

DAYS PRING

issue 111

Bahá'í Inspiration For Young Hearts & Minds

UK

Show forth the
utmost loving-
kindness to every
living creature.

- 'Abdu'l-Bahá

Our Amazing World

Dayspring is a children's magazine that's produced four times a year on an educational, non-profit basis. It seeks to nurture a love for God and humankind in the hearts of all children, inspired by the beautiful teachings of the Bahá'í Faith.

Dayspring is created by a small team of dedicated volunteers and contributors.

FREE Print Subscriptions:

A free print copy is sent to every registered Bahá'í child aged 5-12 in the UK. If your child is not registered and you wish them to be, please notify the National Spiritual Assembly of the Bahá'ís of the UK: nsa@bahai.org.uk

FREE Digital Subscriptions:

Anyone can access free digital copies (PDFs) of Dayspring on this website. This includes back issues of magazines dating back many years.

Printer-friendly versions of most activities (available from issue 110 onwards) are also available from our website:

www.dayspring.bahai.org.uk

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Material by children and adults including stories, poems, artwork and news are warmly welcomed. Submissions will be used in the magazine which is distributed through print and digitally online.

Please note that under the terms of the Child Protection Act regarding publishing images of children, permission to do so is required from a parent or guardian.

At present we can only accept contributions via email: dayspring@bahai.org.uk.

The magazine editors reserve the right to include or not include submissions for any reason.

For more information about the Bahá'í Faith, its teachings and how you might get involved visit: www.bahai.org.uk

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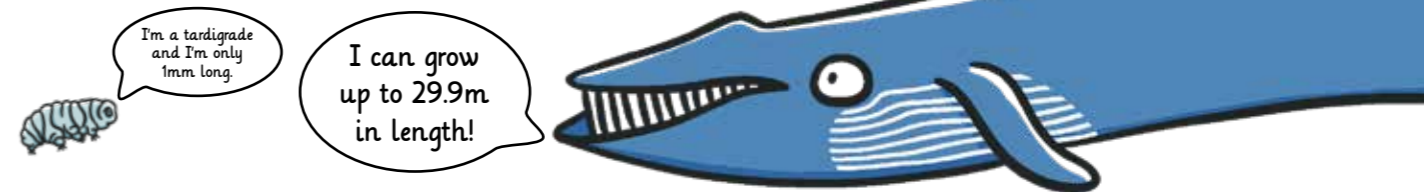
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This issue of Dayspring is all about our world, specifically nature and the unique relationship the Bahá'í Faith has with the environment. Not only are we encouraged to see God and His mighty creation in every living thing, from whopping, big whales to teeny, tiny tardigrades. We're also asked to look after our beautiful home, for ourselves and the benefits of others. It's not just we humans that matter, we share our planet with all other living things and we have a responsibility to live our lives in harmony with our environment so that all life has a chance to thrive.



This issue is full of heart-warming stories, fun activities and interesting facts about our big, beautiful planet earth. We hope you enjoy it and it inspires you to take action and do your bit to make our world a greener place.

Alláh-u-Abhá dearest friends!

The Dayspring Team



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Download printer-friendly versions of these activities at www.dayspring.bahai.org.uk

OUR AMAZING WORLD

Why it's important to look after our global home

God has created everything on this earth. From the blades of grass on the ground to the giant mountains. Every creature on earth has been lovingly crafted by God. Each being has a role and that is why the earth works in such harmony. With this in mind, we want to respect every living organism and see the qualities of God within each created thing. Bahá'u'lláh says:

"Upon the inmost reality of each and every created thing [God] hath shed the light of one of His names, and made it a recipient of the glory of one of His attributes."

So how do we respect our environment? Well, it helps to remember every living thing's role and purpose. This way we can also be more appreciative and grateful of the world. Wasps, for instance, despite their pesky behaviour, are pollinators responsible for maintaining the flowers and fruits which we eat. Or lawn grass, on which we walk, sit and play, helps to clean the air, trap carbon dioxide, decrease noise pollution and reduce temperatures.

And how do we protect our environment? Well, there are so many different service projects and plans which we can make to help. For instance, many children's classes around the world do litter picking. This is a lovely way to protect animal habitats from being invaded with our rubbish. Another way to protect our environment is to practise the virtue of mindfulness and not only to appreciate wildlife, but also to think more carefully about what we do, what we buy, what we use, as well as examining our daily habits and how these affect our environment.

It is also important to remember that God created us, humans, noble. This means that we need to stand up for animals who cannot voice their suffering if they're being mistreated or their habitats are being destroyed. On this matter 'Abdu'l-Bahá writes:

"The poor animal cannot speak, it can neither show its suffering nor is it able to appeal to the government. If it is harmed a thousand times by man

it is not able to defend itself in words nor can it seek justice or retaliate."

