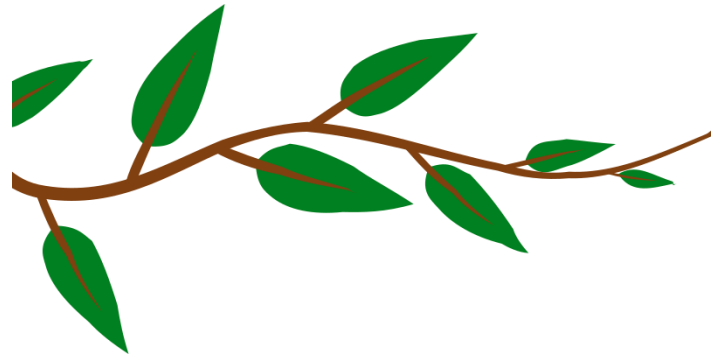


Deepening Our Ecological Consciousness

An Annotated Resource List

- Science/Cosmology
- Spirituality/Theology
- Economic/Social/Political
- Psychology/Shifting Consciousness



Books

- *Active Hope: How to Face the Mess We're in without Going Crazy*

By Joanna Macy and Chris Johnstone (2012)

The challenges we face can be difficult even to think about. Climate change, the depletion of oil, economic upheaval and mass extinction together create a planetary emergency of overwhelming proportions. *Active Hope* shows us how to strengthen our capacity to face this crisis so that we can respond with unexpected resilience and creative power.

- *Ask the Beasts: Darwin and the God of Love*

By Elizabeth A. Johnson (2014)

From the preface: "Johnson addresses the ecological crisis of this time. She invites the reader into a dialogue between Charles Darwin's account of the origin of species and the Christian story of the ineffable God of mercy and love recounted in the Nicene Creed. The goal: to discover that love of the natural world is an intrinsic part of faith in God, to practical and critical effect."

- *This Changes Everything: Capitalism vs. The Climate*

By Naomi Klein (2015)

Klein exposes the myths that are clouding the climate debate. We have been told the market will save us, when in fact the addiction to profit and growth is digging us in deeper every day. We have been told it's impossible to get off fossil fuels when in fact we know exactly how to do it—it just requires breaking every rule in the "free-market" playbook: reining in corporate power, rebuilding local economies and reclaiming our democracies.

●● *Ecology and Liberation: A New Paradigm*

By Leonardo Boff (1995)

Though written 21 years ago, Boff addresses key issues of the 21st century. He links oppressive social, political and economic systems with the oppression of Earth. Boff asserts that it will require a revolution of the mind for humankind to restore our broken relationship with nature.

● *Ecology at the Heart of Faith*

By Denis Edwards (2006)

This book reveals how humanity and the world are together being made into the image of God and breaks down the separation between mysticism, theology, prophecy, poetry and science.

● *The Great Work: Our Way into the Future*

By Thomas Berry (1999)

In one of the basic texts for understanding the new story of the universe, Berry calls us all to decide how we will participate in the Great Work.

●● *The Hidden Heart of the Cosmos*

By Brian Swimme (1999)

In this short and nontechnical book, Swimme invites the reader to explore what it means to be human today given our knowledge of the universe. His sense of the sacred comes through in descriptions of the sun and its qualities, concepts like the “all-nourishing abyss” and in activities that will allow a person to experience the whirling solar system.

●● *The Journey of the Universe: The Epic Story of Cosmic, Earth and Human Transformation*

By Brian Swimme and Mary Evelyn Tucker (2014)

<http://www.journeyoftheuniverse.org/>.

This little book tells the story of the universe from an inspired new perspective, weaving the findings of modern science together with enduring wisdom found in the traditions of the West, China, India, and indigenous peoples. This book is part of a larger project that includes a documentary film, an educational DVD series and a website.

●● *Making All Things New: Catholicity, Cosmology, Consciousness*

By Ilia Delio (2015)

Delio introduces a new paradigm for being Catholic: catholicity, a conscious awareness of how everything – the sun, moon, stars, Kepler, Saturn, maple trees, muddy rivers, amoeba, bacteria and all people of the Earth – form a whole.

●●●● *Spiritual Ecology: The Cry of the Earth*

Ed. Llewellyn Vaughn-Lee (2013)

This collection of essays by spiritual and environmental leaders from across the globe offers challenging perspectives. Writers make a strong link between the present ecological crisis and our lack of awareness that we are part of the sacred web of life.

● *Worship and the New Cosmology: Liturgical and Theological Challenges*

By Catherine Vincie, RSHM (2014)

This book serves as a fresh voice in the dialogue between contemporary science and Christian theology. As past president of the North American Academy of Liturgy, Vincie includes some practical models for integrating the new cosmology into liturgical practice.

