

THE WAVE

A FORCES OF NATURE NEWSLETTER

FORCES OF NATURE IS GREENDALE
COMMUNITY CHURCH'S ENVIRONMENTAL
GROUP. AS AN ENVIRONMENTALLY
CONSCIOUS CHURCH, WE STRIVE,
COLLECTIVELY AND INDIVIDUALLY, TO BE
GOOD STEWARDS OF NATURE AND THE
ENVIRONMENT WHILE ALSO ADDRESSING
CLIMATE CHANGE. WE PLAN TO ACHIEVE
THIS THROUGH EDUCATION AND ACTION
ORIENTATED, PROJECT BASED ACTIVITIES.

<input type="checkbox"/>	WHO ARE WE?
<input type="checkbox"/>	ECO-FRIENDLY EASTER
<input type="checkbox"/>	HEALING NATURE
<input type="checkbox"/>	NEWS AND ECO-TIPS
<input type="checkbox"/>	
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[WWW.FACEBOOK.COM/GCC
FORCESOFNATURE](http://WWW.FACEBOOK.COM/GCCFORCESOFNATURE)

[WWW.GREENDALE
COMMUNITYCHURCH.ORG/
FORCESOFNATURE](http://WWW.GREENDALECOMMUNITYCHURCH.ORG/FORCESOFNATURE)

Upcoming Classes

3/28: THE HEALING POWER OF NATURE:
USING SPRING PLANTS FOR HEALING • 10:00AM

follow us



How to celebrate

ECO FRIENDLY HOLIDAYS

HOW CAN WE REDUCE OUR IMPACT AND STILL ENJOY ALL OF OUR FAVORITE EASTER TRADITIONS? IS THERE A WAY TO HAVE A SUSTAINABLE EASTER?

- MAKE NATURAL EASTER EGG DYE: SKIP THE ARTIFICIAL COLORS AND MAKE YOUR OWN DYE. IT'S EASIER THAN YOU THINK: WWW.BHG.COM/HOLIDAYS/EASTER/EGGS/NATURAL-EASTER-EGG-DYES/
- USE A REUSABLE EASTER BASKET
- DITCH THE PLASTIC EASTER EGG "GRASS": OPT FOR SHREDDED PAPER INSTEAD.
- IF USING PLASTIC EGGS, REUSE THEM OR REPURPOSE THEM.
- DON'T WASTE YOUR EGGS: EAT THEM AND COMPOST YOUR EGG SHELLS

PLANT BASED RECIPE OF THE MONTH

VEGAN "EGG" SALAD

1 CONTAINER FIRM TOFU

VEGAN MAYO (I LIKE AVOCADO OIL VEGANAISSE)

SCALLIONS, CHIVES, PICKLES (WHATEVER YOU WOULD PUT IN YOUR EGG SALAD)

YELLOW MUSTARD

PAPRIKA

BLACK INDIAN KALA NAMAK SALT (NOT NECESSARY BUT GIVES EGGY FLAVOR)

WRAP TOFU IN A LIGHT TOWEL AND PRESS FOR ONE HOUR.

SHRED WITH FORK.

ADD REST OF INGREDIENTS TO YOUR LIKING.



Healing Nature with Wendy



SPRING TIME BRINGS LILACS, HYACINTHS, CROCUSES, TROUT LILY, AND . . . WEEDS. DID YOU KNOW QUITE A FEW WEEDS ARE MEDICINAL? MANY PEOPLE HATE GROUND IVY, ALSO KNOWN AS CREEPING CHARLIE (LATIN: GLECHOMA HEDERACEA), BECAUSE IT CAN TAKE OVER YOUR LAWN. HOWEVER, THIS LITTLE PLANT HAS SOME BIG HERBAL POWER.

GROUND IVY IS PART OF THE LAMIACEAE (OR MINT) FAMILY—ONE OF THE SAFEST MEDICINAL FAMILIES, KNOWN BY THEIR SQUARE STEMS AND OPPOSITE LEAVES (AND TYPICALLY STRONG AROMAS). THAT SAID, PLEASE ALWAYS BE SURE YOU HAVE CAREFULLY IDENTIFIED YOUR PLANT.

