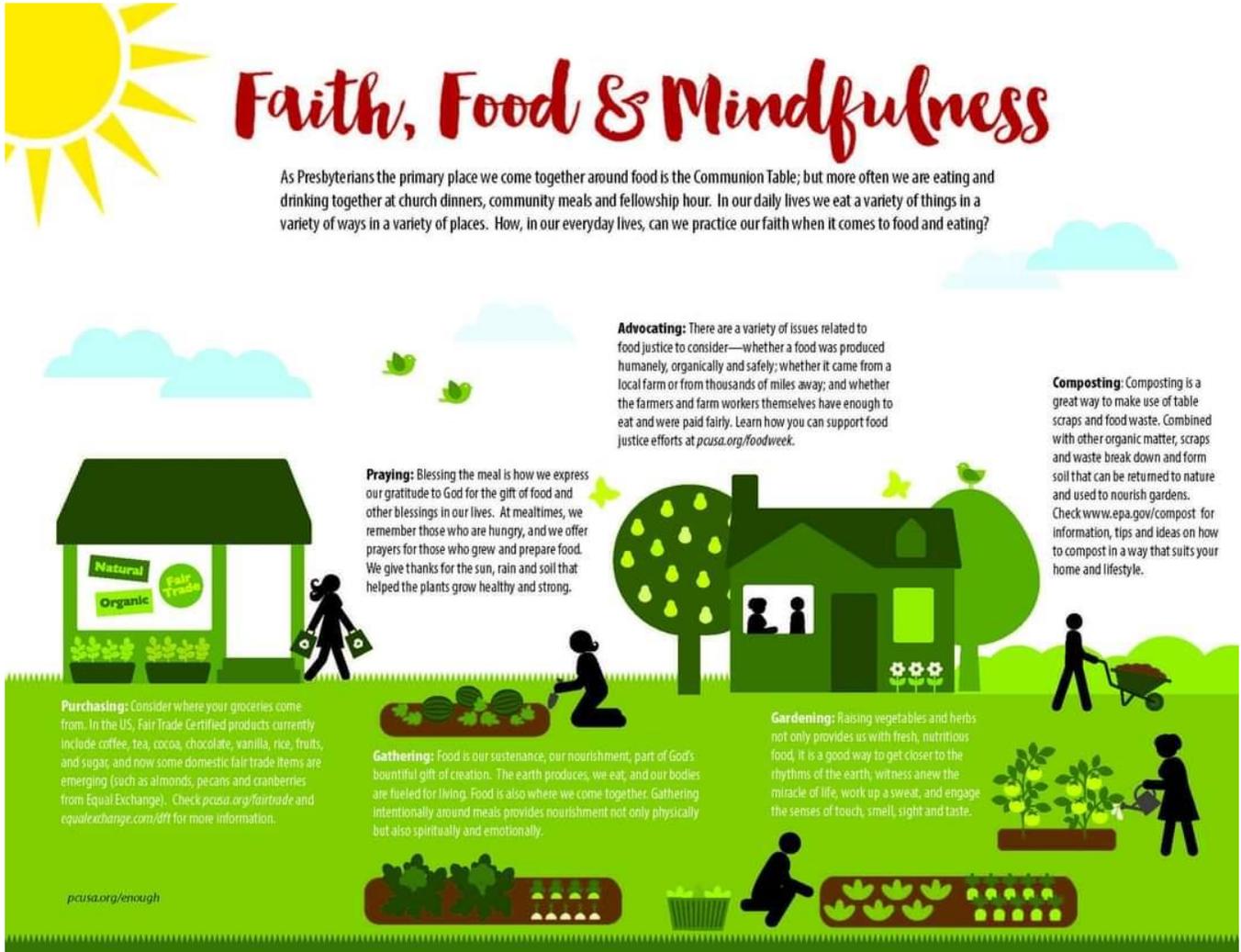




## Foothills Presbytery Area Highlights:



# Faith, Food & Mindfulness

As Presbyterians the primary place we come together around food is the Communion Table; but more often we are eating and drinking together at church dinners, community meals and fellowship hour. In our daily lives we eat a variety of things in a variety of ways in a variety of places. How, in our everyday lives, can we practice our faith when it comes to food and eating?

**Purchasing:** Consider where your groceries come from. In the US, Fair Trade Certified products currently include coffee, tea, cocoa, chocolate, vanilla, rice, fruits, and sugar, and now some domestic fair trade items are emerging (such as almonds, pecans and cranberries from Equal Exchange). Check [pcusa.org/fairtrade](http://pcusa.org/fairtrade) and [equalexchange.com/iftf](http://equalexchange.com/iftf) for more information.

