



Natural Connections at Mercy Center

November 2007

With the fall season, including time changes and falling leaves, we should all be slowing down. However, at Mercy Center we're finalizing our Spring calendar of programs, collecting leaves, pruning trees and putting the gardens to bed. It's a busy time in preparation of the slowness of winter and hibernation.

So on that note, I have had little time to gather thoughts and stories and events for this month's newsletter. I will give more time for December. Thanks for your patience.

I hope you all have time to enjoy and reflect on the bounty of the harvest this week!

Keeping busy,

Sherill Baldwin, Ecology Director at Mercy Center

Upcoming Events & Activities at Mercy Center

- **A Day in Mindfulness**
- **Holiday Herbal Gifts and Goodies**

A Day in Mindfulness

Holiday Herbal Gifts and Goodies

With Jerry Silbert

At Mercy Center
Saturday, December 1
9:30am - 3:30pm
\$45



Join us for a day of mindfulness - a practice to reduce stress and live fully "your one wild and precious life." We will practice clarity of mind, focus, and the non-judgmental observation of experience as it unfolds from moment-to-moment. In a safe, relaxed atmosphere, a variety of mindfulness practices, gentle yoga and meditation will be introduced and guided. Silence will be observed for much of the day. No experience necessary. This retreat is open to anyone who would like to experience the practice and benefits of mindfulness. Wear comfortable slacks and loose fitting clothing. If you have a mat and blanket, bring it (some mats will be available).

Jerry Silbert, MD, trained at Harvard's Mind/Body Medical Institute and at the center for Mindfulness in Medicine at the University of Massachusetts Medical Center. His special interests are in the health of individuals, the health of communities and the health of the environment.

[Register for this program now](#)

Publisher will produce first eco-friendly Bible

Thomas Nelson will publish the world's first eco-friendly Bible later this month. The Charles F. Stanley Life Principles Daily Bible will be certified by the Forest Stewardship Council (FSC) and production will flow from a FSC-certified forest through a paper manufacturer and printer that have FSC chain-of-custody certification.

"Our team is excited to be taking some important steps forward in protecting the resources God has given us," said Michael S. Hyatt, president and CEO of Thomas Nelson, Inc. "Outside of offering eco-friendly products, we are striving to make efforts to implement 'green' practices in our daily activities and have created an internal environmental task force to see this through."

With Cynthia Kazmirsky

At Mercy Center
Saturday, December 8
9:30am - 3:30pm
\$55
Includes lunch and materials



Christmas for the herbalist is considered the fifth season. It is a time to gather the harvest and prepare gifts to share all that Mother Nature has so generously provided. We will focus on the season of giving with the intention of nurturing and relaxing through the typically hectic season. The program will close with a guided meditation.

Cynthia Kazmirsky has played in the woods and swamps and honored the plants and nature since childhood. A child of Slovak farmers, she became aware of the healing spirit of plants and herbal medicines. She has studied with Tom Brown, Jr., attended the Tracker School and herbal studies with Gail Ulrich and Rosemary Gladstar. She now lives in the woods of south central Connecticut and caretakes the land that owns her.

[Register for this program now](#)

The Future of Fisheries: Over-Harvested or Sustainably-Managed?

This year's Curtis and Edith Munson Conservation Lecture Series from the Center for Coastal and Watershed Systems at the Yale School of Forestry and Environmental will focus on sustainable fisheries.

Tuesdays, 5:30 -7:00 p.m
Bowers Auditorium, Sage Hall
205 Prospect St, New Haven, CT

This lecture series will present contrasting views of the state of the world's marine fisheries, explore some of the ecosystem impacts of commercial fishing and review techniques currently used to achieve sustainable

management of exploited marine fish populations.

For more of this article from The Book Standard: Lectures are free and open to the public.

SCHEDULE

November 27, 2007

Louis Botsford, University of California at Davis
Sustainability, Yield and Uncertainty in Fisheries
Management with Marine Protected Areas

December 4, 2007

Andy Rosenberg, University of New Hampshire
Is Improving Fisheries Management Enough or Can an
Ecosystem-Based Approach Make a Difference?

The lecture series is organized by the Yale Center for Coastal
and Watershed Systems (CCWS) and sponsored by the Curtis
and Edith Munson Foundation.

For more information, contact Martha Smith at
martha.smith@yale.edu or 203-432-3026.

For more about this lecture series

NEW ITEMS AT ECOLOGY CENTER

Invasive clams discovered in R.I. waterways

An invasive clam species has been spotted in four Rhode Island waterways, leading environmentalists to wonder about the long-term effects. Native to southern Asia, the small Asian clam can now be found at Tiogue Lake in Coventry, Worden Pond in South Kingstown and the Woonasquatucket and Blackstone rivers.

Environmental officials say the clams can become a problem because they spread rapidly and compete with native species for food. If large numbers of the clams die at once, their rotting remains can turn the water toxic.

For more about invasive clams article in RI



A few of our many new books at the Ecology Library

The Women in God's Kitchen

by Cristina Mazzone

Black Elk Speaks by John G.

Neihardt

The Herbal Home Remedy

Book: *Simple Recipes for*

Tinctures, Teas, Salves, Tonics and Syrups by Joyce A.

Wardwell

The Tao of Physics by Fritjof Capra

Thinking Like a Mountain: Towards a Council of All Beings

by John Seed, Joanna Macy, Pat Fleming and Arne Naess

New magazines at the Ecology Center:

Orion (Nov-Dec 2007)

What is Enlightenment (Oct-Dec 2007)

Natural Home (Nov-Dec 2007)

E-The Environmental Magazine (Nov-Dec 2007)

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Mercy Center is a conference and retreat center for human development. The Ecology Program is supported with funds from the Mercy Northeast Community, Mercy Action, ministry funds from Mercy RI and Mercy VT and Erwin C. Bauer Charitable Trust Fund.

"So tell me what it is you will do with this one wild and precious life?" -- Mary Oliver

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