'Abdu'l-Bahá Himself was always kind to animals. He rarely ate meat and in the Holy Land was often visited by a cat who would sit on His lap and purr. He encourages us to:

"Train your children from their earliest days to be infinitely tender and loving to animals. If an animal be sick, let the children try to heal it, if it be hungry, let them feed it, if thirsty, let them quench its thirst, if weary, let them see that it rests." The more we show kindness to animals and protect our environment, the more society can progress."

So as you pray each day, maybe you can also think about your future plans to help the world and all the wonderful things you would like to do for the environment!

Behold a beautiful full of flowers, shrubs, and trees. Each flower has a different charm, a peculiar beauty, its own delicious and beautiful colour. The trees too, how varied are they in size, in growth, in foliage—and what different they bear! Yet all these flowers, shrubs and trees spring from the self-same, the same shines upon them and the same clouds give them

So it is with It is made up of many races, and its peoples are of different colour, white, black, yellow, brown and red—but they all come from the same, and all are servants to Him.

-'Abdu'l-Bahá

Can you put the right word in the right space to make this quote complete?

rain	fruits	garden	sun
perfume	humanity	earth	God

Can you think of things you could do to help our planet & the animals? Write them in the space below. If you're not sure, maybe this magazine will give you some ideas.

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Nature's Beautiful Colours

Juliet Thompson saw nature differently after visiting 'Abdu'l-Bahá

There was a woman named Juliet Thompson who lived in New York City over a hundred years ago. Juliet was a painter, she loved painting pictures of people, and she was so good at painting portraits that it became her career. She even painted 'Abdu'l-Bahá's portrait when He visited New York!



Juliet Thompson painting a portrait.

Juliet was very lucky because she was invited to travel to France and Switzerland with 'Abdu'l-Bahá, and to visit His home in 'Akká. We know all this because Juliet wrote a diary, and she collected wonderful stories of many special

moments spent with 'Abdu'l-Bahá. (Those stories were later made into a book called 'The Diary of Juliet Thompson'.

Perhaps you will read it one day when you are older!

When Juliet travelled to 'Akká to meet 'Abdu'l-Bahá, it was wonderful to be out of the hustle bustle of New York City, and especially to be in such a different country. She noticed how very dry the land was, there in Palestine (today that country is called Israel). After Juliet arrived by ship, she travelled to 'Abdu'l-Bahá's house in a horse and carriage. Her view from the carriage was of dusty, sandy landscapes with occasional, spartan efforts of shrubbery

dotting themselves across the countryside. She saw tall palms and other types of trees, ones that could survive in extremely hot temperatures with not much water, but they didn't give the scenery much colour at all. With the exception of a clear blue sky, Juliet's view was an extremely pale one, and the harsh sunlight made her squint as the carriage horses kicked up clouds of dust, clip-clopping ahead, along the stony roads to 'Akká. This barren landscape is where 'Abdu'l-Bahá had lived for most of His life, with His father, Bahá'u'lláh, and the Holy Family who were prisoners of that city.

However, later, when Juliet travelled with 'Abdu'l-Bahá in Europe, they were driven through the countryside in a motorcar and the scenery was very different. It was very, very

green, with hills and forests, lakes and mountains, and this filled 'Abdu'l-Bahá's heart with joy. His face was beaming with sheer delight as He looked out from the motorcar, pattering through the country roads, sometimes stopping to take in a beautiful orchard here, a magnificent foaming waterfall there. After looking out in great wonderment for a long time, 'Abdu'l-Bahá suddenly became very quiet, then He turned to Juliet and said, 'There was no one in the world who loved trees and water and the country so much as Bahá'u'lláh!'

In that moment, Juliet was reminded of the hardship 'Abdu'l-Bahá and Bahá'u'lláh had endured. They had even given up their freedom to be in beautiful places where their hearts could be made happy by smelling sweet meadow flowers, or walking barefoot in soft grass, or paddling in a river, or perhaps, Juliet thought,

as a young child 'Abdu'l-Bahá might have liked to be able to climb a tree! But they weren't allowed such wonderful adventures because they were prisoners in dusty, dry 'Akká.

When the motorcar stopped at the huge, noisy waterfall, Juliet witnessed something that made her write a very special entry in her diary that night. She wrote about how 'Abdu'l-Bahá walked to the edge of the wild, gushing cascade of water and stood there, looking at it in silence for a long time. She saw, by the joy on His face, how much He loved being next to the force of that magnificent rush of water as it roared and crashed down the mountainside, how sweet the look on His face was, how respectful and humble it was, as He stood before the awesome power of nature.

In that moment, Juliet understood something new about the wonder of nature for

herself, it made her appreciate how truly lovely nature is, what happiness it brings. To be able to walk in it, to play in it and see its beauty. And how it helps us to understand God more deeply. It even helps us to want to create art and to learn more about science. It helps us to feel good feelings inside of our hearts and our minds.

'Abdu'l-Bahá loved nature and so did Juliet.