**Praying:** Blessing the meal is how we express our gratitude to God for the gift of food and other blessings in our lives. At mealtimes, we remember those who are hungry, and we offer prayers for those who grew and prepare food. We give thanks for the sun, rain and soil that helped the plants grow healthy and strong.

**Advocating:** There are a variety of issues related to food justice to consider—whether a food was produced humanely, organically and safely; whether it came from a local farm or from thousands of miles away; and whether the farmers and farm workers themselves have enough to eat and were paid fairly. Learn how you can support food justice efforts at [pcusa.org/foodweek](http://pcusa.org/foodweek).

**Gardening:** Raising vegetables and herbs not only provides us with fresh, nutritious food, it is a good way to get closer to the rhythms of the earth, witness anew the miracle of life, work up a sweat, and engage the senses of touch, smell, sight and taste.

**Composting:** Composting is a great way to make use of table scraps and food waste. Combined with other organic matter, scraps and waste break down and form soil that can be returned to nature and used to nourish gardens. Check [www.epa.gov/compost](http://www.epa.gov/compost) for information, tips and ideas on how to compost in a way that suits your home and lifestyle.

[pcusa.org/enough](http://pcusa.org/enough)

## Alleviating Hunger and Eliminating Its Causes

“Enslaving poverty in a world of abundance is an intolerable violation of God’s good creation.”—Book of Confessions, 9.46

### [PHP 3-minute Introductory Video](#)

Fighting hunger is at the heart of our Presbyterian understanding of mission. Jesus fed the hungry and told his disciples to do the same. Presbyterian congregations are reaching their communities with the love of Christ –

offering meals for hungry people through food pantries, soup kitchens, community gardens, backpack programs and more. This is vital work.

Complementing the work of local congregations, the mission of the Presbyterian Hunger Program (PHP) is to alleviate hunger and eliminate its causes. We recognize hunger as an extremely complex phenomenon with economic, political, environmental and social causes, and we work to address the “root causes” that keep people hungry and impoverished.

“When the world tolerates the vicious suffering of hungry people, the church is called to speak out and share all that we have. When powers and principalities regularize exploitation, the church stands with the exploited and witnesses to the fullness of life God intends for all. When people are made poor and vulnerable or reduced to objects of pity, the church builds relationships of dignity and equality among all.” —Rev. Rebecca Barnes

Working in partnership in the United States and around the world, we seek to find out why people are hungry and encourage action that will help address the underlying causes. Together we approach hunger holistically, using a variety of approaches, including direct food relief combined with root cause work, sustainable development, advocacy, intentional and sustainable living, and education.

PHP offers educational and worship materials, as well as participatory opportunities, so that those who would like to join in this work can take action to help end hunger for neighbors next door and around the planet. Congregations involved in this work are invited to join as [Hunger Action Congregations](#).

Let's work together to end hunger!

## Stories

[Hunger & Poverty](#)

[\*\*Broad Street Presbyterian Church's 50-plus-year-old food pantry puts justice on the menu in Columbus, Ohio\*\*](#)

[Hunger & Poverty](#)

[\*\*Presbyterian Hunger Program webinar offers advice on grassroots organizing\*\*](#)

[Disaster Response](#)

[\*\*Presbyterian Disaster Assistance and others mourn sudden loss of colleague\*\*](#)

[Advocacy & Social Justice](#)

[\*\*Presbyterian Mission Agency and partners reveal how debt relief addresses systemic injustices across the globe\*\*](#)

Learn More

- [Eco-Justice Journey blog](#)
- [Food and Faith blog](#)

- [Together for Justice blog](#)
- [National Hunger & Poverty](#)
- [Hunger Action Congregations](#)
- [International Development & Advocacy](#)
- [Joining Hands](#)
- [Extreme Hunger & Famine](#)
- [Sustainable Living & Earth Care Concerns](#)
- [PHP Post](#)

- **Follow Presbyterian Hunger Program**  
<https://www.facebook.com/presbyhunger>

- **Presbyterian Justice and Peace Newsletters**  
News and information about the church’s work on such issues as the environment, hunger and food, child advocacy, human rights, responsible investing, world peace, disaster assistance, development and grants, domestic/international public witness and social welfare. Delivered twice monthly  
<https://pcusa.activehosted.com/f/164>

\*\*\*\*\*

## *Have your order for EcoPalms ready –*

<https://ecopalms.org/> Website should open around mid-January, Palm Sunday will be here before we know it.

