

# Earth Day

April 22, 2025

## **The earth is our origin and destination.**

The ancient rhythms of the earth have insinuated themselves into the rhythms of the human heart. The earth is not outside us; it is within: the clay from where the tree of the body grows. When we emerge from our offices, rooms and houses, we enter our natural element.

## **We are children of the earth:**

people to whom the outdoors is home. Nothing can separate us from the vigour and vibrancy of this inheritance. In contrast to our frenetic, saturated lives, the earth offers a calming stillness.

## **Movement and growth in nature takes**

**time.** The patience of nature enjoys the ease of trust and hope. There is something in our clay nature that needs to continually experience this ancient, outer ease of the world. It helps us remember who we are and why we are here.

John O'Donohue,  
*Beauty: The Invisible Embrace*