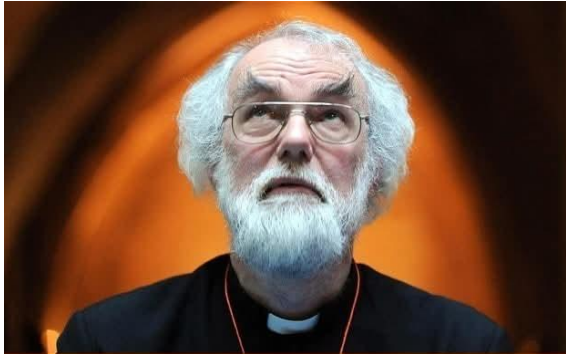
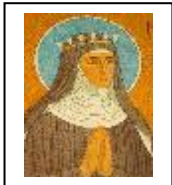




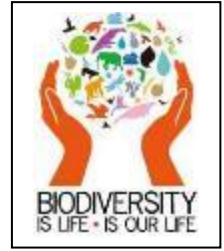
JAEI


August 2025 Environmental Prayer Diary


The purpose of this Prayer Diary is to provide subjects for your reflection and prayer as the Spirit moves you

Friday	1	 <p>Our present ecological crisis, the biggest single practical threat to our human existence in the middle to long term, has, religious people would say, a great deal to do with our failure to think of the world as existing in relation to the mystery of God, not just as a huge warehouse of stuff to be used for our convenience.</p> <p>Rowan Williams</p>
Saturday	2	<p>A Shona prayer from Zimbabwe</p> <p>Great Spirit, piling up rocks into towering mountains, when you stamp on the stone, the dust rises and fills the land. Father, you sew the heavens like cloth: knit together what is below. Caller-forth of the branching trees, you bring forth the shoots that stand erect. Wonderful one, you live in the midst of the sheltering rocks. You give rain to humankind. Hear us, O Lord! Show mercy when we beg you. Gracious One, you are on high with the spirits of the great. You raise the grass-covered hills above the earth and create the rivers.</p>
Sunday	3	<p>God, our Creator, whose glory fills all things, help us to discern your presence among us and our kin in creation, especially in the soil, in the fields, and on the land. Help us to empathize with your creatures who are suffering and to serve you as agents for healing the land. In the name of Christ, who reconciles and restores all things in creation. Amen.</p>
Monday	4	<p>A Reflection on our Present Plight</p> <p>The high, the low all of creation God gives to humankind to use. If this privilege is misused, God's Justice permits creation to punish humanity.</p> <p>Hildegard of Bingen</p> 


<p>Tuesday</p>	<p>5</p>	<p>The Second Book of God</p> <p><i>"God writes the Gospel, not in the Bible alone, but also on trees, and in the flowers and clouds and stars."</i> Martin Luther</p> <p>Theologians have traditionally categorized the Bible and nature as "two books," which when read side by side combine to reveal the God of creation. The first book, the Scriptures of the Old and New Testament, is called "special revelation."</p> <p>The Scriptures are special, in part, because if God had not chosen human writers who were inspired by the Spirit of truth to disclose this unique and specific knowledge, we would not be aware of it.</p> <p>The second of God's two revelations is the book of nature, termed "general revelation." This is the record of our Creator that is revealed in the natural world around us. We call it a general revelation because it has been generally available to people throughout all the ages. It showcases the handiwork of God in the creation, and records His direct and indirect actions on the earth and in human history.</p> <p>The apostle Paul wrote, <i>"Since the creation of the world [the Creator's] invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead"</i> (Rom. 1:20).</p> <p>The Hebrew author of Psalm 19 expressed a similar observation when he wrote, <i>"The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard. Their line has gone out through all the earth, and their words to the end of the world"</i> (vv. 1-4).</p> <p>wonderofcreation.org/resources/gods-two-books-natureand-the-bible</p> <p>Do we take time to listen to God in trees, animals, flowers and stars? God is speaking, but are we listening?</p>
<p>Wednesday</p>	<p>6</p>	<p>Live simply</p> <p>Compassionate and loving God, you created the world for us all to share, a world of beauty and plenty. Create in us a desire to live simply, so that our lives may reflect your generosity.</p> <p>Creator God, You gave us responsibility for the earth, a world of riches and delight. Create in us a desire to live sustainably, so that those who follow after us may enjoy the fruits of your creation.</p> <p>God of peace and justice, You give us the capacity to change, to bring about a world that mirrors your wisdom. Create in us a desire to act in solidarity, so that the pillars of injustice crumble and those now crushed are set free. Amen.</p> <p>Linda Jones / CAFOD</p>