\*\*\*\*\*

## **The PC(USA) Lent Resources**

**Welcome to our Lent 2023 resource guide!** You’ll find everything you need for preaching, teaching, and experiencing the season. If you are viewing this on your computer or device, you can click on any title or cover to be taken to the product page on PC(USA) Store. Look for the dark blue blocks to download resource samples. You can also email or print this resource.

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## **Presbyterians for Earth Care (PEC)**

<https://presbyearthcare.org/>



# Presbyterians for Earthcare

2023 Annual Meeting (virtual)

Sunday, January 22nd

at 5:00 pm Eastern (2:00 pm Pacific)

Save the Date - agenda and link will be shared soon!

## *Older Adults & Climate Change Webinar*

Tuesday, January 24, 2023

7:30 pm Eastern (4:30 pm Pacific)

"A Brief But Spectacular Take on Climate Action" is a ten-minute PBS-TV video presentation by **Bill McKibben**, an environmentalist and founder of [Third Act](#) (an organization that encourages people over 60 to take action on climate change). Our webinar will start with the video followed by live talks by three well-known environmental leaders in the Church followed by a time for questions and answers.

**Presenters: Rev. Dr. Patricia Tull, Rev. Dr. Jim Antal, Dr. Dan Terpstra, and Rev. Bruce Gillette**

[CLICK HERE FOR INFO & REGISTRATION](#)

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National Council of Churches of Christ - Eco-Justice Program Office

<http://www.creationjustice.org/>



JUSTICE FOR GOD'S PLANET  
AND GOD'S PEOPLE

## A Prayer for Creation Justice

Gracious God,

As we light a candle for Creation Justice, we pray that you would inspire in us unceasing gratitude for your abundant, vibrant, and magnificent creation; fill us with hope that in you all creation will be reconciled; grant us the peace of true justice in all creation; remind us of the joy of finding you in others as we do your work in the world; teach us how to love you, our neighbors, and all creation as Christ loves us; and reveal your glory in the flourishing of your people and your creation.

In the name of Christ, the firstborn of all creation,

Amen.

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<https://www.climaterealityproject.org/chapters>

Trapping **more than 80 times more heat than carbon dioxide** over the first 20 years after it reaches our atmosphere, **methane is one of the most potent greenhouse gases** that contribute to the climate crisis. When the Environmental Protection Agency (EPA) released rules to limit methane emissions from the oil and gas industry last year, we asked you and fellow climate advocates to demand that the regulations go further.

**More than 11,000 comments from our supporters were sent.** And it worked.

Earlier this month, the EPA proposed tighter emissions regulations by expanding the 2021 methane rule and are seeking public comments now. We need more than 10,000 climate advocates like you to voice your support to strengthen our impact and make sure these changes happen.

[\*\*Add your name today to push for stronger protections against methane pollution from the oil and gas industry.\*\*](#)

[\*\*ADD YOUR NAME\*\*](#)

From 2023-2035, the new rules would prevent an estimated 36 million tons of methane from entering our atmosphere, along with other air pollutants that are disproportionately affecting the health of communities of color who are more likely to live near methane super emitters.

As one of the largest global emitters of methane, the United States has a responsibility to quickly reduce emissions to mitigate the worst of the effects of climate change and minimize harmful health impacts on frontline communities.

Fossil fuel interests are no doubt going to fight tooth and nail to try to bury these new regulations. We won't let them win. [\*\*The EPA needs to hear your support for cracking down on these methane super-polluters.\*\*](#)

We can do this together.

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<http://fronteradecristo.org>

Frontera de Cristo <mark@fronteradecristo.org>

We are grateful for your partnership that encourages us and helps us share God's love, peace, and justice with thousands of people in the borderlands and beyond.

Your encouragement, prayers and financial support in 2022 helped us accompany and support:

- families who are seeking refuge from extreme poverty and violence;
- women who are cultivating economic opportunity, organic food, and most importantly community, as they increase the quality of life for their families and community;
- men, women, and youth who are in recovery from addictions to drugs and alcohol;
- children who are at risk for dropping out of schools;
- coffee farming families who are addressing root causes of immigration;
- church members who are struggling to respond in faith and not fear to the realities of migration;
- young adults who are discerning what it means to be a disciple of Jesus Christ when borders divide.

