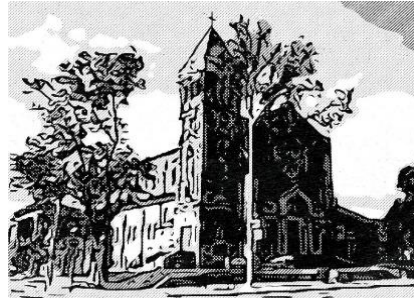


Our Lady of Sorrows Catholic Church

In honour of
“**Laudato Si**”

Saturday May 20 &
Sunday May 21, 2023



Seeds of Hope

The media is full of dire warnings about climate change, species loss, natural and manmade disasters. These events are increasingly affecting us all, but particularly the poor and marginalized of this world. Worse still, the problems seem intractable, just too large. If you are like me, you feel powerless. So much so that you may just want to close your eyes and plug your ears.

Really, what can you do? As one person alone, nothing much. Together more, but still not nearly enough. With God, the source of all hope, anything we are prepared to give He can magnify exceedingly. “*Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?*” (John 6:9). Well, all were filled, plus 12 baskets more.

With this in mind, a few of us from the **OLS Social Justice Group**, have come together to present an idea to you, with the hope that you will join us. We look for inspiration from the Pope’s 2015 letter to the whole church entitled “Laudato Si,” (Praise be to you). It discusses the vital importance of us coming to live in greater harmony with nature and one another. Some key parts of “Laudato Si:”

Committed to spiritual transformation

A commitment to “ecological conversion,” the ongoing transformation of our hearts towards greater love with our Creator and creation. We take time to listen to God’s message in creation with “awe and wonder” (LS 11).

Living in hope

“We know that things can change” (LS 13).

Being aware

We heed “the cry of the earth and the cry of the poor” (LS 49).

Taking an integral approach

“Everything is connected” (LS 91). We embrace a worldview of integral ecology. This sees nature, culture, and social issues as being closely related.

Caring for one another

We cultivate a “culture of care” (LS 231) for one another, ourselves, and all living beings that share our common home.

Where to start?

One answer, strangely enough, may be with things that are very small indeed, just a few beans.

Along with God’s gifts of nature (awe and wonder), and your help (culture of care), on one weekend in the summer we hope to share a portion of our bounty with the homeless (the cry of the poor) at the Good Shepherd Refuge in Toronto.



NOTE: The seeds are pink because they have been coated in natural Rhizobia. This will help them thrive in regular soil.



To those who would like to be part of this, we are handing out envelopes. Each envelope will contain 12 pink-coated beans.

Bush Beans are easy to grow and incredibly productive (each seed / bush bean plant produces about ½ pound of green beans).

Like the 12 apostles being sent out by the Lord (Mark 3:13-19), we hope these seeds will produce an abundant harvest.

If enough people are willing to try this and eventually bring in a bag to share, it will add up to a lot of delicious green beans going to the kitchen of the Good Shepherd. In the meantime, a great activity to do with children and you all get to enjoy juicy sweet green beans. What's not to like about that?

Planting:

In order that the soil is warm enough, & so we all have something to share, we suggest (weather permitting) you plant on

Saturday June 10 or Sunday June 11, 2023.

The beans we will be handing out are called Lewis Bush Beans. Sow beans 1 inch deep and 2 inches apart in rows 18 inches apart. Bush beans can be planted in pots, hanging baskets, planters or a patch of soil. As a minimum, they need about 6 inches depth of soil, but deeper soil is even better. If you want to give a more constant supply, you can plant Bush beans every 2 weeks until mid summer. To purchase more Lewis beans, contact Vesey Seeds (<https://www.veseys.com/ca/lewisbean.html>).

Growing:

Unlike their pole bean cousins, bush beans don't need to be supported. They do prefer a location with full sun and well-drained soil. Beans are light feeders. This is not required, but the beans will love it if you can work some compost or well-rotted manure into the soil or use something easy to get hold of like Miracle Grow Soil.

Watering:

Water regularly, about 2 inches per square foot per week. If you do not keep beans well watered, they will stop flowering. At the same time no plants wish to be overwatered. Touch the soil with your fingers. It should feel moist but not wet.

Harvesting:

Bush beans take about 50-55 days to start producing and will thereafter come on strongly. Harvest once the beans are smooth, firm and crisp. Keep plants constantly picked to ensure a fresh supply. Bean formation in the pod is a sure sign of over-maturity.

Sharing:

Please bring a portion of your harvest to share at any Mass on

Saturday Aug 12 or Sunday Aug 13, 2023.

This initiative hints at more green things to come from
Social Justice Group at OLS.