Videos/DVDs

● *The Awakening Universe*

By Neil Rogin (2006)

A powerful 15-minute film by based on *The Universe Story* by Thomas Berry & Brian Swimme

● *What is Biomimicry?*

By Janine Benyus (2011)

<https://www.youtube.com/watch?v=FBUpnG1G4yQ>

A two-minute awe inspiring view of nature's wisdom

● *Flow: How Did a Handful of Corporations Steal our Water?*

By Maude Barlow and Vandana Shiva (2008)

The award-winning 84-minute documentary investigation into the world water crisis

● *How Wolves Change Rivers*

https://www.youtube.com/embed/ysa5OBhXz-Q?feature=player_embedded

Enjoy this 4-minute video on how just one animal has changed the environment.

● *The Journey of the Universe: The Epic Story of Cosmic, Earth and Human Transformation*

By Brian Swimme and Mary Evelyn Tucker (2011)

<http://www.journeyoftheuniverse.org/>

This 60-minute documentary explores the human connection to Earth and the cosmos. It weaves a tapestry that draws together scientific discoveries in astronomy, geology, biology, ecology and biodiversity with insights concerning the nature of the universe. This documentary is part of a larger project that includes a book, an educational DVD series and a website.

● *Journey of the Universe Conversations*

Mary Evelyn Tucker (2015)

<http://www.journeyoftheuniverse.org/ed-series-previews/>

This DVD set, consisting of 20 30-minute episodes, is designed to accompany the *Journey of the Universe* film, book and curriculum. It can be used for study in classrooms, community centers, discussion groups and conferences.

Periodicals

● *Yes! A Journal of Positive Futures*

www.yesmagazine.org

This magazine provides hopeful stories of the innovations and people addressing the critical challenges of our times. Reading it will connect you to others who believe and act to create a peaceful, just and sustainable world.

Articles/Study Guides

●● *Laudato Si': On Care for Our Common Home*

By Pope Francis (2015)

http://w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

This appeal from Pope Francis is addressed to “every person living on this planet. It is an invitation to inclusive dialogue about how we are shaping the future of our planet.”

●● *Laudato Si' and Vatican III*

By Ilia Delio (2015)

<http://globalsistersreport.org/column/speaking-god/laudato-si-and-vatican-iii-34616>

Delio offers initial and useful insight and critiques the frameworks employed in the encyclical, specifically its overall philosophic and scientific outlook. These frameworks touch on both cosmology and evolution, on the place of humanity and the rise of consciousness. Her comment leads to understanding better the full import of really bridging the worlds of science and religion.

●● *A Primer on Sustainability*

By the Intercommunity Peace and Justice Center (2015)

http://www.ipjc.org/Sustainability_booklet.pdf

This study guide introduces the basics and history of sustainability. Use this resource and develop your lexicon of sustainability.

Experiential Resources

Build a Fairy House

By Clifford Dean Scholz

<http://greenhandinitiative.blogspot.com/2012/09/fairy-houses.html>

Find a little place ... and love it.

Carbon Fast for Lent

By Michigan Interfaith Power and Light (2016)

<http://www.miipl.org/wp-content/uploads/2014/02/Calendar.pdf>

This calendar suggests easy actions you can take each day during Lent to reduce your carbon footprint.

Experience the Whirling of the Solar System

See Book Resources: *Hidden Heart of the Cosmos* by Brian Swimme (1999)

This activity can be found on pages 26-30.

Celebrate differently

By The Center for a New American Dream's Beyond Consumerism Campaign

<https://www.newdream.org/programs/beyond-consumerism>

Resources for redefining prosperity and reducing consumption including the "So Kind" alternative gift giving registry and a guide to simplifying holidays

Coming Back to Life: Practices to Reconnect Our Lives, Our World

By Joanna Macy and Molly Young-Brown (1998)

This book is a good resource for guided meditations and other group exercises.

Earth's Echo: Sacred Encounters with Nature

By Robert Hamma (2002)

Spend an hour (or a week) reading the book of nature: the shore, the forest, the desert, the river or a mountain. Explore some poetry or music – perhaps something from another culture.

Consider the connections. Take something of its consciousness into you.

IHM self-guided audio tours: "Listen and Learn"

http://ihmsisters.org/wp-content/uploads/2015/12/IHM_SES_Audio_3-15-revised.pdf

Use headphones to listen to recordings describing features of the IHM Motherhouse campus as a "learning lab for sustainability."

Stroll the Detroit River Walk, the River Raisin or the banks of another body of water near you.

Visit (or observe from your window) a member of your natural kin (squirrels, tree, a nest, etc.)

- Track it over a period of time.
- Talk to it and listen to what it is saying to you.
- Create an art piece from your dialogue

Visit a botanical garden

- Hidden Lake Gardens <http://hiddenlakegardens.msu.edu/>
- WJ Beal Botanical Garden <http://www.cpa.msu.edu/beal/>
- Matthaei Botanical Gardens and Nichols Arboretum <http://www.lsa.umich.edu/mbg/>
- Frederick Meijer Gardens and Sculpture Park <http://www.meijergardens.org/>