

## Mountain Maid Training Center (MMTC)

### Good Shepherd Baguio

Tree Planting Activity: June 14, 2019

#### Laudato Si Week (June 11- 17) and Philippine Arbor Day (June 25) Observance

*During the Ritual, each one chooses a seedling and holds it*

#### ***Introduction***

For the past two years, our tradition of tree planting has been the main activity in the observance of Laudato Si Week, June 11-17 which was launched by the Global Catholic Climate Movement on June 17, 2017. This movement promotes Pope Francis' encyclical, **Laudato Si: On the Care of Our Common Home**. Its objective is to raise awareness about Pope Francis' powerful ecological message that stresses the urgency of taking action to stop the destruction of Mother Earth and care for it as our common home. It reminds us that Mother Earth, our common home, cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. The Violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, water, air, and in all forms of life. It is our moral imperative individually and communally to stop our destructive habits and restore the integrity of God's creation. Our tree planting today is one response we are taking to care for Mother Earth. This is not enough. Let us continue to be challenged to find more ways to restore the integrity of God's creation.



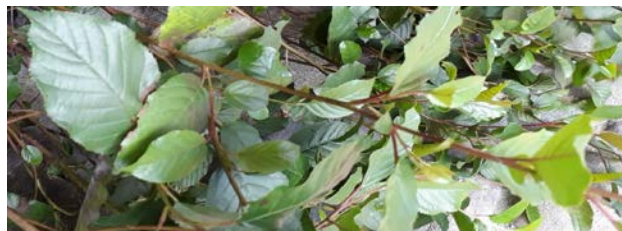




Until 2018, our tree planting was held June 25, Philippine Arbor Day, formally observed in 2004 when then Pres. Gloria Macapagal Arroyo issued Proclamation 396, declaring June 25<sup>th</sup> as Philippine Arbor Day, stating that *“it shall be observed throughout the nation by planting trees and ornamental plants and other forms of relevant activities.”*

In this proclamation are the following provisions:

- the necessity to promote a healthier ecosystem for the people through the rehabilitation and re-greening of the environment
- the need to sustain a wide support and success gained from the implementation of Proclamation No. 396 and to institutionalize Philippine Arbor Day
- the planting of trees will not only help reforest denuded areas but also make the entire country a greener and healthier place to live in
- the necessity to declare a day each year for conducting actual tree planting and foster partnership and environmental stewardship among various sectors of society





## **ALNUS**

Alnus is a small- to medium- sized deciduous tree growing to a height of 15 meters. It has flowers and its fruit is a small but, compressed, one- seeded.

It grows in Baguio and other parts of the Mountain Province.  
It is propagated by seed or grafting.

Studies suggest antioxidant, hepatoprotective, cytotoxic, anticancer, antiatherosclerotic, antiviral, anti- trypanosomal, antiproliferative, pro- apoptotic properties.

The parts used are stem bark, leaves.

Popular folk medicine in Korea, used for cancer, gastrig disorders, hepatitis, and fatty liver. Various species seem to contain antitumor compounds. In Oriental medicine, the bark is used for fever, hemorrhage, gastroenteric disorder, lymphatic disease and cancers. The cCortes extract traditionally used for purifying blood hemadochezia, and cut wounds.

Other uses are: **Dye:** bark yields a dye.

-Fuel: Source of firewood.

Suitable for making small furniture, and charcoal for gunpowder. (26)

-Barrier or support: Used as living posts. (26)

***(Information sourced from Internet)***



## COFFEE

### Coffee Plant Overview

The **coffee plant** is a woody perennial evergreen dicotyledon that belongs to the Rubiaceae family. Because it grows to a relatively large height, it is more accurately described as a coffee tree.

### Arabica

Arabica is one of the best-known and widely consumed coffees in the world. It is mainly cultivated in high altitude areas. Arabica grown in the mountainous Cordillera region is generally acidic and sweet to the taste, while those in Mindanao has a bittersweet taste and floral aroma. Some of the best Arabica coffee comes from the provinces of Banguet, Sagada, Ifugao, and Mt. Matutum.

### Robusta

Unlike Arabica, Robusta coffee thrives on lowlands like in Cavite, Bulacan, and Mindanao. With its high caffeine content, Robusta has a sharper flavour and a burnt or woody aftertaste. This type of coffee is the most commercialized, often used to make instant coffee products. Despite that, Robusta has been slowly raising its profile to the level of Arabica and other gourmet coffees.

## **Liberica**

Abundant in the provinces of Batangas, Cavite, and Quezon, *Barako coffee* is the most famous variation of Liberica in the Philippines. *Barako coffee* is a favourite part of Filipinos' breakfast, especially in these provinces. This type of coffee has a distinct aroma and strong woody taste with high natural acidity.

## **Excelsa**

Due to their similarity in taste, coffee is often confused as Liberica or Robusta. Pure Excelsa, however, has a distinct sweet and fruity flavour that is somewhat like jackfruit. Its aroma is more prominent than its taste. It is commonly cultivated in the mountains of Batangas and Quezon, and in Sorsogon, Bicol region.

*(Information sourced from Internet)*

## ***Blessing of the Seedlings***

Loving Father, Creator God, from the beginning of time you commanded the earth to bring forth vegetation and fruit of every kind. You provide the sower with seeds and fertile soil for seeds to grow and flourish. We ask your blessing on us and these seedlings as we prepare to place these in the earth. May the care we show these seedlings remind us of your tender love for us. Then, enriched by the gifts of your goodness, we will praise you unceasingly now and for ages unending. We ask this through Christ our Lord. Amen.



## ***Intercessions***

**L.** Lord and Father of us all, you have given us nourishment and growth by blessing the earth with the fruitfulness that sustains human life. As your children, we pray to you, saying

### ***CREATOR GOD, HEAR OUR PRAYER***

1. Creator God, global warming has caused lands to dry and become arid; help us find the way to refresh our lands so that our farmers can again plant and cultivate their farms, we pray,
2. Creator God, our rivers and seas are choked with plastic, debris and pollution; help us find the way to cleanse them, we pray,
3. Creator God, our once beautiful Mother Earth has grown ugly with misuse and abuse; help us find the way to restore its beauty, we pray,
4. Creator God many of the animals and plants are becoming extinct because of poaching and plunder; help us find the way to protect them and ensure the survival of their species, we pray,
5. Creator God, whose gifts to us are being lost because of our selfishness, greed, corruption and irresponsibility, help us find the way to restore our humanity and the sacredness of all forms of life, we pray.

## ***Pledge (All)***

Answering Pope Francis' urgent call in Laudato Si, I pledge to:

- ✓ Pray for and with creation
- ✓ Live more simply
- ✓ Advocate to protect our common home

In concrete, I will live out Pope Francis Green Actions:

- ✓ Avoid the use of plastic and paper
- ✓ Reduce water consumption
- ✓ Recycle and segregate garbage
- ✓ Cook only what can reasonably be consumed
- ✓ Show care for other living beings
- ✓ Use public transport or car pooling or walk or ride a bike
- ✓ Plant trees
- ✓ Conserve electricity by turning off unnecessary lights
- ✓ Reuse instead of dispose



### **Concluding Prayer: Prayer for Mother Earth (All)**

Loving Creator God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace that we may live as brothers and sisters, harming no one.

O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain, at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light.

We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. Amen.







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*Photographs by Sr Veronica Nobleza RGS*