

Nature and Ecology Reading List

“Respect for the interdependent web of all existence of which we are a part”

A Dream Too Wild: Emerson Meditations for Every Day of the Year

Edited by Barry Andrews

An Emerson passage for each day of the year, followed by questions for the reader's reflection. Selections are from Emerson's spiritual writings.

Emerson as Spiritual Guide: A Companion to Emerson's Essays for Personal Reflection and Group Discussion

Barry Andrews

Guide to Emerson's writings and the spiritual issues they raise today. Includes an overview of Emerson's life and resources for further study as well as questions for personal readings and group discussions.

Thoreau as Spiritual Guide: A Companion to Walden for Personal Reflection and Group Discussion

Barry Andrews

A fresh reading of *Walden* as a meditative companion, a teaching tool and guide to personal growth. Discussion questions included for group or personal use.

True Harvest: Readings from Henry David Thoreau for Every Day of the Year

Collected by Barry Andrews

Offers 365 short readings from the famous Transcendentalist. Explores topics as diverse as nature, society, politics, philosophy, ethics, education, religion and social justice. Readers can use this daybook as a spiritual practice—one that promotes a life of simplicity, conscious living and quiet contemplation.

Home Ecology: Simple and Practical Ways to Green Your Home

Karen Christensen

A guide to adapting a sustainable way of life. Addresses time, food, shopping, recycling, energy, transportation, air, water, health, toxins, radiation, light, gardening, pets and children.

The Sacred Depths of Nature

Ursula Goodenough

Blends modern science with the quest for spiritual meaning. Goodenough looks at topics such as evolution, emotions, sexuality and death while writing about the workings of nature in general and living creatures in particular.

What Animals Can Teach Us About Spirituality: Inspiring Lessons from Wild and Tame Creatures

Diana L. Guerrero

With practical and meaningful advice, Guerrero will help you understand why animals touch the soul and explore your own answer to the question: "Do animals have souls?"

Grasshopper Dreaming: Reflections on Killing and Loving

Jeffrey A. Lockwood

Lockwood struggles to reconcile the competing perspectives of religion and science through a series of essays that reveal the moral and spiritual conflicts in a scientist's life as a "hired assassin for agriculture." Lockwood is a professor of entomology at the University of Wyoming and specializes in the ecology and management of rangeland grasshoppers.

Prairie Soul: Finding Grace in the Earth Beneath My Feet

Jeffrey A. Lockwood

The story of one man's evocative journey of ecological, moral and spiritual discovery, unfolding on the high plains of Wyoming and stretching to the grasslands of France and central Asia.

The Wisdom of Wilderness: Experiencing the Healing Power of Nature

Gerald G. May

Memoir and spiritual guide reveals the great lessons available to us when we retreat from our busy lives to the serenity of the wilderness. Foreword by Parker Palmer.

Why Buffalo Dance: Animal and Wilderness Meditations Through the Seasons

Susan Chernak McElroy

Meditations and teaching tales based on animals and the natural world, organized around the seasons. Explores emptiness, resistance, new beginnings, attraction, decay, integrity, leave-taking, cleansing and regeneration.

The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems

Van Johnson

Illustrates how we can invent and invest our way out of the pollution-based grey economy and into a healthy new green economy. Offers the practical benefit of cutting energy prices and generating enough work to pull the U.S. economy out of its present death spiral.

A UUA Bookstore Reading List
Honoring the Seventh Principle

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In Nature's Honor: Myths and Rituals Celebrating the Earth

Patricia Montley

Artfully and thoroughly explores the eight solar holidays that mark the turning of the Wheel of the Year. Includes seasonal activities for individuals, families and small-group worship. Plus formal celebrations for church communities and classrooms, complete with songs, dramatic enactments, litanies of seasonal blessings and suggestions for ceremonial food.

Earth Bound: Daily Meditations for All Seasons

Brian Nelson

Features 365 Earth-centered readings, one for each day of the year, drawn from literature, history, science and nature—the animal and plant kingdoms, the senses and capacities of the human body, the accomplishments of extraordinary men and women and humanity's poetry and prose. Nelson is a member of Emerson Unitarian Universalist Church in Canoga Park, California.

"Brian Nelson's daily musings remind us of both the responsibility and the humanity we share on this earth—and within the embrace of the cosmos."—Aimee Liu, author of *Flash House* and *Cloud Mountain*

Confessions of an Eco-Sinner: Tracking Down the Sources of My Stuff

Fred Pearce

In *Confessions of an Eco-Sinner*, Fred Pearce shows us the hidden worlds that sustain a Western lifestyle, and he does it by examining the sources of everything in his own life; as an ordinary citizen of the Western world, he, like all of us, is an "eco-sinner." In conversational and convivial prose, Pearce surveys his home and then starts out on a global tour to track down, among other things, the Kenyans who grow and harvest his fair trade coffee (which isn't as fair as one might hope), the women in the Bangladeshi sweat shops who sew his jeans, and the Chinese factory cities where the world's computers are made.

Sustainable Planet: Roadmaps for the Twenty-first Century

Juliet Schor and Betsy Taylor

How to spend less, consume less and restore greater balance to our lives. Includes some of the best known writers on sustainable living: Juliet Schor, Bill McKibben, Mary Pipher, Herman Daly, Vicki Robin and Peter Forbes.

In Praise of Animals: A Treasury of Poems, Quotations and Readings

Collected by Edward Searl

Imaginative and diverse, this collection offers poems, prose, blessings and chants as tributes to the richness and complexity of the animals in our lives and on the planet. An ideal gift for welcoming a new pet, sympathizing with the loss of a pet and animal-lovers in general. A perfect resource for animal-blessing ceremonies and other rituals honoring the animals.

Serve God Save the Planet: A Christian Call to Action

J. Matthew Sleeth

As chief of the medical staff at a large hospital, the author watched many of his patients suffer from cancer, asthma and other chronic diseases. Turning to his faith, he and his family applied the timeless lessons of personal responsibility, simplicity and stewardship taught in the Bible. Sleeth shares how material downscaling led his family to healthier lifestyles, stronger relationships and richer spiritual lives.

Green Living Handbook: A 6 Step Program to Create an Environmentally Sustainable Lifestyle

David Gershon

Easy-to-use six step environmental action program to help create a sustainable lifestyle: Reducing Your Solid Waste; Water Efficiency; Energy Efficiency; Transportation Efficiency; Eco-wise Consuming; Empowering Others.

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