Our [Taste of 2022 Album](#) provides a review of some of the highlights of the year in our life and ministry.

We are thankful to be a part of this dynamic community on the US/Mexico border and are excited for the opportunities that 2023 will bring.

[Click to Give a End of Year Donation](#)

## Ministry Quick Links

[Our Mission Connections Page](#)

[Frontera de Cristo Facebook Page](#)

[Café Justo y Mas Facebook Page](#)

[Migrant Resource Center Facebook Page](#)

[CAME Facebook Page](#)



Jubilee House Community, Inc.

**The CDCA's mission is to enable communities to become self-sufficient, sustainable, democratic entities.**

The Center for Development in Central America (CDCA) is a project of the **Jubilee House Community, Inc., (JHC)**, which has 501(c)(3) non-profit status in the U.S. and International Mission status in Nicaragua. The [CDCA's goal](#) is to work in partnership with communities and cooperatives to facilitate empowerment. This enables them to find *their own* solutions to the problems they identify and connects them with resources to solve their problems. The place of the CDCA's staff is not to tell others what to do, but to first listen to the needs and then respond as we are able, in conjunction with the communities and cooperatives.

**Thanks to the organizing by Board member Jen Aist, we hosted a delegation of 20 medical people, our first big [delegation](#) since COVID hit!** We've revised and updated our delegation planning schedule to be more theme-based and to include seeing the realities of Nicaragua: its improvements, its politics, and of course its beauty, in addition to working on projects.

**[Casa Ben Linder](#), our hospitality house, hosted the group and fed them.**

They visited hospitals and clinics and learned about the advances in [Nicaraguan medical care](#) over the last decade. They worked in the Nueva Vida Clinic for three days and went to El Porvenir, the remote coffee cooperative, for two days. Patients and medical staff were thrilled to have [volunteers](#) returning to Nicaragua to work together. It was amazing to see how a little interaction between the cultures could bring such joy to both peoples.

**Over three half-days at the [Nueva Vida Clinic](#) they attended 264 people.** Here is a breakdown:

- 59 people had their [teeth repaired](#) or extracted
- 28 women received [gynecological care](#)
- 37 people received [family medicine](#) attention
- 58 children received pediatric care
- and 23 chronically ill patients were seen by the internist

Volunteers went out into the community to do [home visits](#) for 14 pregnant women, 16 children, and 4 adults with chronic conditions. They also did [classes](#) for pregnant and breastfeeding moms. Whew!

**At El Porvenir, the coffee cooperative, with 56 families living up on a remote rural mountaintop, they attended 89 patients and the veterinarians who had come with the group spent their week up there.** The vets cared for 100 animals: 36 cows, 35 horses, 5 dogs, 8 pigs and one cat.

The dentists saw 19 patients doing cleanings and prophylaxis care and a few extractions.

The medical volunteers treated 27 children and 29 adults. There were 12 women receiving special women's care including PAPs and ultrasounds. Our pathologist, Jorge, was excited to use a volunteer's portable point-of-care Butterfly ultrasound that works with a tablet.

Several members of the delegation have pitched in to purchase a Butterfly for the Clinic! This is a huge gift particularly because our old used ultrasound machine stopped working earlier in the year. Even after many attempts to get it repaired, it has finally been declared obsolete and unfixable. Now, Jorge, who is a radiologist, will be able to get a better diagnosis during routine visits and quickly identify serious issues for patients.

**North Anderson Community Church Presbyterian (NACCP, 4200 Liberty Highway, Anderson 29621) is a current supporter and has been since Sarah, a former member, helped to establish these efforts. We welcome other churches and individuals to participate in this ministry. Let us know.**

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## ***"Interfaith Power and Light"***

Are you considering an electric vehicle? Do you want to learn more about them?

[Join us on January 11th, 2023 at 2 PM EST/11 AM PST](#) to hear from a leader in electric vehicle consumer advocacy, Rosa Mitsumasu Scotti of Plug In America!

Topics will include why EVs are better, charging infrastructure, battery technology, available financial incentives, and more.

[Register here to sign up for our EV 101 webinar on January 11th at 2 PM EST/11 AM PST!](#)

If you can't be at the live webinar, you can still register to receive a link to the webinar recording.

[Join IPL on January 11th at 2 PM EST/11 AM PST to learn about the exciting advancements in EV technology!](#)

Thank you for all you do to support changing the course of climate history; we hope to see you at the webinar!