Can you imagine how lovely it must have been for 'Abdu'l-Bahá to be around so much colourful countryside? Can you bring nature's glorious colours to this scene by drawing green trees & grass, a blue waterfall & colourful flowers & animals?



'Abdu'l-Bahá travelling in a horse and carriage.

HUG THE WORLD

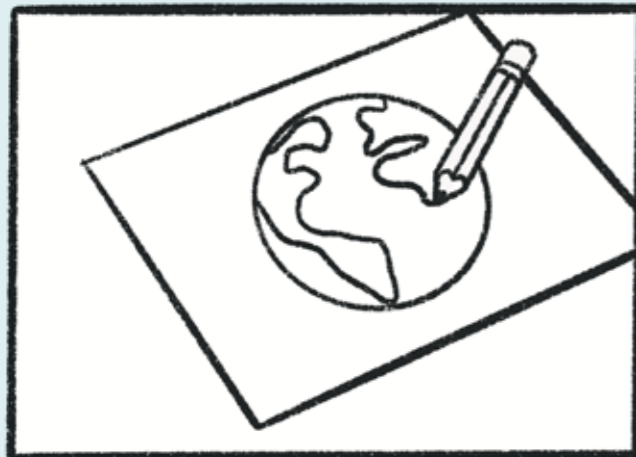
Show you care with a warm, wide, worldly embrace

YOU WILL NEED:

- A4 plain paper
- Scissors
- A4 coloured paper
- Glue
- Colouring pens / pencils

To be a Bahá'í simply means to love all the world; to love humanity and try to serve it...

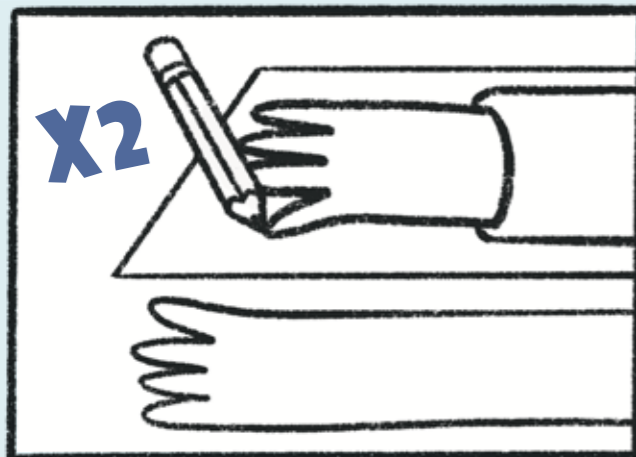
-'Abdu'l-Bahá



1. On a sheet of A4 paper, print out, trace or copy the picture of the world on page 9 (across), then colour it in with blues and greens or you could use bright, vibrant colours.



2. Carefully cut it out with scissors.



3. On a separate sheet of A4 coloured paper draw around your hand and arm x2, then cut them both out. Why not get creative and add details like fingernails, knuckles or even rings.



4. Glue your huggable arms on the back of each side of the world, then fold them over as if giving the world a great, big hug!

You could write a positive message or quote on the back and send it snail mail to a friend or loved one.

Print out, photocopy, trace or draw this world, then add your hug.



Find a printout of the activity above at www.dayspring.bahai.org.uk

A SMILE IN THE UNIVERSE

by Dawn Edwards

I wonder, what can I do to make the Earth well?
I am only one small person,
So what could I do
To make Earth and air more clean?

I can plant a tree! Maybe a green one, or fruit-
There are so many kinds.
And flowers, too, and vegetables.

How lovely they will look,
How fragrant they will smell,
How good they will taste!
And how sweetly the birds will sing there.

I wonder, what could I do
To make the waters more clear?
I am only one person,
So what could I do
To make the water creatures healthy?

I can respect their home,
Not make it dirty.
Not put harmful things in it, or in Mother Earth.
Yes, and I'd ask others to help too... What fun!
How lovely clean water shines,
How fresh it smells,
And how good it tastes,
And in it the creatures are lively and joyful.
Precious is water.
I wonder, what can I do

To make people happy?
I am only one small person.
So what can I do
When there are so many?

Why, I can be like one
Who was kind to all!
I can share my food, and my books,
And pray with them, yes,
We can work together
To make this Earth one home.
God's flower garden,
Earth, singing its song
And smiling in the Universe.

Dawn Edwards was born a very long time ago in around 1916. She wrote several books about the Bahá'í Faith including a book of poems called 'Petals of Poetry'.

In the 1970s she pioneered to Nepal, then Turkey and then Thailand as well as a trip to Romania in 1991 (when she would have been 75 years old). Pioneering means to make special trips to communities that need people to help teach the Bahá'í Faith. Some stay for months, others years and others make their lifelong homes in these new places.

From this poem we can see that Dawn had a special place in her heart for the environment and how we can care and look after it.

MAKING A POSITIVE DIFFERENCE

All over me, aka 'Mother Earth', individuals, communities and organisations are doing amazing things, both big 'n' small, to help our environment to thrive. Here are a few stories to inspire you to make your own efforts to keep me healthy and happy.

