"Flood 2007 008" by MukYJ is licensed under CC BY-NC-SA 2.0

by Peter McLoughlin

[View Author Profile](#)

Join the Conversation

Send your thoughts to *Letters to the Editor*. [Learn more](#)

September 21, 2019
[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

Take a moment to reflect on the photo.

Earth, Teach Me

Earth teach me quiet ~ as the grasses are still with new light.

Earth teach me suffering ~ as old stones suffer with memory.

Earth teach me humility ~ as blossoms are humble with beginning.

Earth teach me caring ~ as mothers nurture their young.

Earth teach me courage ~ as the tree that stands alone.

Earth teach me limitation ~ as the ant that crawls on the ground.

Earth teach me freedom ~ as the eagle that soars in the sky.

Earth teach me acceptance ~ as the leaves that die each fall.

Earth teach me renewal ~ as the seed that rises in the spring.

Earth teach me to forget myself ~ as melted snow forgets its life.

Earth teach me to remember kindness ~ as dry fields weep with rain.

— American Indian Ute Prayer passed down from White Buffalo Calf Woman

---

Play a game:

When you encounter a "single-use" item (ship-wrapping, containers, take-out utensils, anything you'll use just once) estimate how long you use it and then compare that to how much time and energy it took to create it and how long it will be until it is back to raw-material stage.

(The average time for a plastic bottle to completely degrade is at least 450 years.

From: postconsumers.com)

Start saying "No, thanks" to single-use items, especially plastic ones (bags, cups, containers, straws, etc.)

Special thanks for those who model reverence for the earth

Season of Creation Daily

pause | reflect | act

Editor's note: *[Season of Creation Daily](#) is inspired by the Care for Our Common Home Ministry, Paulist Center Boston. To receive daily reflections by email, [sign up here](#).*

This story appears in the **Season of Creation Daily** feature series. [View the full series](#).