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In catechism, we are taught that God is omnipotent, omniscient and omnipresent – God is all powerful, knows everything, and is everywhere at every moment. What is our reaction to these mighty attributes of God? Reverence, awe, fear. We hesitate to approach, and when we do, we are compelled to bow down and worship. At Christmas, however, we do not encounter this mighty God. Whom we find is an infant – a vulnerable baby in a manger. A baby who, like any other, needs to be fed and cared for. We are drawn to this baby. We still have reverence, we still have awe, but we do not have fear. We still bow down and worship, but we do so with joy, gratitude, pity even; for we know that this baby is destined to die an excruciating death. God becomes mortal like us, so that someday, we become immortal like God.

But it isn't just us who are drawn to the baby in the manger. In our nativity scenes, the sheep adore the baby as well; we find cattle, donkeys and camels too! A bright star guides towards the baby lying on hay. Incarnation is God becoming flesh in intimate connection with all of creation. His eventual death brings life for all. All of creation is saved. Scripture teaches us this implicitly, such as in the prophecy on the 'Righteous Reign of the Branch' (*Isaiah* 11:6-9). One of the most explicit teachings comes from Saint Paul, who wrote that creation itself will "obtain the freedom of the glory of the children of God" (*Romans* 8:21). It's unlikely that Saint Paul ever comes to mind when we think of ecological stewards, but he knew that creation journeys to God with us.

All of us are as vulnerable as the baby in the manger. We are intimately connected with God, each other and with creation, and we need to foster all these relationships to thrive. May we welcome our vulnerability with the understanding that it does not make us weak, but makes us more open to our interdependence with creation and our reliance on God. May we accompany creation and let creation accompany us on our journey to God.

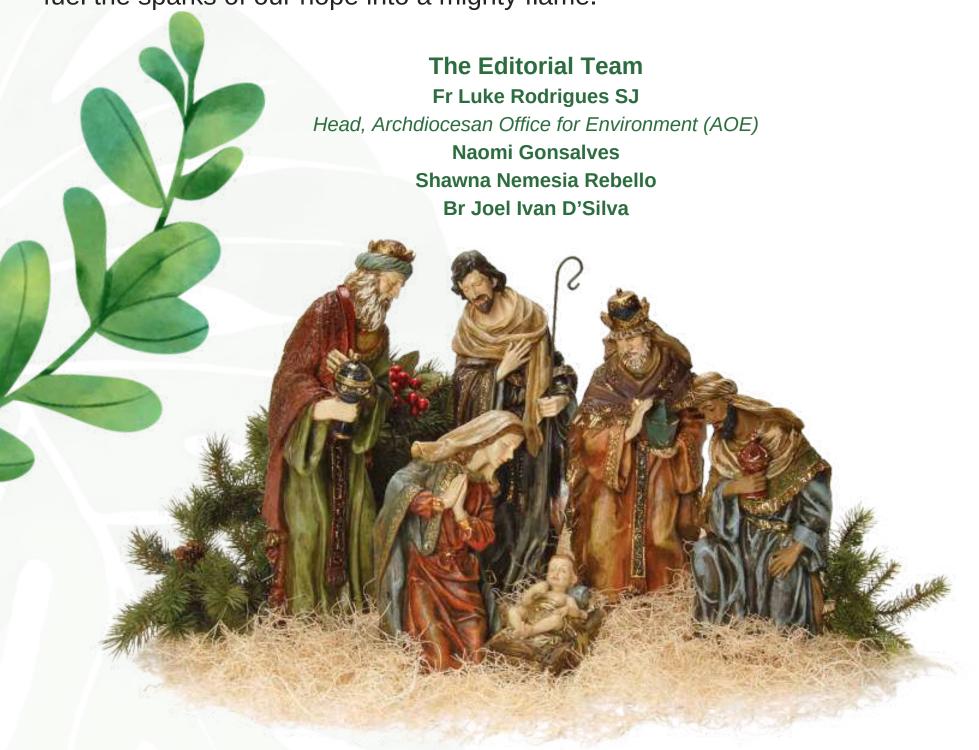
Have a blessed Christmas season!



The COP29 summit at Baku, Azerbaijan, ended with no progress made in climate negotiations. At a time when we urgently need clear commitments from world leaders, the absence of any real progress could lead us to get cynical and pessimistic. We get overwhelmed in the face of such large problems and begin to despair whether we can really make a difference.