1. In just 3 years a young woman called Leslie Dart has planted 372,290 trees in Canada, replenishing trees lost from logging and forest fires. It's hard work but she's devoted to it.
2. The first 'de-extinction' in the UK has occurred after a handful of seeds were saved from just 3 potted plants over 30 years ago. Now, the York Groundsel (a pretty yellow daisy-like flower) has been saved from extinction because of the work of the Millennium Seed Bank at Kew Gardens, London and the Rare British Plants Nursery in Wales.
3. Peace brings peace to the Colombian Amazon Rainforest after the government made efforts to reconcile with local rebels. As a result deforestation fell by 26% over the past year and an estimated 50,000 hectares of rainforest were saved. Proving that unity can make a real difference.



NATURE BINGO HUNT

Let's take a closer look at the world around us

There are many gardens, parks, woods and other green spaces where we can venture out and be 'in' nature and it's very good for us. It's been shown to reduce stress, improve physical fitness, stimulate the little grey cells (our brains) and even make us a bit more creative! What better way to spend an afternoon than being

outdoors with some fresh air and sunshine (if the UK weather permits of course!) Read about these fascinating plants, insects and birds and tick them off when you spot them. Be careful not to touch or disturb any creatures you find, we're just observing and don't want to hurt anything. Can you spot anything we haven't mentioned?

Draw a picture of something you find



EARTHWORM



Worms are nature's compost makers, their tunnels oxygenate and drain the soil. They eat lots of dead matter and their poo improves the soil quality.

PIGEON



The pigeons you find in cities are called feral pigeons and are descendants of the 'rock dove' which can now only be found in Scotland and Northern Ireland.

GRASS



There are about 10,000 species of grass in the world and around 160 of them can be found in Britain and Ireland. Most people have grass in their gardens.

LADYBIRD



Ladybirds have 7 spots but this can vary – the record-holder had a whopping 24 spots! They help out gardeners by eating aphids. An adult can eat more than 5,000!

BUTTERFLY



These beautiful insects have most of their taste buds on their feet. They also have some on their antennae and proboscis (long drinking-straw-like tongue).

DANDELIONS



A single dandelion head can have up to 300 tiny yellow petals. They were used in the past as medicine and were eaten or drunk as a tea.

SNAIL



Snails glide around on slime to protect them as they move. You know where they have been because they leave behind a snail trail.

BLACKBIRD



Blackbirds have a beautiful song and love gardens because they can get lots of juicy worms. The females are actually brown and not black.

It's interesting to think on how everything we see in nature, all of its diversity, activity, beauty, creativity and tiny miracles are signs of God's love for His creation.

Say: Nature in its essence is the embodiment of My Name, the Maker, the Creator. Its manifestations are diversified by varying causes, and in this diversity there are signs for men of discernment.

- Bahá'u'lláh

Woodland Wordscramble

Can you unscramble the names of these countryside creatures and plants.

XFO

SIYAD

OGFR

AOK RETE

HENYO EBE

ATB



PLANTING SEEDS

By C. J. Summer

One day in late spring Mrs Mittens went out into her front garden carrying a big bag of seeds. Her garden was long and thin, with a small brick wall that edged it along the street and a hobbledy stone path that led from her little green gate to her red front door. The ground was brown and muddy and sticky, and the neighbours wondered why Mrs Mittens would want to be out in the cold, damp air instead of warm and cosy in front of her fireplace. But she knew what she was doing and she spent the day planting her seeds until the big bag was empty and all the seeds lay gently in their little earthy beds.

A week later Mrs Mittens went out into her front garden with a great big watering can. It was full of water and very heavy. People walking by wondered why this little old lady was carrying something so big and heavy all about her garden, and watering the mud when she could have been sitting in her kitchen with a lovely, warm cup of tea. But she knew what she was doing and she took great care to water all her thirsty seeds.

Two weeks later Mrs Mittens went out into her garden wearing her old leathery garden gloves and floppy gardening apron. She knelt down in the dirt and started to pull up all the weeds. It took a very long time. The people on the bus that went by wondered why this foolish old lady was crouched in the damp dirt instead of lounging in front of her TV. But she knew what she was doing and took great care to pull up only the choking weeds, leaving the fresh, new shoots room to grow.

Three weeks later Mrs Mittens went into her garden with a long stick and a bundle of old clothes. The children on their way home from school wondered why this silly old lady was bring her laundry into her front garden. But she knew what she was doing and she skilfully

crafted a spooky scarecrow that scared the birds and stopped them eating her seedlings.

