

UEA: Selected Books; rvsd July 2026

Benyus, Janine – **Biomimicry; Innovation Inspired by Nature.** 2009. Finding solutions through observing nature can give us everything we need to live in right relationship with the natural world. Benyus is the originator of the term and a leader in the field.

Coleman, Mark – **A Field Guide to Nature Meditation; 52 Mindful Practices for Joy, Wisdom and Wonder.** 2022. Meditating outdoors can shift our relationship to nature in profound ways by connecting us with the richness of the sensory world. Good for using on your own or with groups.

Deming, Alison Hawthorne, editor. **The Gift of Animals; Poems of Love, Loss and Connection.** 2025. Foreword by Robin Wall Kimmerer. A beautiful collection that takes us into the minds and hearts of animals, and our profound relationships to them.

Fillmore, Charles. Edited by Rev. Carol Saunders. **The Forgotten Teachings of Charles Fillmore.** 2018. The Fillmores, co-founders of Unity, believed that all life is sacred. They were vegetarians and promoted kindness to animals.

Fox, Matthew – **Original Blessing.** 1983

Creation Spirituality; Liberating Gifts for the Peoples of the Earth. 1991

Coming of the Cosmic Christ. 1988

Francis, Pope. **On Care for Our Common Home: The Encyclical Letter Laudato Si'.** 2015. The world is already grievously wounded, and its continued degradation is having the greatest immediate impact upon the poor. Pope Francis pleads with us all to pay attention and to work together toward a healthy environment that works for all.

Goodall, Jane. **The Book of Hope; a Survival Guide for Trying Times.** 2021. Of the many books she has given us over the years, this may be the one we most need now. "Hope...is a stubborn determination to do all you can to make it work," even in the face of daunting obstacles.

Hanh, Thich Nhat. **Love Letter to the Earth.** 2013 This beloved Buddhist monk and activist, reminds us that "We are the Earth. Everything outside us and everything inside us comes from the Earth."

Johnson, Ayana Elizabeth, editor. **All We Can Save; Truth, Courage, and Solutions for the Climate Crisis.** 2020. A wonderful compilation of some of the best writers on this topic, all women visionaries.

Kimmerer, Robin Wall -**Braiding Sweetgrass; Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants.** 2013. She shows us how plants and animals are our greatest teachers, based on her own indigenous wisdom, in this book that has become a longtime popular classic.

The Serviceberry; Abundance and Reciprocity in the Natural World. 2024. Deriving her wisdom from nature, she teaches us how to live in reciprocity, like the serviceberry, to create a gift economy. We can't just keep taking without giving back.

Lane, Belden C. – **The Great Conversations; Nature and the Care of the Soul.** 2019. An extraordinary book on spiritually centered environmentalism by a theologian who begins by describing his profound relationship with a tree.

Macy, Joanna – She has written many important books, and inspired many others to do the work. Here are a few of our favorites.

Thinking Like a Mountain: Towards a Council of All Beings. With John Seed. 1988.

World As Lover, World As Self – 1991.

Widening Circles; a Memoir – 2000. As an eco-philosopher, activist, and Buddhist scholar Joanna Macy recounts her adventures of mind and spirit in the key social movements of our time. Macy's autobiography reads like a novel as she reflects on how her multi-faceted life experiences enriched her service to the world.

Active Hope; How to Face the Mess We're in with Unexpected Resilience and Creative Power - 2022.

McLaren, Brian D. – **Life After Doom; Wisdom and Courage for a World Falling Apart.** 2024. He brilliantly and gently walks us through the inevitable unfolding of the new reality we are living through, and how important it is to acknowledge it and to create community to stay loving through it all. A great book to read in a book group.

Mitchell, Sherri - **Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change.** Foreword by Larry Dossey. 2018. Penobscot leader, lawyer, and activist Sherri Mitchell offers enduring lessons rooted in powerful First Nations cosmologies and timeless universal insights.

Oliver, Mary- **Devotions; the Selected Poems of Mary Oliver.** 2020. Over 200 poems selected by Oliver, a very popular award winning author. She takes us into her world of nature in surprising, delightful, and sometimes startling ways, as if we are walking with her. Much of her poetry is quoted at spiritual celebrations and Sunday messages in gatherings all over.

Roberts, Elizabeth – **Earth Prayers; 365 Prayers, Poems, and Invocations from Around the World.** 1991

Sutterfield, Ragan - **Watch and Wonder: Birding as a Spiritual Practice.** 2026 “Birding brings us close to hope, abundance, and joy. In fact, it looks a lot like prayer.”

Tuttle, Will – **World Peace Diet.** 2016, 10th ed. A leader in the movement to include compassion toward all beings by choosing a plant based diet. He links the eating of animals with the violence in our world. Will travels around the U.S. in his van with his artist wife Madeleine, speaking at many Unity and Unitarian churches. He's also an accomplished musician.

Circles of Compassion; Essays Connecting Issues of Justice. 2014. A valuable collection of essays, edited by Will Tuttle.

Woodley, Randy. **Becoming Rooted ; One Hundred Days of Reconnecting With Sacred Earth.** 2022. Drawing on indigenous wisdom, Woodley invites us all to root ourselves in the land where we live to deepen our relationship with our Earth home.

The Cantigee Oracle; An Ecological Spiritual Guide and Creative Prompt Deck. 2021. Written by Rae Diamond; art by Laura Zuspan. An extraordinarily beautiful deck of round cards for nature- based inspiration and guidance. Good for small groups, especially outdoors.