The Jubilee Year with its theme *Pilgrims of Hope* encourages us to chose hope over despair. This is a hope that is born of faith, but it is also rooted in concrete signs that shine as beacons of light in the midst of the gloom around. We have the inspiring examples of eco activists who hold fast to their convictions in the face of ridicule and criticism. Committed individuals are opting for minimalist lifestyles based on re-use and thrift. Students all over the world are expressing a keen desire to care for the planet. In some countries, laws are being put in place to hold polluters accountable. Faith leaders are increasingly urging their followers to be more proactive in caring for the earth. And of course, there is the innate resilience and regenerative capacity of nature which enables the earth to bounce back after innumerable disasters.

The hope that we receive from the above examples is intensified at the time of Christmas. Unknown and unheralded, the greatest enterprise in history begins in a stable, in the company of farm animals. Immanuel – God with us – is the surest guarantee that the natural world is worth saving and will be saved. May this belief fuel the sparks of our hope into a mighty flame.





### **AOE DIARY**

In 2024, we at the AOE opted for "Less is More" – conducting less sessions, but with the hope that our work would have more of an impact!

Certificate Course for Eco Ambassadors

In February, we presented certificates of completion to 18 participants from the 2023 batch and conducted sessions in September and October for the 2024 batch. Our Eco Ambassadors are pivotal in carrying forward the ecological mission in the Church in their parishes and in the community.

**Pastoral Ministry** 

Since 2023, the AOE is assigned a seminarian for pastoral work during the academic year from the second year of philosophy batch. Br Joshua D'Souza completed his ministry with us in March, and we welcomed Br Joel Ivan D'Silva in June. Sr Meltina Munis from the Society of the Daughters of the Heart of Mary (DHM) interned with us from June to October. All three have been integral members of our team — from conducting sessions and eco surveys of parishes to organising events and reporting.

#### Season of Creation

The celebration of this five-week ecumenical season (1st September to 4th October) has become a priority. In 2024, Cardinal Oswald Gracias, Archbishop of Bombay, published an official, and we at the AOE reached out to a parish in every Deanery to celebrate with special liturgy at a regularly scheduled Sunday Mass. Every parish we approached obliged us, as did the Catholic Communication Centre and *The Examiner* – their wide reach garnered publicity for these Masses. This marked a significant step in fostering ecospirituality in the Archdiocese of Bombay.

We collaborated with the Salesian Youth Movement – Mumbai for **Eco Canticles**. This event, which took place on 21st September at the Don Bosco International School Auditorium in Matunga, was our highlight of 2024. We celebrated creation with drama, music and dance, albeit with the expectation that this celebration would inspire an even more concrete response to the cry of the earth, the poor and the young. A photo collage from Eco Canticles is on the next page, and we are deeply grateful to our Salesian collaborators and to everyone who made this event possible.

### Miscellaneous

In June, we organised a get-together for singles to explore their participation in the ecological ministry. We continue to conduct sessions and retreats throughout the year on request.

#### 2025

Our planning group has begun charting the course for the new year. Our first event will be a reunion of Eco Ambassadors – scheduled for Sunday, 19th January 2025 from 4-7PM at the Salvation Seva Kendra Hall in Dadar – all Eco Ambassadors are requested to be present. This will be an occasion to celebrate what we have done and to pool in our energies to scale up our efforts.



























Viocese Viary



Sophia Peters | Our Lady of Mercy, Pokhran



decorations and ornaments from discarded material and other recyclable waste like

CDs, fabric scraps, punctured cycle tyres, broken umbrellas, old boxes, etc.

The judges for the event were *Ms Shawna N Rebello and Br Joel D'Silva* from the *Archdiocesan Office for Environment*. They evaluated the entries based on creativity, effective use of waste material, use of ecofriendly material and fit to the theme of *Renewed, recycled, reborn*. They were impressed with the involvement, participation and creativity of the participating zones, making it a challenging task to select the top three winners. The judges opined that this was a wonderful way to encourage people to think creatively about waste management and sustainability.

The event served as a powerful reminder of the importance of reducing, reusing, and recycling waste, which aimed to promote sustainability of our environment. It also encouraged community bonding and artistic expression. One of the ways we at OLMC celebrated the Season of Advent, a time to prepare our hearts for the coming of Christ, was by coming together as a community to show our love and concern for the environment and encourage people to think creatively about reusing waste material, raise awareness among people of the importance and our duty to sustain and preserve nature. All parishioners look forward to many more such innovative initiatives in the future.