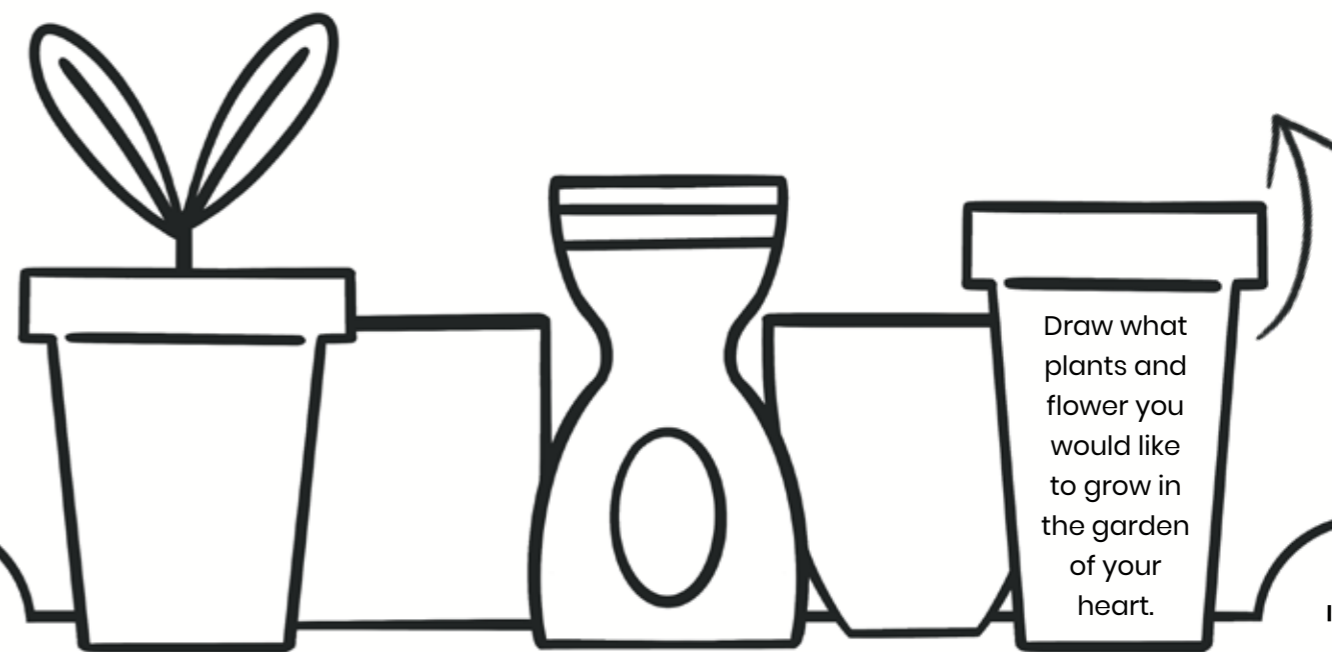
Week after week Mrs Mittens went into her garden and looked after her little plants like they were her children. She watered them, weeded around them, fed them fresh compost, pruned them and kept the birds away.

When summer arrived Mrs Mittens' neighbours, passers-by, the people on the bus and the children on their way home from school all marvelled at her front garden, now bursting with flowers of every shape and size. Her hard work had given homes to insects, frogs and hedgehogs and food for bees and butterflies. Everyone enjoyed the shapes, colours and fresh, floral scents. Sitting in her garden and wearing her biggest, floppiest hat, Mrs Mittens smiled at the thought that so many people, animals and insects were enjoying what her hard work and dedication had created.



O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.

- 'Abdul-Bahá





6 THE ~~R~~'s

Practical things you can do today to help our planet



You have probably heard of the 3 R's already (either at school, online, or through friends or family members). But did you know there's actually 6 altogether?!

Big issues like 'climate change' can feel very overwhelming and it's difficult to know what to do to help. However, even doing small things, such as trying to follow the 6 R's (at home or out and about) can make a positive difference, it's worth a try!

The 6 R's are:

- RECYCLING**
- REDUCING**
- REFUSING**
- RE-USING**
- REPAIRING**
- RETHINKING**

Each of these R's can be useful for the planet as they help us reduce how much we're using and wasting, in turn improving sustainability and helping the environment to thrive.

Let's first look at the most well known of the R's which is...

1. RECYCLING

This process is the breakdown of certain materials (like paper/cardboard, metals, glass, electronics, fabrics/clothes and certain plastics), that have been thrown away and turning them into either the same or a different material.

Recycling is so effective that in the UK alone, it saves more than 2 million tonnes of waste going into landfill each year!

HOW TO RECYCLE

Most homes and school classrooms have different recycling bins for you to easily throw away recyclable rubbish. Be sure to put your waste in the correct bins or it could cause complications for the recycling process. If you're ever unsure which bin your rubbish should go in, you can always ask an adult.

2. REDUCING

Reducing is when you lessen the amount you use or buy, primarily when it comes to food, electricity or other essential needs. You may think that consumption of

food and energy wouldn't have an impact, especially from just one person. But if you combine everyone doing the same thing together, the results do add up and can strain the planet's resources.

HOW TO REDUCE

Switch off lights in empty rooms and switch off or even unplug devices if not in use. A lot of energy is wasted from electronics being on standby.

