**Ceremony to Honor Our Relationship with the Earth:**

**The Joy of Giving Back**

**Intro:** **(3 min)** Climate change affects not only the environment, but our hearts. Through this ceremony, we hope to deepen our sense of connection with each other and with the Earth.

The Earth has given us everything: Our homes, the air we breath, the food we eat, the water we need to survive, our families and communities, ourselves. We are of the Earth.

How do we honor our relationship with the Earth? To be in relationship, we not only receive gifts, but there is great joy in giving gifts as well. **This flow of giving and receiving is called Reciprocity.**

**In this brief ceremony, we invite you to ask yourself**

* **“How might I give back to the Earth?**
* **“What is my unique way of caring for the Earth?”**
* **“What is my role as a Steward of the Planet?”**

We are One Earth Family and Community. Each of us has a unique role to play in the interconnected web of life, a unique gift to offer back to life.

Imagine you are a tree, and let your roots push gently down into the Earth. Feel the support, nourishment, and connection it gives you. Reach up and feel your branches moving towards the sun, and breathing carbon dioxide in, and oxygen out. Trees give the gift of oxygen and life to many species, including us.

Now feel into your hearts and be curious. **As you feel into the reciprocity of life**, of the generous flow of giving and receiving, **see what arises as your particular gift back to Life, to the Earth, or to your family and community** (who are all part of the Earth too).

Some ideas for giving back include:

* **Honor your connection to the Earth through prayer, meditation, song, or dance…do it in the forest, or on the beach as an offering. Let the Earth know your gratitude.**
* **Plant a seed and care for it as a sacred act.** Take care of a garden or one little piece of land…connect with it, get to know it intimately…see what you learn by caring for it.
* **Join a Group that cares for the Earth**
	+ “The most important thing an individual can do for climate change is be less of an individual. Join together with other people in movements large enough to effect changes in policy and economics that might actually move the system. You can’t do it alone anymore, one lightbulb at a time.” *Bill McKibben*
	+ Many groups tabling here today
* **Make Your Voice Heard Regularly on behalf of the Earth**-sign petitions and call your elected officials regularly to tell them you care about the Earth.
* What does a life-sustaining future look like to you? Talk about this with your family and friends….dare to imagine, and then share that.
* Visit nature regularly and find a special spot to befriend and really get to know…wonderful gifts will abound from this.
* Try plant-based cooking and eat less meat-this is good medicine for the Earth.

**Ceremony: (6 min)**

***Our Sangha hands out a redwood cone and sunflower seed to each person***

* *Question: What is your particular gift to offer back to the Earth, to the flow of life? What might you offer to create a life-sustaining future?*
* **Please offer your gift to your redwood cone and your sunflower seed.**

***Brief Sharing (6 minutes).***To keep the ceremony brief, we invite people to come forward and say 1-2 words about their gift or offering, or make your offering in silence.

***Closing (1 minute)***

Thank people for their sharing. Guide people to our nearby Listening Stations for further activities and discussions about the Earth.

**More about the Listening Stations.** After the ceremony, everyone will have an opportunity to share more deeply about their feelings about the Earth and visions for a more life-sustaining future at our Listening Stations Booth.

We have a team of people that will be staffing Listening Stations. There, people will have an opportunity to be listened to with full attention for 10-15 minutes by people who are committed to holding space to support others around the environmental crises.

***Closing Song…if time allows:***

*Earth my Body*

*Water my Blood*

*Air my Breath*

*Fire my Spirit*