GROUND IVY IS A LYMPH MOVER WITH AN AFFINITY FOR THE HEAD—THE EAR, NOSE, AND THROAT AREA. THE LYMPH DOESN'T HAVE A "PUMP" (LIKE THE BLOOD HAS THE HEART) SO RELIES ON OUR PHYSICAL MOVEMENT FOR CIRCULATION. LYMPH MOVEMENT HELPS US CLEAN TOXINS AND OTHER "GUNK" OUT OF OUR BODIES AND LYMPH MOVING HERBS LIKE GROUND IVY CAN HELP, ESPECIALLY AFTER WE'VE BEEN STUCK INDOORS FOR THE WINTER.

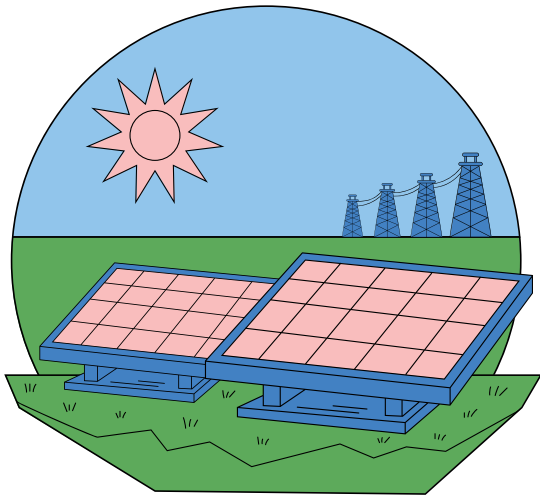
GROUND IVY ALSO EXCELS AT ADDRESSING DIFFICULTIES WITH CONGESTION, A PLUGGED HEAD, ALLERGIES, SINUS ISSUES, EVEN AS A SUPPORTIVE HERB FOR SINUS INFECTIONS. GROUND IVY IS OFTEN RECOMMENDED FOR TINNITUS—THOUGH YOU WOULD NEED TO WORK WITH IT DAILY OVER A LONG PERIOD TO SEE AN EFFECT. IT DOESN'T WORK ALL THE TIME, BUT IT'S WORTH TRYING.

I'VE COLLECTED SOME GROUND IVY FROM OUR YARD AND GROW IT IN POTS, WHERE I CAN CONTAIN IT (LIKE OTHER MINTS, IT LOVES TO SPREAD). SO BEFORE YOU USE PESTICIDES, CONSIDER MAKING A TINCTURE OF GROUND IVY INSTEAD! (HOW TO MAKE TINCTURES:

[HTTPS://BLOG.MOUNTAINROSEHERBS.COM/GUIDE-TINCTURES-EXTRACTS](https://blog.mountainroseherbs.com/guide-tinctures-extracts)).

News and Eco-Tips

SOLAR UPDATE



EXCITING TO SEE THAT THE INSTALLATION OF THE SOLAR POWER SYSTEM HAS BEGUN. TO OUR KNOWLEDGE, WE ARE THE FIRST BUSINESS IN GREENDALE TO GO SOLAR. THIS IS A HUGE WITNESS TO THE COMMUNITY. WE ARE VERY PROUD THAT GCC HAS CHOSEN TO GO WITH A CLEAN ENERGY OPTION. THANK YOU TO ALL OF THOSE WHO LED WITH VISION ON THIS PROJECT. ARE YOU INTERESTED IN SOLAR FOR YOUR RESIDENTIAL NEEDS? IF SO, CONTACT ARCH SOLAR TODAY TO TAKE ADVANTAGE OF THE DEALS THAT THEY ARE GIVING MEMBERS AND FRIENDS OF GCC.

HAVE YOU TRIED SUNDAY LAWN CARE YET?

CLEAN, RESPONSIBLE, COST CONSCIOUS LAWN CARE FOR ALL YOUR LAWN NEEDS IS ONLY ONE CLICK AWAY AT SUNDAY. IT'S EVERYTHING YOU NEED TO GET THAT LUSH LAWN YOU'VE DREAMED OF—WITHOUT ALL THE TOXIC STUFF. CUSTOMIZED FOR YOUR YARD, YOUR SOIL, YOUR NEEDS. AND THERE'S ZERO GUESSWORK. YOUR SUBSCRIPTION INCLUDES SEASONAL SHIPMENTS WITH EVERYTHING YOUR LAWN NEEDS TO THRIVE. ALL YOU HAVE TO DO IS GRAB A HOSE. CHECK THEM OUT AT WWW.GETSUNDAY.COM