Put on your plate only what you're going to eat and make sure to eat all your green veggies at dinner time. Food wastage is a big problem around the world. In the UK 60% of food wastage comes from households and reducing this can go a long way to helping the planet.

3. REFUSING

Refusing is similar to reducing, but instead with non-essential items. For instance, how many times have you bought something (like the latest toy or magazine or piece of clothing)

thinking you'll use it a lot, but instead you chuck it away after only a few uses – or not at all?! We've all done it, it's very tempting to buy new things.

HOW TO REFUSE

Refuse to only buy brand new clothes from the 'fast fashion' industries and opt for more sustainable options, like buying pre-loved and from charity shops (please remember that it's not the greatest idea to buy second-hand underwear and socks!) It's OK to buy things you like, as long as you know 100% that it will get many good uses.

You can also refuse things like unnecessary short car trips. Instead you could walk, cycle, scooter or you could car share with friends.

4. RE-USING

Re-using is finding new ways to use old items again instead of throwing them away. This R gets you thinking creatively around how to re-use old items and can also help save pocket money too – bonus!

HOW TO RE-USE

Instead of buying everything new you could accept old hand-me-downs from friends or relatives.

That toy you stopped playing with or

those shorts you no longer wear, try donating to local charity shops or gifting them to family members that might enjoy them instead.

Get creative and turn your favourite pair of freshly washed socks into a sock monkey or those unused plastic milk bottles into fun flower pots (bonus points for the second point as it'll attract many awesome bugs to your garden as well).

That old mug that's collecting dust? Try using it as a pen pot instead or to hold things like hairbrushes and bobbles.

And of course always re-use your carrier bags.

5. REPAIRING

Repairing means rather than chucking away and replacing something that's broken but is still perfectly usable, try fixing it instead. Like re-using, this can also save money and become a fun, creative project you can do with others.

HOW TO REPAIR

If your most worn clothing item has a hole in it, find a video tutorial to patch it up to give it a funky and unique new look.

Try glueing bits of broken toys back together or look into the Japanese fixing art of Kintsugi for cups, plates and pottery.

Of course be sensible and never repair electrical or sharp objects yourself.

6. RETHINKING

Rethinking is an invitation to start adopting a more mindful way of thinking when it comes to our everyday habits and how we can start practising the 6 R's so they become part of our normal daily routine.

HOW TO RETHINK

Do I really need that new toy to make me happy?

Do I need the latest bit of technology or 'fast fashion' (like everyone else), or are my clothes that I already wear and love enough?

Will I actually use this item more than once, or at all, or will it be chucked out without a second thought some months later?

Once I've finished using this item, how will it be disposed of? Can I recycle it? Gift it to someone else? Re-use it?

Can I use something I own already instead of buying single-use plastics, like taking a re-usable water bottle or tote bag wherever I go?

Do I need to throw this away, or can it be used another way?

Out of all these, which ones sound the most fun to try? Go ahead and give some of them a go! You can even try with family and friends who may be interested and get other people doing their bit to help the environment.





EARTH COOKIES

These simple but tasty cookies are perfect to make for yourself or even better, make them for your family & friends.

MAKES 9-12 COOKIES

YOU WILL NEED:



As well as the ingredients you will also need:

- ★ x2 small mixing bowls
- ★ sieve
- ★ mixing spoons
- ★ cookie sheet
- ★ baking paper (cut to fit the cookie sheet)

Preheat your oven to 180c/350f.

BE CAREFUL, OVENS CAN BURN. ALWAYS GET AN ADULT TO HELP YOU WITH THE OVEN!

HOW TO MAKE:



1 Cream the butter & sugar together until light and fluffy.

2 Sieve in the flour & mix thoroughly.

3 Add the egg & vanilla essence, then mix thoroughly.



4 Split the batter between two bowls & add green colouring to one & blue colouring to the other. Mix well.

5 Now for the sticky bit! Put down some blue batter, then add some green to either side. Bake for 10-12 mins.

6 When the cookies have cooled, decorate them with hearts or silly, fun faces. Enjoy & share!

The World of the Soul

Some short stories that show 'Abdu'l-Bahá's love for nature.

We passed fertile hills, covered with vines and corn or fruit trees; we passed foaming mountain torrents; we passed little villages and always the background of these verdant scenes was the panorama of the lonely Alps, their heads wreathed with clouds.

And nothing escaped His eyes. Never shall I forget His keen, sympathetic, eager, delighted observation, — His tender interest in all human traces — His joy in the beautiful. He particularly seemed to enjoy the gentle hillsides — the green — the signs of verdure (I think of His life spent in arid, stony Acca!). [...] Once He broke a silence thus "There was no one in the world who loved trees and water and the country so much as Bahá'u'lláh!"

