



## EARTH CARE @LEWINSVILLE

### RECONNECT WITH GOD'S CREATION

While we in the Earth Care Team at Lewinsville tend to focus on exploring Earth Care through action, it is critical to understand and connect with Earth Care emotionally and spiritually. In our busy lives, it is easy to overlook the beauty and majesty of God's creation around us. Here are a few ways to reconnect with the awe that creation inspires:

1. Go on a mindful walk. Take some time to enjoy the little parts of the world around you. Walk slowly and observe. What do you hear, see, and smell?
2. Grow a plant - or a garden! What better way to appreciate creation than by witnessing life? For those with green thumbs, consider starting a garden, or volunteer at a community garden. For those a little wary of their expertise with plants, try an indoor plant!
3. Visit a park. We are lucky to be so close to natural areas like Shenandoah National Park, Great Falls Park, and many smaller parks throughout Northern Virginia, DC and Maryland. Take a hike and explore before the winter chill hits.
4. Try eating seasonally. Experience eating foods that are in season and buy them at your local farmers market. Harmonizing our eating habits with natural cycles can connect us to the Earth and inspire a greater respect for our food.