Bougainvillea, Mogra, Mango and Jamun were planted at Divya Kripa Church, Prem Dan, Sector 5 Garden, Society, Convent of Jesus and Mary (CJM) School along with trimming of trees outside Gate No. 4 and 5 of CJM and the road divider.



## Educating the Young: Paving the Path to Protect Our Common Home

### Giselle D'Souza and Vincy Nadar | St Teresa's Institute of Education, Santacruz



A transformative celebration unfolded at the All Mumbai Interschool and Intercollegiate Environment Fest 2024, hosted by St Teresa's Institute of Education, where students from 70 schools and colleges showcased their ideas to combat environmental crises. The fest served as a vivid reminder that educating children about sustainability from their early years is essential to safeguarding our planet.

The fest began with an inaugural ceremony with inspiring messages from Fr Luke Rodrigues SJ (Head - AOE) and Sr Louella, Manager of St Teresa's Institute of Education on the urgency of empowering youth and the pivotal role of education in nurturing a sustainable future. Prof. Dr Giselle D'Souza, Principal In-charge of St Teresa's Institute of Education, emphasised the critical role of empowering young people to take charge of their future. The fest then unfolded with a series of dynamic events that showcased the creativity and commitment of young minds:

- Street Treat shed light on global and local environmental problems, inspiring communities through impactful street plays
- Capture Nature reminded everyone of the beauty worth protecting and the stark reality of environmental degradation
- Working Models displayed tangible solutions, with students crafting innovations such as water purification systems and solar energy devices
- Rap Around the World saw young artists blending music with powerful ecological messages
- Environpedia, an engaging quiz, tested the participants' understanding of global environmental policies and practical solutions

From Ted-Talks to Chart Making, the day's events focused on a singular message: 'Today's youth are tomorrow's saviours of the planet, equipped to take bold steps if nurtured with care and wisdom'. This fest underlined the need for schools and colleges to integrate sustainability into their curricula. It also demonstrated the importance of collaboration, with schools and colleges working together to inspire action, exchange innovative ideas and share knowledge. St Paul's Convent High School emerged as the Best School, while Hansraj College of Education claimed the title of Best College for their collective efforts in redefining conservation strategies.

The All Mumbai Environment Fest 2024 not only was a clarion call to nurture future generations as guardians of the Earth, but also highlighted the transformative impact of environmental education. As the young voices echoed their commitment to preserving our planet, one thing became clear: the journey to protect our common home begins with them, and the seeds of hope sown today will bloom into a greener, brighter future.



# Seminary E-Waste Drive Br Joel Ivan D'Silva | St Pius X College, Goregaon (East)



On 13 September 2024, St Pius X College, Mumbai, organised an inspiring E-Waste Drive, a meaningful step towards environmental conservation and sustainability. The event brought together seminarians and staff, all working towards a common goal of promoting Eco-Awareness and responsible E-Waste Management. This initiative responded to the growing issue of electronic waste, which, when improperly disposed, poses significant threats to our environment. The event was marked by active participation, wherein seminarians enthusiastically worked together to dismantle old electronic equipment. Young hands worked with precision and care, ensuring that every component was properly separated and collected for recycling. This effort emphasised the importance of community-driven actions in tackling environmental issues. E-waste, which includes discarded items like computers, monitors, keyboards, cables, and other electronic devices, contains materials that are both valuable and hazardous. Items collected during the drive, as shown in the subsequent images, highlight the vast quantity and variety of electronics that were turned in by the community. The sight of piled-up electronics inside the storage truck was both an eye-opener and a testament to the success of the drive.

One of the key goals of the event was to educate the community about the importance of e-waste recycling. These include the leaching of toxic substances into the soil and water, which can harm ecosystems and human health. E-waste collected during the drive was handed over to a certified recycling facility. This ensured that the waste would be processed safely and sustainably. The initiative aligned with the seminary's commitment to caring for creation, echoing Pope Francis' call in *Laudato Si'* to protect our "common home". The spirit of collaboration seen in the photos speaks volumes about the willingness of individuals to make a difference when given the opportunity. It is events like these that remind us of the power of small actions in creating significant change. By leading such efforts, the seminary reinforces its role as a steward of God's creation, inspiring others to join in this vital mission. The success of this initiative encourages everyone to take individual responsibility for our planet, helping to create a cleaner, greener, and more sustainable future for all.