<http://www.scipl.org/>     **South Carolina Interfaith Power and Light**



Invite your congregation to celebrate caring for the interconnected community of all life during Interfaith Power & Light's Faith Climate Action Week April 14 - 23, 2023. Save the date!

Faith Climate Action Week is IPL’s annual program of climate-themed worship services and sermons that spans ten days of activities in celebration of Earth Month. This is IPL’s premier event to create a mass movement of people of faith and conscience preaching, teaching, and acting to heal the climate.

**The theme of 2023’s Faith Climate Action Week is “Living the Golden Rule: Just transition to a clean energy economy.”** We’ll examine our responsibility to transition to energy sources that safeguard our common home, and how our faiths call us to respond with just solutions for all.

**[Sign up to be notified when the pre-printed Organizer’s Kit becomes available.](#)**

The kit will include an Action Guide with information on the faithful call to care for our neighbors by ensuring a just transition to a clean energy economy where the well-being of workers and frontline community members are prioritized.

In the kit, there are suggested short films, an updated climate change fact sheet, faith-based discussion materials including a special multi-faith Golden Rule poster, and suggestions and resources for how to engage in supporting local action.

**[Reserve your pre-printed Faith Climate Action Week Organizer’s kit here.](#)**

Faith Climate Action Week 2023 online offerings include resources for sermons, talks, worship services, a film screening kit for the 2023 featured film, and more.

As people of faith and conscience, we are called to ensure a just transition and create a life-giving economy and society where the interconnected community of all life can thrive in a safe climate. IPL invites you to reflect on this possibility for your Earth Day celebrations in 2023.



**A close look at our Earth!**

**<https://earthobservatory.nasa.gov/>**

*[The Changing Seas of the Florida Keys](#)*

*[Sizing up Mauna Loa’s Lava Flows](#)*

*[Assembling Australia](#)*

## Floodwater Inundates North-Central California

Heavy rain and levee breaches triggered flooding in parts of Sacramento and the Bay Area.

## Ireland's Cutaway Peatlands

Peatlands have been mined in Ireland for centuries, but concern for climate is changing how they are managed.

## Racing to Mine Lithium

One way of harvesting the valuable metal involves the use of evaporation ponds that concentrate the substance into lithium-rich brines.

## Small Gray Dots

A spacecraft designed to explore asteroids near Jupiter also looked back at Earth, acquiring distant views of our Moon and home planet.

## Kashmir Valley Haze

A mixture of smog, smoke, and dust hung over the ancient lake basin surrounded by the Himalayas.

## Great Lakes Dressed for Winter

Land and water were decorated with snow and ice when astronauts looked down on the region in February 2022.

## China's Celestial Mountains

Glaciers on these heavenly mountains are a source of freshwater for farmers in Central Asia.

The Amazon River basin is one of many places to watch in 2023, where The Nature Conservancy and partners aim to take conservation to the next level. © Daniel Maraña/TNC Photo Contest 2019.

## 10 Places to Watch in 2023

When countries across the world agreed last month on a Global Biodiversity Framework, it was a historic and long-awaited win for people and nature. Now comes the hard part: putting that plan to action.

From the Amazon River to Mongolia's grasslands, here are 10 places where TNC is working with partners to take conservation to the next level and create a future where people and nature thrive.

[See Places to Watch in 2023](#)

### How Does Nature Improve Your Health?

Your doctor just prescribed you ... nature.

Wait, what?

Nature isn't just a nice-to-have. It's fundamental to our health.

[See This Short Nature and Health Video](#)

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<http://justiceunbound.org/>

<https://justiceunbound.org/divinenebulaadvent/>

[action](#) [advent](#) [church in the public square](#) [climate change](#) [community organizing](#) [divestment](#)  
[eco-justice](#) [economic justice in action](#) [economics](#) [ecumenical](#) [Ecumenism](#) [education](#) [environment](#) [environmental](#)  
[spirituality](#) [food justice](#) [GA221](#) [GA222](#) [gender justice](#) [immigration](#) [Indigenous Rights](#) [Israel](#) [LGBTQQI](#) [mission](#)  
[music](#) [palestine](#) [peace](#) [peacemaking](#) [poetry](#) [poverty alleviation](#) [prayer](#) [Presbyterian](#)  
[Church \(USA\) General Assembly](#) [Racial Justice](#) [racism](#) [scripture](#)

National Audubon Society (<http://www.audubon.org/>)



## [Climate Watch Winter Session Starting Soon](#)

Audubon needs your help to create a brighter future for the birds we all love this winter. [Climate Watch](#) is Audubon's biannual community science program that enlists volunteer bird lovers across North America to tally vulnerable bird species. Our winter session begins **January 15 and runs through February 15.**

You don't have to be an expert birder to participate, but knowing how to identify the [target species](#) like nuthatches, bluebirds, and goldfinches by sight or sound is a big plus. Whether you've counted in the past or are looking for a new way to use your birding skills to support climate research, take a minute to review our [COVID safety guidelines](#).