— from Juliet Thompson (Star of the West)

On the first afternoon, while driving, He expressed much interest in rural England, marvelling at the century-old trees, and the vivid green of the woods and downs, so unlike the arid East. "Though it is autumn it seems like spring," He said... 'Abdu'l-Bahá likened the country to the soul and the city to the body of man, saying, "The body without the soul cannot live. It is good," He remarked, "to live under the sky, in the sunshine and fresh air."

— from 'Abdu'l-Bahá in London

'Abdu'l-Bahá was immediately in demand. In fact, His entire sojourn was divided between pre-arranged public meetings and interviews granted the hundreds of callers who had read in the newspapers of His arrival with dozens of impromptu gatherings for the Bahá'í friends, interspersed between. Notwithstanding His time was so fully occupied, He made a point of motoring nearly every day in Golden Gate Park, where He could enjoy the trees and flowers and walk around the numerous lakes watching the birds. He also walked frequently in the neighbourhood parks (plazas), sometimes with His secretaries, but often alone.

— from Ella Goodall Cooper Collection

The Ground Beneath Our Feet

Why dirty, dusty, crumbly, sticky soil is very important.

Did you know that soil is essential for life on this planet? It is so precious that nature always tries to cover it up and protect it with quick growing plants so it can't erode away! We humans, in fact all animals and insects, rely on soil. It grows our food and makes our homes. 'Abdu'l -Bahá suggests that we should all be growing food - can you imagine if all the big

dusty fields became luscious gardens? He tells us that:

"The fundamental basis of the community is agriculture, tillage of the soil. All must be producers."

Earth also holds long-lost, forgotten secrets, from dinosaur bones lain hidden for millions of years, to our own ancestors' remains, their homes and possessions.

The Bahá'í writings often talk about the earth as something to be respected and a resource we need to share, not fight over. 'Abdu'l -Bahá tells us that in the same way that a farmer cultivates the fields to make the earth ready for growing crops, we too must cultivate ourselves, so we are ready to grow our spiritual capacities. Our good deeds are the fruits of our hard work to becoming better people.

Activity

1. Draw a tree with plenty of room for the roots and all the many creatures that live in the soil.
2. Add in the earth the things that help you get ready to grow your spiritual muscles! For example: prayer, the love of your family, joyfulness.
3. Draw fruits on the tree and, each day, name a fruit after a good deed you have done!



Fascinating Earthy Facts!

Soil is a bit like the planet's skin and like our skin it's made up of many layers and is home to bacteria.

About a quarter of all known species including plants, bacteria, bugs and mammals like moles live underground in the earth.

Our soil is one of the biggest homes for microbial diversity with only 1% of micro-organisms being identified so far.

Top soil is the very top layer of the earth and is needed for food production but due to human activity we're losing top soil 10-40 times faster than it's being formed.

Soil takes a long time to make. It can take a whopping 500 years to make just 1 inch of earth.

The perfect example of recycling, soil is created through a process of things dying, rotting and being reused by other living things.

What fascinating facts can you find out about soil?

ODE TO THE SOIL

By Lou Armit

When you've been to the park and played under the trees when you're home before dark as your boots start to squeeze

Huge eyes on long sticks that bend like your arms with flicks, snaps and clicks - clearly not one that charms.

When you stop at the gate and look back down the street and see prints leading straight to your wet, muddy feet

All shapes and sizes long, wriggly and see-through all worthy of great prizes a wee zoo on your shoe!

Would you ever have believed that in each sticky mound 10 billion things you have heaved there, but few have been found

And you thought you should travel to the deep sea or space to explore and unravel the great mysteries of this place.

by the scientists that give names to every thing that they see that then boggle our brains with all realms of possibility!

But in living, humble soil so many answers can be found for this earth we like to spoil. So our voices must resound

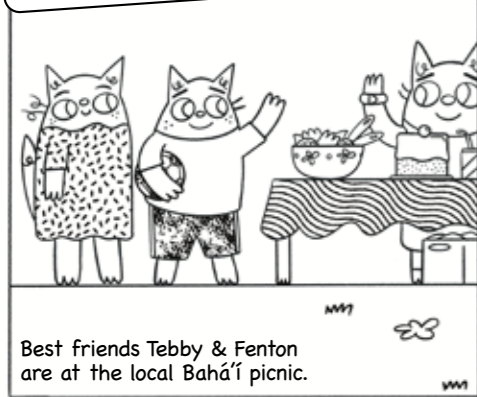
And that these billions of creatures have exceptional style that could well be featured on the news for a while!

with the greatness of this stuff that takes 500 years to form but that chemicals turn to fluff

With mouths like big spades fearsome spikes on their bums they form great parades all so different, all such chums

that then makes our planet warm Soil stores so much carbon. Soil feeds plants that glisten, creating beauty in our garden. It's time to step up and listen!