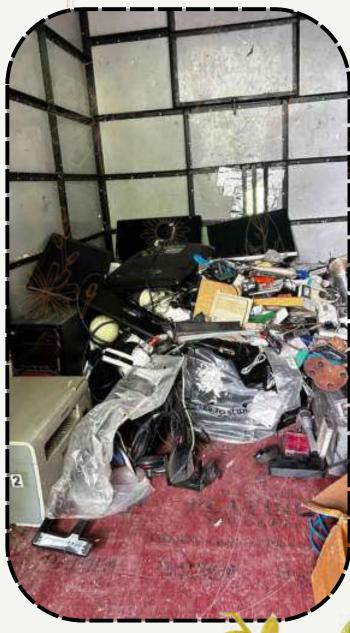
Viocese Viary

**E- Waste Drive at Goregaon Seminary** 













### Plant a Tree to Remember a Life Well Lived

Andrews Williams - Eco Ambassador | Our Lady of Salvation, Dadar (West)



The Salvation Green Cell (SGC) decided to propose a hint of a change in the status quo on how we remember the souls of our departed family members on All Souls' Day. Whether it be bright vibrant flower arrangements or candles or pictures laid out on graves, everyone wants to ensure that we never forget those who have departed before us. However, on 1st – 2nd November 2024, an array of plants and saplings, both floral and herbal, were made available at the entrance to the cemetery via the SGC. Instead of the traditional practice of placing flowers, we encouraged our congregation to donate and place potted plants on the graves. This initiative not only paid tribute to the departed but also contributes to the environment in a lasting and impactful manner. It was poetic of course, that where we remember the dead, new life can begin and flourish.

Flowers, while beautiful and symbolic, have a short lifespan and often require significant resources to grow, transport, and maintain. In contrast, planting trees and plants offers numerous environmental benefits that extend far beyond the initial act of planting. All Souls' Day is a time for reflection, remembrance, and honouring the lives of those who have passed away. By planting trees and plants, we are not only paying tribute to our loved ones but also contributing to a healthier and more sustainable world for future generations.

In all, close to 350+ saplings were purchased at a nominal rate from the SGC and placed by parishioners, with no loss in reverence or respect for their departed loved ones. It was a beautiful sight to behold potted plants across graves rather than just flowers. Of course, some chose to honour the time-bound tradition of placing flowers, but hopefully in time, every one will see the possibility of growth over the temporary beauty of flowers. For those who requested for it, we collected the plants and replanted them in one corner of the cemetery.

What's even more encouraging is that the SGC initiative received lot of awareness and some media coverage as well, thus spreading the news across parishes in Mumbai. Hopefully, the seed of a thought in one parish spreads like the green cover of a jungle to all parishes.

He/She who plants a tree, plants a hope – Lucy Larcom





### All Souls' Day at Our Lady of Salvation, Dadar West









**GREEN Vol 11 | Issue 1** 

# Hydroponics Workshop at Don Bosco Senior Secondary School, Nerul Annie Gomez - Eco Ambassador | Our Lad

Annie Gomez - Eco Ambassador | Our Lady of the Visitation, Nerul



On 23 October 2024, the Eco club students of Don Bosco Senior Secondary School, Nerul, participated in an engaging and insightful hydroponics workshop conducted by *Mr Abhijit, a representative from Enrich Eats*. The workshop, organised as part of the Climate Action Project for 2024-25, aimed to promote sustainable practices among students while introducing them to innovative farming techniques.

Hydroponics, the focus of the session, is a method of growing plants without soil by using nutrient-rich water. Mr Abhijit provided a comprehensive overview of the fundamental concepts of hydroponics, highlighting its advantages over traditional farming methods. He explained how hydroponics is more efficient, using less water and space, and being highly adaptable to urban settings. Various types of hydroponic systems were also discussed, giving students an understanding of the diversity within this modern agricultural technique. The practical aspect of the workshop saw Mr Abhijit demonstrating how to set up a hydroponic system, stressing the importance of maintaining proper pH levels, managing nutrients, and ensuring adequate ventilation and light for plant growth. Students from classes VI to X actively participated in hands-on activities, planting coriander, kale, and lettuce, and using a TDS meter to monitor nutrient levels.

The session concluded with an interactive Q&A, where students explored the sustainability benefits of hydroponics, its potential in urban farming, and how it helps minimise agriculture's environmental impact. Niharika, a student from Class X, expressed her excitement, saying, "It was an amazing experience to learn how to cultivate plants through hydroponics."