Counting and documenting where birds are today and how they're responding to a shifting climate is essential to helping protect them tomorrow. [Find a coordinator in your area](#), or click below to get started.

[Learn More](#)

### [Help Birds With Native Plants](#)

[Bird-Friendly Communities](#)

## [Get to Know Native Plants](#)

Whether you're looking to attract birds to your home or increase your awareness outdoors, let this primer be your guide.

[Search our database to find native plants for your ZIP code »](#)

Audubon Society of South Carolina (<http://sc.audubon.org/>)

If you are stuck indoors and need a birdy-distraction, [For the Love of Birds](#) is a beautiful page filled with Audubon South Carolina's favorite bird photos, videos, and stories!

The [National Wildlife Federation](#)

<https://www.nwf.org/nativeplantfinder/>

<https://www.nwf.org/en/Kids-and-Family/Connecting-Kids-and-Nature>



**National Environmental Education Foundation**

<https://www.neefusa.org/>

<https://www.neefusa.org/nature/>

## [Animal Migration Activity Guide](#)

Designed for elementary age kids, this activity guide can be used in a classroom or at home for fun and easy ways to learn about animal migration.

[Read More](#)

... **Plus many more ideas!**

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## [Resources and Opportunities](#)

Online accessibility to locate trails, parks, recreational facilities, etc:

See links: <https://upcountrysc.com/explore/>

[https://www.traillink.com/?gclid=CjwKCAiAqIKNBhAIEiwAu\\_ZLDkxoXaDsNKO0\\_zubejkEHPlZpfmizNy0ZDehbEIC7AIjQwyunrWOpXoCm-oQAvD\\_BwE](https://www.traillink.com/?gclid=CjwKCAiAqIKNBhAIEiwAu_ZLDkxoXaDsNKO0_zubejkEHPlZpfmizNy0ZDehbEIC7AIjQwyunrWOpXoCm-oQAvD_BwE)

[https://americanhiking.org/hiking-resources/?gclid=CjwKCAiAqIKNBhAIEiwAu\\_ZLDhVj9nl1q2aMB2MNfP37sNg5P46UR7xKqX\\_5MA5dwdN9IvVsogS4lXoC7IIQAvD\\_BwE#hikes-near-you](https://americanhiking.org/hiking-resources/?gclid=CjwKCAiAqIKNBhAIEiwAu_ZLDhVj9nl1q2aMB2MNfP37sNg5P46UR7xKqX_5MA5dwdN9IvVsogS4lXoC7IIQAvD_BwE#hikes-near-you)

## SC Health and Planning Toolkit

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKewiH6KHfILvxAhWwneAKHe3iBNwQFjABegQIBhAD&url=https%3A%2F%2Fwww.scdhec.gov%2Fsites%2Fdefault%2Ffiles%2FLibrary%2FSCHealthPlanningToolkit.pdf&usg=AOvVaw1jNefwQn0BWOWI1aWS5fO2>

Want to find local produce and free range beef and chicken products, check out the website:  
<http://www.certifiedscgown.com/>.

This website allows a search by SC county and type of products, other options as well. The Certified South Carolina program is an exciting cooperative effort among producers, processors, wholesalers, retailers and the South Carolina Department of Agriculture (SCDA) to brand and promote South Carolina products. Our goal is for consumers to be able to easily identify, find and buy South Carolina products.

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### Join in on Facebook and Website

God has provided us with a vibrant world in which to live. He wants us to appreciate and take care of His Creation, which includes each of us as well!

<https://www.facebook.com/Stewardship-of-Creation-Foothills-Presbytery-SC-138564229544090/>



*..... is an environmental education experience that will travel to your site.*

VBS, Festivals, Church suppers, specific designed Classes, and more!  
For more information, email Manella Calhoun and/or other Board of Directors at [critttersandmore8@gmail.com](mailto:critttersandmore8@gmail.com).

Facebook: <https://www.facebook.com/critttersandmoreonthego/>

Website: <https://critttersandmoreonthego.org/>