Thursday	7	<p>Father, we pray for you to raise up a generation of leaders with the courage to take responsibility for our changing climate, and the part we have played in it. Father, we intercede for our politicians and leaders – cause them to act in the best interests of all nations today, and all peoples' in the future, in order to avoid catastrophic changes.</p> <p>Father, we ask for a generation of leaders who will be willing to act justly so that those who have contributed so little to the problems we are facing, and have fewer resources with which to face it, are not left to shoulder our burden.</p> <p>Father, we ask for you to fill the hearts of all who lead rich nations – give them your mercy and compassion on poor countries already suffering the effects of a changing climate.</p> <p>Just as they have been moved to cancel debt in the past, encourage them also to release funds so that poor communities can adapt to the effects of climate change, and develop cleanly</p>
Friday	8	<p>Bless the Lord, all birds of the air; sing praise to him and highly exalt him for ever.</p> <p><i>Daniel 3, 80</i></p>
Saturday	9	<p>World Lion Day (10 August)</p> <p>World Lion Day is dedicated to raising awareness and support for lion conservation.</p> <p>The lion population occupies less than 20% of its former range in Africa. Numbers are estimated between 15,000 and 30,000 depending on who is asked. More recently scientists have started to settle on a number of 20,000, however more research is needed into the actual numbers. If allowed to carry on declining at the current rate we will have no lions left in the wild by 2050.</p> <p>Lions, often called the “kings of the jungle”, face serious threats from habitat loss, human-lion conflict, poaching and declining prey populations.</p> <p>The plight of lions in South Africa is a complex and urgent conservation issue. While the country has stable wild populations, it also faces serious challenges due to habitat loss, human-wildlife conflict, and the controversial captive lion industry.</p> <p>There are an estimated 2,300 wild lions remaining in South Africa. South Africa is one of only seven countries where there are thought to be stable lion populations. Lions have been classified by the IUCN (International Union for Conservation of Nature) as <i>vulnerable</i>, however in recent years there have been many scientists and biologists who argue that the <i>panthera leo</i> should be considered “endangered”.</p> <p>Understanding the plight of lions can be complicated and contentious. Whilst South Africa has revised its Policy Position on the Conservation and Sustainable Use of Elephant, Lion, Leopard, and Rhinoceros to focus on ending captive lion breeding for commercial purposes and shutting down facilities that exploit lions, there remains to problem of what to do with the lions</p> 

		<p>already in the “system”. The re-introduction of lions into the wild is fraught with challenges, both costly and logistically.</p> <p>We can all be positive ambassadors for lion conservation by:</p> <ul style="list-style-type: none"> • Funding Conservation: Ethical wildlife tourism generates revenue for national parks and reserves, helping protect lion habitats. • Educate others about the importance of lion conservation. • Avoid unethical tourism that exploits captive lions but please do support Ethical Tourism. Tourism funds ranger patrols and anti-poaching initiatives, reducing illegal hunting. • Advocate for stronger regulations: Push for policies that ban exploitative practices. • Avoid captive lion attractions offering cub petting or lion walks.
Sunday	10	<p>Creator God, we pray for our brothers and sisters of the earth: squirrels, buck, the trees, the tomato plants and the worms... May their humility and simplicity inspire us to live according to your will.</p> <p>Creator God, we bring our prayer to you.</p> 
Monday	11	<p>A Prayer in the form of poem from Ethiopia</p> <p>Mom is crying! Our mother earth is dying! She is really burning! The tradition of planting trees is gone her children abandoned her, and did harm to her. Give wisdom to her children to save her. Direct and lead us all to protect her.</p> <p>She is really burning. The globe is crying loud. Africa is crying loud. Ethiopia is crying loud. Our mom earth is drying!</p> <p>Oh! wisdom! Oh! fear of God! Oh! care for creation! Let us confess our sins which were invisible and not considered as such.</p> <p>Lord have mercy on us and lead us and help us to save our beautiful mom, our earth, our globe. Let it be our daily duty to save our mom. As we love ourselves, let it be so for our mom, earth. Then the daughter will dance, the sons will join the whole community will rejoice in the wellbeing of our mom, earth</p> <p>In the valley of Omo down, on the mount of Rise Dashe, Ethiopians want to flourish in the wellbeing of our mom Ethiopia, earth!</p>