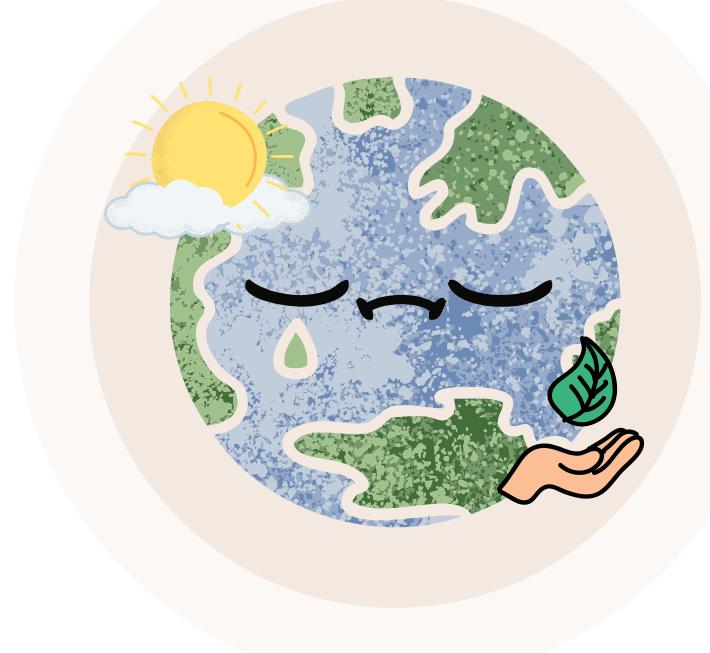
The workshop proved to be highly educational, leaving students inspired to explore hydroponic gardening in their own spaces and underscoring the value of sustainable, innovative farming practices in tackling environmental challenges.







# ON YOU KNOWS



One of the visible consequences of an increase in global warming is adverse weather changes and an increase in frequency.

# The Environment Board at St Pius X College, Mumbai: A Witness to Caring for Creation

Br Joel Ivan D'Silva | St Pius X College, Goregaon (East)

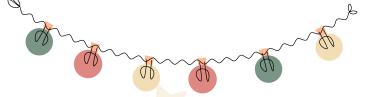
At St Pius X College, Mumbai, the Environment Board on the ground floor is a constant reminder of our duty to care for creation, inspired by Pope Francis' encyclical *Laudato Si'*. Updated every month, the board serves as a source of education and inspiration, helping seminarians and staff reflect on their role in protecting the planet. It features a variety of content, including quotes, prayers, articles, and visuals, all aimed at deepening our connection to the environment and motivating us to take action. A key highlight is Pope Francis' quote, "The Earth is our environment to protect and the garden to tend to," which beautifully captures the responsibility we share as stewards of God's creation. Themes like "Earth is our home" encourage us to see the planet as more than a resource, but as a precious gift from God that must be cherished and safeguarded for future generations.

Prayers displayed on the board, like "A Prayer for Our Earth," and "Prayers for Season of Creation 2024" invite seminarians to connect their faith with their responsibility toward the environment, making ecological care an integral part of their spiritual journey. To keep everyone informed, the board also shares news about global environmental challenges and success stories. Whether it is a story about a community switching to renewable energy or a river being restored to life, these examples show how individuals and groups worldwide are making a difference. Such stories inspire us to reflect on how our actions, no matter how small, can contribute to the larger mission of protecting our common home. Over time, the board has made a significant impact on the seminary community. It has raised awareness about the urgent need to care for creation, inspired personal reflection on our ecological responsibilities, and motivated many to adopt sustainable practices like using reusable bottles and bags or participating in the E-waste drive.

The board beautifully blends faith and action, reminding everyone that caring for creation is not just about protecting the environment but also about living out our faith and honouring God. It calls us to cherish and nurture the earth with love, gratitude, and responsibility, ensuring we leave behind a thriving planet for generations to come.







### Lessons from the Comb Jelly and the Power of Childlike Wonder Elaine Fernandes | St Theresa, Bandra West

I recently came across an intriguing article in *Science* about a marine creature known as the Sea Walnut, or Comb Jelly. These gelatinous invertebrates possess a remarkable survival mechanism: when faced with perilous conditions, they can regress to an earlier stage of life, effectively entering a larval stage of suspended animation. When conditions improve, they "re-grow" and resume their adult form. This ability may explain how comb jellies have managed to survive long oceanic journeys, including being trapped in a ship's ballast water. Scientists believe that by regressing to a larval stage, the comb jelly can conserve energy, more efficiently capture food and better endure harsh environments.

