douglas High School**

Thank you for supporting our efforts of outreach to the Principal, Staff and Students of Marjory Stoneman Douglas High School, Parkland, Florida.

May our prayers continue to encourage these students to keep giving voice to their heart’s desire for justice for all.



In a world full of fear, be courageous. In a world full of lies, be honest. In a world where few care, be compassionate. In a world full of phonies, be yourself. Because the world sees you. The world hopes for you. The world is inspired by you. The world can be better because of you.

*Doe Zantamata*