		<p>Our God, the source of everything the creator and saviour of mom please give all human beings thoughtful spirit, hard working habits, towards the betterment of life, all together to save our mom.</p> <p>Our mom, earth is bleeding it is so cruel to let her bleed! Please, our Father and Mother and creator of mom give us kind spirit to save her from such danger up on! Have mercy on us! give us directions to save her!</p> <p><i>Belaynesh Bekele, Ethiopia</i></p>
Tuesday	12	<p>World Elephant Day</p> <p>Unlike many other areas of Africa, the Greater Kruger National Park is home to a very high elephant population, estimated at around 30,000 and is increasing annually.</p> <p>The large elephant population raises concerns about their impact on the areas trees, water resources, and impact on wildlife – forcing park's management to face the challenge of balancing the elephant population with the need to maintain a healthy ecosystem.</p> <p>Elephants are the largest living land animals, in other words, elephants are BIG! and BIG bodies need lots of food!</p> <p>Protecting and restoring elephant habitats is essential for their survival and well-being, including establishing new protected areas and mitigating threats from land degradation. Elephants are considered to cause unacceptable levels of damage to certain large trees in some conservation areas. This damage exacerbates human: elephant conflict, with some calling for elephants to be culled to reduce tree damage.</p> <p>A long term database of elephant impact on selective trees was started in 2004 in some of the Private Game Reserves on the western boundary of Kruger Park looking at mitigation methods which could be used to increase the survival rate of large trees. A variety of large tree protection methods have been employed, such as wrapping chicken wire around the trunk to prevent bark-stripping by elephants. Over 3000 trees are being monitored for elephant impact, with half of them being protected from elephant effects in this way.</p> <p>However, in 2015 a unique project was initiated by the NPO Elephants Alive to use bees to protect iconic trees from elephant damage within the Private Reserves was introduced. It is known that elephants do not like bees, and beehive fences have been successfully used in East Africa to protect farmers' crops and subsequently beehives have been suspended in a number of iconic marula trees. (The study site for the project is JeJane Private Nature Reserve which is part</p> <div data-bbox="1054 667 1489 896" data-label="Image"> </div> <div data-bbox="1050 1731 1497 2024" data-label="Image"> </div>

		<p>of the Associated Private Nature Reserves on the western boundary of the Kruger National Park.)</p> <p>This experiment has proven highly successful, as not only do elephants avoid these trees, but the bees help pollinate the trees with the added benefit of producing honey and beeswax.</p> <p><i>Elephants Alive</i> has developed a thriving market in “elephant friendly” honey and beeswax products (lip balm, honey-infused soap and wax wrap food covers.) to the benefit of the local people These products have proved to be very popular.</p> <p>Of course, we can all still do our own little bit to protect elephants:</p> <ul style="list-style-type: none"> • Use your talents and skills to spread the word! ... • Stop the ivory trade and poaching - never buy or sell ivory! ... • Support elephant conservation and anti-poaching - it is much needed! Be an eco-tourist.
Wednesday	13	<p>So Will I (100 Billion X)</p> <p>God of creation There at the start Before the beginning of time</p> <p>With no point of reference You spoke to the dark And fleshed out the wonder of light</p> <p>And as You speak A hundred billion galaxies are born In the vapour of Your breath the planets form If the stars were made to worship, so will I I can see Your heart in everything You've made Every burning star A signal fire of grace If creation sings Your praises, so will I</p> <p>God of Your promise You don't speak in vain No syllable empty or void</p> <p>For once You have spoken All nature and science Follow the sound of Your voice</p> <p>And as You speak A hundred billion creatures catch Your breath Evolving in pursuit of what You said If it all reveals Your nature so will I I can see Your heart in everything You say Every painted sky A canvas of Your grace If creation still obeys You, so will I</p> <p>So will I, So will I</p> <p>If the stars were made to worship, so will I If the mountains bow in reverence, so will I</p> 