Even more fascinating, the comb jelly can heal wounds almost instantly and regenerate lost tissue within 48 hours. In some cases, injured individuals can merge, essentially becoming one organism with a shared nervous and digestive system. This adaptability speaks to an innate intelligence in life forms that, although distant from us on the evolutionary tree, possess survival mechanisms far more sophisticated that we often realise. What we may consider to be simple organisms are much more complex than we imagine.

Reading about the comb jelly made me reflect on a human parallel—what if, in the face of the urgent ecological crisis, we could regress to a more child-like state?

Children, in their innocence, are naturally curious, empathetic and open to wonder. The world, in all its complexity, seems vibrant and full of possibility through the eyes of a child. As we mature into adulthood, however, we increasingly become more conditioned, less spontaneous and perhaps somewhat desensitised. This led me to another thought: What if we could nurture this sense of wonder in young people from an early age, particularly by integrating lessons from the natural world into school curricula? If children cultivate an appreciation for the wonders of nature early on and are taught to honour the sacredness of all life, they would be more likely to carry that reverence with them into adulthood. This could not only help them better understand and appreciate the world around them but would also instill a sense of responsibility for its care and preservation. Research, for instance, has shown that awe-inspiring experiences can shift children's thinking and behaviour, transforming their sense of self and place in the world.

In a time when our planet faces alarming environmental challenges, it is crucial to teach children about the interconnectedness and innate intelligence of all forms of life. For those of us growing older, the hope that we might inspire the next generation to protect the Earth offers a measure of consolation. While it is essential for industries to reduce carbon emissions and for nations to adhere to climate agreements, perhaps hope also lies in empowering children to stand up for the planet - if we instill the right values in them from an early age.

This Christmas, as the shepherds look to the Star for guidance, let us return to a child-like state of innocence - an openness of mind and heart that allows us to find awe. In doing so, may we pass on a deep appreciation and respect for nature to our children, inspiring them to protect the world for generations to come.



Rajiv Pereira | St Anthony, Malwani (Malad West)

Time spent with plants can be very therapeutic for older adults and senior citizens suffering from various ailments:

- Physical Activity Gardening helps in physical activity which can help prevent osteoporosis, reduce the risk of Type 2 diabetes and heart disease
- Mental Health Gardening can improve mood, reduce stress, anxiety and depression
- Nutrition Growing your own fresh fruits and vegetables can help seniors to have a healthy diet
- Fresh Air Breathing fresh air from nature can help with air pollution
- Body coordination Working with plants involves hand-eye coordination which can help reduce the risk of dementia

Just like plants need water and sunlight to grow, seniors also need to drink water more often and ensure that they sun-bathe as the sun's rays initiate the formation of Vitamin D which helps in the absorption of calcium for healthy bone development. Most senior citizens suffer from loneliness, so seeing their flowers bloom gives them that smile and joy on their faces. The best gift one can give a senior citizen is a lovely potted plant.

In my opinion the best and easy-to-care indoor plants for senior citizens are: Snake Plant, ZZ plant, Rubber Plant, Pothos, Syngonium. Some medicinal plants which can help senior citizens are: *Tulsi*, lemon grass, insulin plant, kidney stone plant, peppermint, pepper plant, ginger and *haldi*.

Let me quote Abraham Lincoln's famous words —"In the end, it's not the Years in your Life that count, it's the Life in your Years."

Keep going...Keep growing!!!!







## Breaking down the Mumbo Jumbo: Sustainability Rudyard Gomes | St Anthony, Malwani (Malad West)

Just came across a quote on sustainability, which summed up the several *mantras* running through my head. It goes: "Sustainability is about building an ARK for you and your family". Simple and straight forward! If anyone cares about a better world...this is the answer! How can I do my bit to work towards this goal?

Why not opt for the simple and sophisticated two-wheeler which runs on human power? The good old bicycle! Wherever you find space to walk, opt for a bicycle ride, instead! Here is an out-and-out mathematical equation that rattled my brain [sourced from an online example] - Consider, a bicycle ride covering 5 km a day, to and fro, maybe to your workplace and back. Let's say it is 6 days a week over a period of 9 months x 3 years. Work out the equation: 6 days x 4 weeks x 9 months x 10kms x 3 years = 6480 km, while weekend and nearby rides can add to 2000 km approximately. In comparison, a motor bike @ 40km/litre would take nearly 350 litres to cover the same distance.

