



We Mercies

Care for Creation

As you take the next step, remember the traditional custodians of the land

TREES – REASONS FOR GRATITUDE

Trees sequester carbon dioxide gas for human life. They filter water and make the groundwater coming out of the tree so much cleaner than what went in. The gas oxygen, rolled out of every forest pore, is recycled into the atmosphere. This should give a new meaning to gratitude.

Trees have billions of mouths. A leaf surface is covered with millions of tiny cavities that open and close just like a human mouth and airway. The function is the same. An open human mouth draws in oxygen. This gas fires the burning of food which produces the toxic gas, carbon dioxide. This is pushed out of our lungs in the form of an exhalation of breath.

On the other hand, trees need the exhaust gas, carbon dioxide, for body building. So the trees open their mouths and breathe in carbon dioxide. They rework it into carbon-bearing sugars and flush out the non-toxic gas oxygen. The oxygen blends with the surrounding air, enriching it. So we are caught in an interconnected cycle with trees.

Medicine is also found in the wood of many trees. Our ancient ancestors knew this and used this knowledge to cure and heal many complaints. All members of the walnut family, for example, produce wood and nuts that are medicinal. Many species of trees produce bergamot, an oil or fragrance which can help keep our lungs healthy. Pine trees emit an odour which brings about relaxation. (culled from *The Global Forest* by Diane Beresford-Kroeger)

Trees bring beauty into our surroundings. Think of the golden glory of wattle in winter. Or the glorious succession of bauhinia, jacaranda, and poinciana in late spring and early summer. Just to mention a few of our flowering trees. And not to forget the variegated greens of all trees. Or how they provide homes for koalas, birds, and many other creatures. Trees are, indeed, a miracle!



Have you trees in your garden or in the street or a nearby park?

Do you ever remember to thank them for their contribution to your wellbeing?

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The Tarkine Wilderness, Tasmania.

The Tarkine Wilderness is the sole large area remaining of the wilderness that once covered Gondwana, the great southern land mass of which Australia was part some 200 million years ago. Tarkine is constantly under threat, especially from mining interests, despite recommendations of the Australian Heritage Council.

Not only is its integrity as a wilderness area threatened, but rainforests such as Tarkine help reduce the global warming which threatens the very life of our planet, Earth. www.getup.org.au/tarkine-heritage.

PRAYER

GRATITUDE – express thanks for all the ways in which the trees have kept Earth clean and healthy.

FORGIVENESS – express sorrow for all the harm and injustice human beings have done to the trees.

LOVE – send love to the trees, especially those in your garden and neighbourhood.