		<p>If the oceans roar Your greatness, so will I For if everything exists to lift You high, so will I If the wind goes where You send it, so will I If the rocks cry out in silence, so will I If the sum of all our praises still falls shy Then we'll sing again a hundred billion times</p> <p>God of salvation You chased down my heart Through all of my failure and pride</p> <p>On a hill You created The Light of the world Abandoned in darkness to die</p> <p>And as You speak A hundred billion failures disappear Where You lost Your life so I could find it here If You left the grave behind You, so will I I can see Your heart in everything You've done Every part designed in a work of art called love If You gladly chose surrender, so will I I can see Your heart, eight billion different ways Every precious one, a child You died to save And if You gave Your life to love them so will I</p> <p>Like You would again a hundred billion times But what measure could amount to Your desire? You're the One who never leaves the one behind</p> <p>Song by Benjamin William Hastings and Hillsong UNITED</p> <p><i>Hillsong United came out in 2017, capturing the full span of creation, from the beginning of Genesis to the end of Revelation. Its refrain, "as You speak," showcases God's ongoing breath in creation, from the universal to the particular, expanding and contracting our vision as the artists carry us through the verses.</i></p> <p><i>Songwriters: Joel Houston / Michael Fatkin / Benjamin Hastings. © Hillsong Music Publishing Australia</i></p> <p>Listen</p>
Thursday	14	<p>All powerful God , you are the future whom we await and for whom we long. You are the promise of grace that all will be well. In this time of global warming, send us to live as bearers of hope and servants of those whose habitat is threatened, whose future is deeply in doubt.</p>
Friday	15	<p>"For me, one of the major reasons to move beyond just the planting of trees was that I have tendency to look at the causes of a problem. We often preoccupy ourselves with the symptoms, whereas if we went to the root cause of the problems, we would be able to overcome the problems once and for all."</p> <p>Wangari Maathai Nobel Peace Prize Laureate</p> 

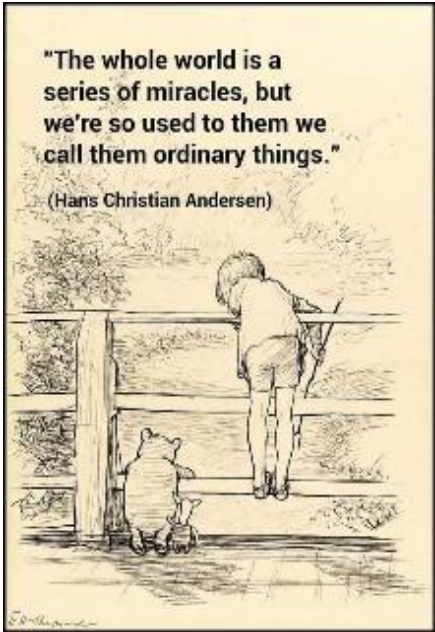


Saturday	16	 <p>Bless the silence amidst the noise. Bless the calm among the clamor. Bless the serenity against the chaos. God bless you with the strength of silence. God bless you with the courage of calm. God bless you with the strength of serenity.</p>
Sunday	17	<p>Our hearts are glad, our souls rejoice, and our bodies rest secure in you, O God, our Protector. Your son Jesus restrained his disciples from violent and destructive actions. We pray for strength to resist in ourselves and from others those actions which deprive the neighbours you have commanded us to love of either their lives, or their neighbourhoods.</p>
Monday	18	<p>Creation Gives God Glory</p> <p><i>Let the earth bless the Lord, praise and exalt God above all forever!</i> <i>Mountains and hills, bless the Lord,</i> <i>Everything growing from the earth, bless the Lord,</i> <i>You springs, bless the Lord,</i> <i>Seas and rivers, bless the Lord,</i> <i>You dolphins and all water creatures, bless the Lord,</i> <i>All you birds of the air, bless the Lord,</i> <i>All you beasts, wild and tame, bless the Lord, praise and exalt God above all forever.</i></p> <p>Daniel 3:74-81</p> <p>Apparently Daniel is saying that dolphins, springs, and mountains are doing God's will and giving God glory quite well, they are "blessing" God, and have been for millions and billions of years before we even showed up and long before we wrote the Bible. Was God not glorified until humans came along? Was God not in love until we arrived? If so, God had nothing to do for at least 14 billion years. Love always needs an object, and God has been in love for quite a long time.</p> <p>Acknowledging the intrinsic value and beauty of creation, elements, plants, and animals, is a major paradigm shift for most Western and cultural Christians. In fact, we have often dismissed it as animism or paganism. We limited God's love and salvation to our own human species, and even then we did not have enough love left to cover all of humanity! God ended up looking quite miserly and inept, to be honest.</p> <p>Listen instead to the Book of Wisdom (a canonical book in the Catholic Bible):</p> <p><i>How dull are all people who, from the things-that-are, have not been able to discover God-Who-Is, or by studying the good works have failed to recognize the Artist.... Through the grandeur and beauty of the creatures, we may by</i></p> 