Are we motivated adequately to contribute in such small ways to ensure a better tomorrow? It is necessary to take tiny steps towards sustainable living by making definitive lifestyle changes such as eating greener and reducing food waste, unplugging appliances, carrying grocery bags when stepping out to shop, car pooling and using public transport, etc. These actions entail cutting down on consumption, reusing material and recycling. If each one attempts to practice the minutest changes to everyday living, it will go a long way in creating a healthy metamorphosis for Mother Earth and the future generations.

Let's make it our *mantra*: Conserve today, preserve tomorrow. Our children and grandchildren can then, perhaps reap a tomorrow that is better than today.





The sewage situation;
It's a major issue, flushing the tissue
Assisting the oceans seems a drudge
While those in power, sit in an ivory tower
Carelessly disposing the sewage & sludge.

If garbage & sewage was turned into compost Environmentally, humans would save & reduce cost The soils on Earth would be revitalised And the pollution risks minimised

The oceans & air would be much cleaner
The forests & farms much greener
Not forgetting eventually
The help to the national economy
While providing ecological harmony
URGENT. TOP PRIORITY.





### **MINIMALIST LIVING**

Elvira Lourdes Alvares | Our Lady of Lourdes, Malad West (Orlem)

No clutter of things, eliminates dusting every other day, No showpieces and no showcase.

Wedding receptions but no wedding takeaways, Memorable holidays but no souvenirs along the way.

Let's declutter!

No unnecessary shopping of clothes galore, Lying in cupboards, unnoticed and collecting mold. No second homes, though second hands will do, Of items handed-down, pre-owned and nearly new.

Let's go thrifting!

No surplus of foodstuff and munching all day, Eat to live, not live to eat.

Everything on the plate has a lifeform,
Be it the red, yellow, green vegetables or the meat.
Let's also do home cooking!

The challenge of our generation is 'excessiveness' Scientific, technological, materialistic and whatnot.

We need to pause and retrace our steps,

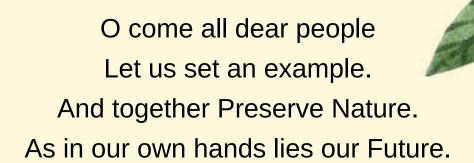
To sustainability and being eco-friendly reps.

Let's minimalise!



### **OUR EARTH - A COMMON PLACE**

Jasmine Nair | Good Shepherd, Andheri West



Let us now plant more trees,
Increase homes for birds and bees
Zero waste it should be,
Look around you, surely you'll agree.

Wet waste came the question?
Said I, have a suggestion
Composting it every day
Takes worries of garbage away.

Wires, laptops and batteries
Have been our regular deliveries.
When they face injuries
Disposing them are no more mysteries.

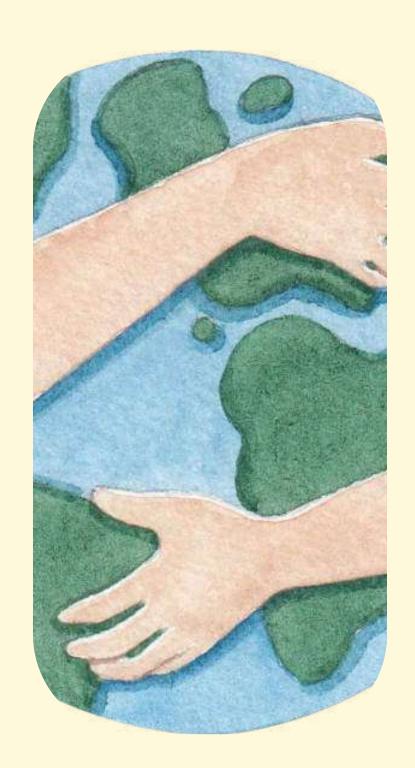
Met a fish with a different mindset

Was crying with a tummy upset

Sadly said she, I gobbled a small polythene

How I wish I could screen food meant for me!

Nature said to me; 'I want to confess'
Looking after me is a very long process
Do your bit everyone
All work together as ONE







# Christmass

AND HAPPY NEW YEAR

Bishop Allwyn D'Silva, Fr Luke Rodrigues SJ, and all green lovers in the Archdiocese of Bombay

