



North Carolina Interfaith Power & Light

a program of the NC Council of Churches

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Show love for Earth this Valentine's Day

North Carolina Interfaith Power & Light Earth Sabbath Celebration –Chapel Hill/Durham*

Show love for Earth this Valentine's Day



The Earth matters.

Don't let this day of celebration be about consuming Earth's wealth and trashing it as we do so.

Let's co-create marvelous ways to share gifts and love
with the planet and with all beings.



Nancy Carnes is a permaculture instructor trained in Transition Initiatives. She is a facilitator trainer for the Pachamama Alliance Awakening the Dreamer, Changing the Dream Symposium, a member of the United Religions Initiative Global Environmental Cooperation Circle, and a member of the ERUUF Earth Justice Team. A former interfaith workshop leader for the Mastery Foundation and former monastic, Nancy loves facilitating NC IPL Earth Sabbath Celebrations.

Show love for the Earth this Valentine's Day

Altar: Green Dragon amid pinecones and small rocks

Welcome to our NC Interfaith Power & Light Earth Sabbath Celebration tonight. I'm Nancy Carnes, and I will be facilitating these celebrations the 2nd Tuesday of each month.

Earth Sabbath Celebrations are one of North Carolina Interfaith Power & Light's (NCIPL) four programs. Our intention is for this to be an interfaith celebration that provides those of us who love the earth with a place for connection, sharing and replenishing our spirits.

We as a staff and team of volunteers try to create an interfaith space at each service. You are invited and encouraged to share your gifts and creativity in helping this Earth Sabbath Celebration to evolve. If you feel moved to contribute in any way, let me know!

I'm glad that each of you is here tonight.

Theme: **Show love for Earth this Valentine's Day**

We don't always see the Earth in the throes of our many activities.

I think we are like unweaned juveniles still unconsciously sucking at the teat while wounding our mother egregiously. I would love for all of the Earth family to awaken and learn to show love appropriately.

St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. The most popular martyrology associated with Saint Valentine was that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. During his imprisonment, he is said to have healed the daughter of his jailer Asterius. Legend states that before his execution he wrote "from your Valentine" as a farewell to her.

Valentine's Day, February 14, has evolved (devolved) into something quite different. Expressing love is good. But like many holidays, its celebration can create unintentional environmental side effects, such as the consumption of natural resources and the generation of solid waste.

Valentine's Day 2011, we reportedly consumed

- **196 million roses**
- **141 million Valentine's Day cards**
- **And spent \$15.7 billion**

Are we insane? What was the global impact of that on the Earth?

7 – 7:30 Community Building Exercise

Get into pairs or groups, depending on numbers (or stay in circle).

Introduce yourselves, and then discuss the following questions: (15 min)

- What does Valentine's Day mean to me?
- Do I have any expectations for this Valentine's Day?
- Is there anyone or any being I wish to express my love for on this day?

[U.S. Fish & Wildlife Service in TN](#), [TN Natural Areas Program](#), [TN Sustainable Tourism](#), and [U.S. National Parks in TN](#).

Arrange dinner at a local restaurant that specializes in organic or locally-grown food, or make your own romantic meal with locally-grown ingredients. Eating locally reduces the number of miles that your food travels to you and supports local establishments. Cooking your own meal will also save gas and money while avoiding greenhouse gas emissions.

Commit to going green at work and home. Several easy ideas include turning lights off when leaving the room, shutting down your computer at the end of the day, creating a dedicated home recycling area, washing only full loads of dishes and laundry, moderating your thermostat when leaving your house or office for extended periods of time, unplugging appliances not in use, and printing or using both sides of paper when possible.