		<p><i>analogy, contemplate their Author.</i> Wisdom 13:1, 5</p> <p>In other words, matter is the outer lovely form, but Spirit is the inner source, coherence, and energy for everything that we know and see. Today quantum physics, astronomers, and molecular biologists seem to be discovering and celebrating this same thing. How lucky we are to be able to fully join in this celebration today - as humans both educated in the sciences and transformed by grace! We have the best of both worlds.</p> <p>Gateway to Silence: Let all the earth bless the Lord.</p> <p><i>From Richard Rohr's daily meditations</i> www.cac.org</p>
Tuesday	19	<p>World Orangutan Day</p> <p>Orangutans are critically endangered due to habitat loss and hunting, facing a high risk of extinction. Protecting them is crucial for biodiversity, climate change mitigation, and the ecological and cultural richness of their habitats. They are a keystone species, playing a vital role in seed dispersal and maintaining forest health. Orangutans' extremely low reproductive rate makes their populations highly vulnerable.</p> <p>The sale of palm oil does not directly affect orangutans in South Africa, as they do not live in that region. However, the global demand for palm oil is vast.</p> <p>Palm oil is in nearly everything – it's in close to 50% of the packaged products we find in supermarkets, everything from pizza, doughnuts and chocolate, to deodorant, shampoo, toothpaste and lipstick. Palm oil has been and continues to be a major driver of deforestation of some of the world's most biodiverse forests, destroying the habitat of already endangered species like the Orangutan, pygmy elephant and Sumatran rhino. This forest loss coupled with conversion of carbon rich peat soils are throwing out millions of tonnes of greenhouse gases into the atmosphere and contributing to climate change. There also remains some exploitation of workers and child labour. These are serious issues that the whole palm oil sector needs to step up to address because it doesn't have to be this way.</p> <p>In South Africa, sourcing sustainably produced palm oil involves primarily using the Roundtable on Sustainable Palm Oil (RSPO) certification system. This system ensures that palm oil production meets specific environmental and social standards, including minimizing deforestation, promoting fair working conditions, and protecting biodiversity. South African companies, like Woolworths and Pick n Pay, actively pursue RSPO certification for their suppliers and encourage the adoption of sustainable palm oil practices.</p> <p><i>Perhaps it's time to reassess your shopping priorities.</i></p>



<p>Wednesday</p>	<p>20</p>	<p>World Mosquito Day</p> <p>Mosquitoes do play an important ecological role, serving as pollinators and as a food source for other wildlife such as birds, reptiles, fish, frogs, spiders and bats, but they are still unwelcome guests at outdoor events or the incessant buzzing around your head when you climb into bed.</p> <p>While mosquitoes are not typically celebrated, World Mosquito Day, observed on August 20th, is an important day to raise awareness about the dangers they pose and how to protect ourselves from mosquito-borne diseases. Mosquitoes are a significant public health concern, as they transmit diseases like malaria, dengue fever, and Zika virus, which can cause serious illness and death.</p> <p>Mosquito-borne diseases are responsible for millions of deaths each year, making them one of the deadliest groups of insects on Earth. Malaria in South Africa is primarily a risk in the north eastern parts of the country, particularly in the low-altitude areas of Limpopo, Mpumalanga, and KwaZulu-Natal. These areas are considered malaria-endemic regions, meaning malaria transmission is present there year-round. However, climate change is causing mosquito populations to shift and expand their geographical distribution, moving into previously uncolonized areas bringing malaria closer to Gauteng where it was previously too cold</p> <p>Even without the threat of contracting malaria, these unwelcomed guests can be deterred. By getting rid of standing water, consistently applying mosquito repellent, and avoiding dark clothing, you can reduce your chances of being bitten by mosquitoes.</p> <p>Mosquitoes are repelled by several strong, natural scents, including citronella, eucalyptus, lavender, peppermint, lemon, tea tree oil, rosemary, and catnip. These scents can be used in various forms like essential oils, candles, or even by incorporating the plants into your landscaping.</p> <p><i>Assess your response to the growing malaria threat; both to yourself and to vulnerable communities.</i></p>
<p>Thursday</p>	<p>21</p>	<p>"We live in a scientific age, yet we assume that knowledge of science is the prerogative of only a small number of human beings, isolated and priestlike in their laboratories. This is not true. The materials of science are the materials of life itself. Science is part of the reality of living; it is the way, the how and the why for everything in our experience."</p> <p><i>Rachel Carson</i> <i>Catalyst for the modern environmental movement and author of Silent Spring</i></p>



Friday	22	<p>"The whole world is a series of miracles, but we're so used to them we call them ordinary things." (Hans Christian Andersen)</p> 
Saturday	23	<p>Prayer of confession</p> <p>Almighty God - creator, shaper and sustainer of all life, We confess that we have not loved you with our whole hearts; We have been careless with the creation you so lovingly crafted, And deaf to its song of praise. We have taken to satisfy our selfish desires, rather than our need And been indifferent to the consequences as your world's song of praise has been silenced. Because of our greed and carelessness, the world is hurting, and many of your most vulnerable children are suffering as a result. Please forgive our indifference.</p>
Sunday	24	<p>God of all, we give you thanks, for the song of the bird, the blossoming tree, your holy people, all your creatures are made with love. We praise you for the gift of creation. Lord, your glory shines throughout the earth. Inspire us to act as co-creators and care for all you have made. May we cherish the goodness of creation. We come together as one family, and in a resounding song of joy, We speak up for the love of creation. Through Christ our Lord, Amen.</p> <p>Rachel McCarthy/CAFOD</p> 
Monday	25	<p>"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."</p> <p>Jane Goodall</p> 

Tuesday

26

World Wild Dog Day

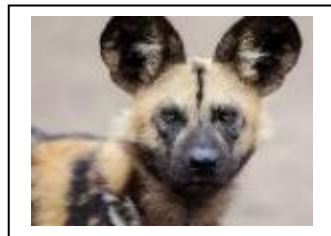
World Wild Dog Day, also known as World Painted Dog Day or African Wild Dog Day, is observed annually and is a day dedicated to raising awareness about the plight of these endangered canids and the efforts to protect them.

These charismatic canids are characterised by a black, white and brown coat pattern, with each individual having a unique pattern from which they can be identified, much like a human fingerprint. They are co-operative pack animals containing an alpha pair which are normally the only individuals responsible for breeding, with the rest of the pack assisting in the rearing and protection of the young.

In 2025, African wild dogs remain classified as critically endangered by the IUCN. While conservation efforts are ongoing, the population is estimated to be around 6,600 individuals in the wild.

Major threats to their survival include habitat loss and human-wildlife conflict. African wild dogs are also susceptible to several diseases, such as canine distemper, canine parvovirus, and rabies. These diseases can be fatal and spread rapidly within a pack due to the wild dogs' highly social nature. Limited population sizes in protected areas can lead to inbreeding, reducing genetic diversity and overall health.

Current conservation efforts for African wild dogs in South Africa focus on monitoring populations, mitigating human-wildlife conflict, and promoting community engagement. These efforts involve using technology like GPS collars for tracking and monitoring, collaborating with communities to reduce livestock predation, and engaging in education and awareness campaigns to foster tolerance and appreciation for the species.

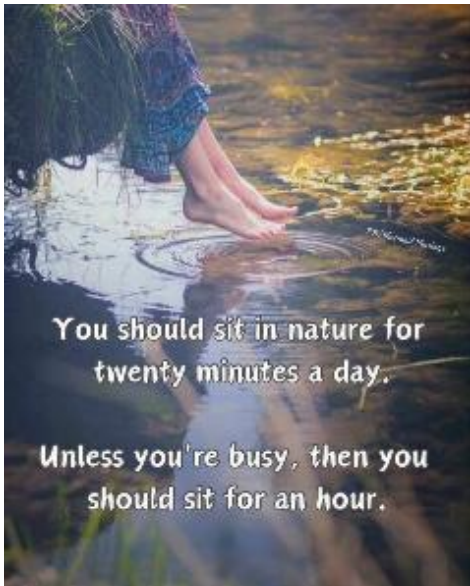



The Endangered Wildlife Trust (EWT) plays a vital role in conserving African wild dogs through various initiatives, including monitoring, habitat expansion, and mitigating human-wildlife conflict. They work to expand safe spaces for wild dogs, relocate packs to protected areas, and actively participate in census and research projects. The EWT also collaborates with other organizations, like SANParks and [African Wildlife Foundation](#) to protect and reintroduce wild dogs into reserves

The African Wildlife Foundation works with communities to build livestock enclosures (bomas) to reduce the risk of livestock predation, a major cause of conflict.

Consider ways you can contribute to the saving of these charismatic canids.



Wednesday	27	<p>God of wisdom, showing us your love in the rising sun and waning tide, you grace Earth with life in all its variety. Everything has meaning, is blessing; everyone is charged with care for the smallest creature to the ocean's depth.</p> <p>Grant us wisdom to know your ways of love and gentle kindness. Give us the mind to learn what we do not know but long to understand so that we may honour and nurture all that makes us one with you. Amen</p> <p><i>Diane Lopez Hughes</i> <i>Franciscan associate of the Hospital Sisters of the Third Order of St. Francis</i></p>
Thursday	28	<p>Psalm 104:1-13 (The Message)</p> <p>¹⁻¹³ O my soul, bless God!</p> <p>God, my God, how great you are! beautifully, gloriously robed, Dressed up in sunshine, and all heaven stretched out for your tent. You built your palace on the ocean deeps, made a chariot out of clouds and took off on wind-wings. You commandeered winds as messengers, appointed fire and flame as ambassadors. You set earth on a firm foundation so that nothing can shake it, ever. You blanketed earth with ocean, covered the mountains with deep waters; Then you roared and the water ran away—your thunder crash put it to flight. Mountains pushed up, valleys spread out in the places you assigned them. You set boundaries between earth and sea; never again will earth be flooded. You started the springs and rivers, sent them flowing among the hills. All the wild animals now drink their fill, wild donkeys quench their thirst. Along the riverbanks the birds build nests, ravens make their voices heard. You water the mountains from your heavenly reservoirs; earth is supplied with plenty of water. You make grass grow for the livestock, hay for the animals that plough the ground.</p>
Friday	29	 <p>You should sit in nature for twenty minutes a day.</p> <p>Unless you're busy, then you should sit for an hour.</p>

<p>Saturday</p>	<p>30</p>	<p>African Traditional Medicine (uMuthi) Day (31 August)</p> <p>African Traditional Medicine (uMuthi) Day was established by the World Health Organization (WHO) African Region to recognize the crucial role of traditional medicine in the health and welfare of people across the continent.</p>  <p>Traditional medicine plays a vital role in the lives of millions of Africans, particularly in rural areas where it may be the only accessible healthcare option</p> <p>The word 'uMuthi' translates in isiZulu as 'tree' confirming that much of the medicine is of plant origin.</p> <p>Over-harvesting of traditional plants for medicinal purposes can lead to vegetation destruction and endanger plant species. Unsustainable harvesting methods, including uprooting and debarking, can damage or kill plants, reducing their ability to reproduce and leading to population declines. This is a significant threat, especially in regions where traditional medicine is heavily relied upon, as it can also impact the availability of remedies and contribute to biodiversity loss.</p> <p>Traditional plant management is crucial for the continuation of many species and ancestral cultivars and the industry needs to be regulated if we are to manage our indigenous vegetation resources.</p>
<p>Sunday</p>	<p>31</p>	<p>Traditional Gaelic blessing</p> <p>Deep peace of the running wave to you, Of water flowing, rising and falling, Sometimes advancing, sometimes receding. May the stream of your life flow unimpeded! Deep peace of the running wave to you!</p> <p>Deep peace of the flowing air to you, Which fans your face on a sultry day, The air which you breathe deeply, rhythmically, Which imparts to you energy, consciousness, life. Deep peace of the flowing air to you!</p> <p>Deep peace of the quiet earth to you, Who, herself unmoving, harbours the movements And facilitates the life of the ten thousand creatures. While resting contented, stable, tranquil. Deep peace of the quiet earth to you!</p> <p>Deep peace of the shining stars to you, Which stay invisible till darkness falls And discloses their pure and shining presence Beaming down in compassion on our turning world. Deep peace of the shining stars to you!</p>