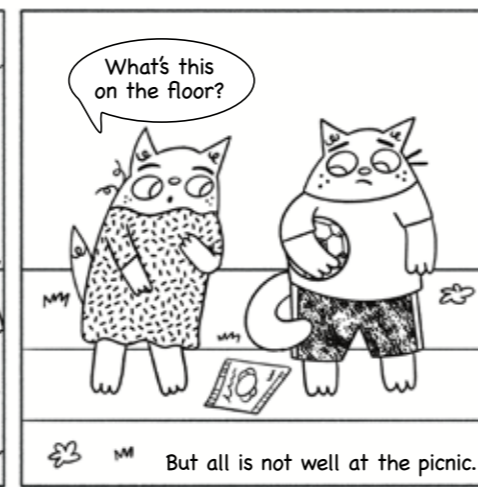
TEAM DAYSPRING
THE DAY THE PICNIC GOT TRASHED



Best friends Tebby & Fenton are at the local Bahá'í picnic.



They've played games, sung songs & had some of Mrs Fadei's legendary sholeh zard*!



What's this on the floor?

But all is not well at the picnic.



It's used crisp packets...

& fizzy drinks cans.

& sticky sweetie wrappers!

They follow the trail of terrible trash until...

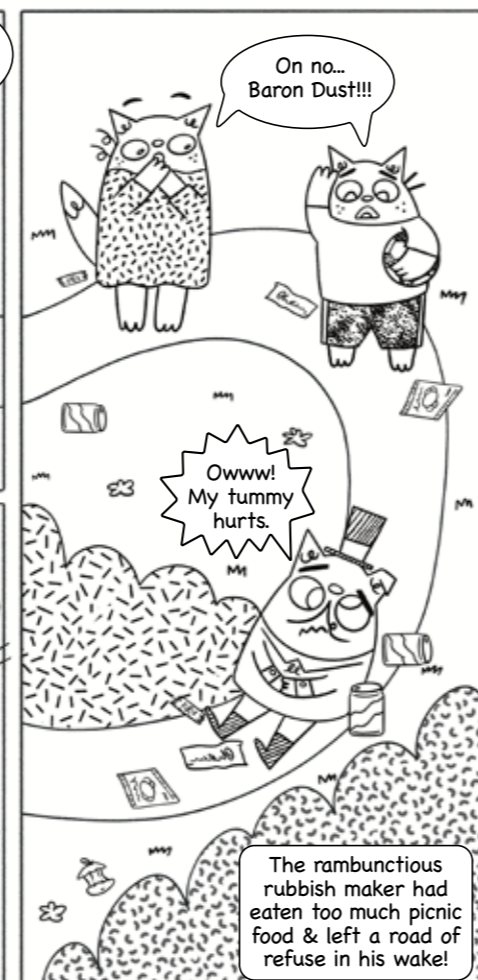


They help the Baron pick up his loathsome litter & sticky sweepings.

Don't forget to recycle.



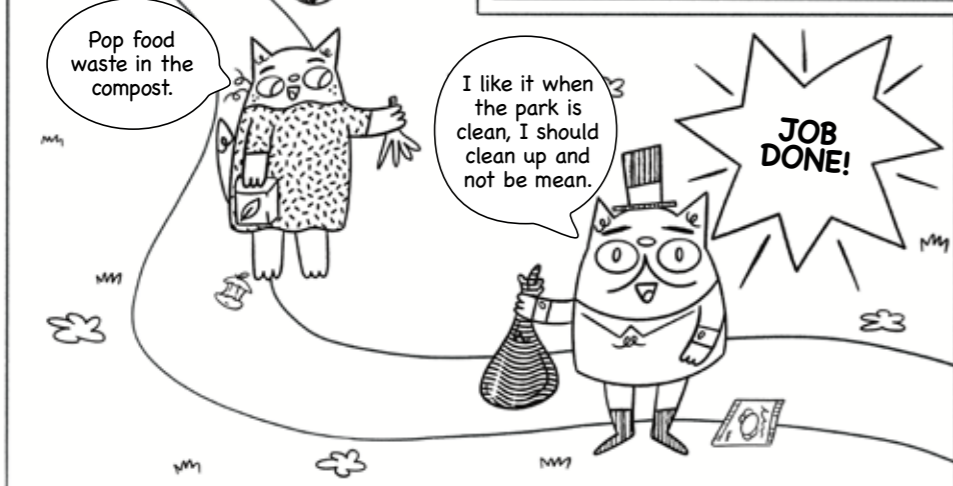
TEAM DAYSPRING jump into action with their great ideas & kindly hearts.



On no... Baron Dust!!!

Owww! My tummy hurts.

The rambunctious rubbish maker had eaten too much picnic food & left a road of refuse in his wake!



Pop food waste in the compost.

I like it when the park is clean, I should clean up and not be mean.

JOB DONE!



TEAM DAYSPRING says: Let's work together to keep our world **THUMBS UP** tidy & clean!!!

Colour me in!

DESIGN A T-SHIRT

Imagine you're a top designer at an eco fashion label and it's your job to design a t-shirt that will inspire a generation to care for the environment.

Create your design here



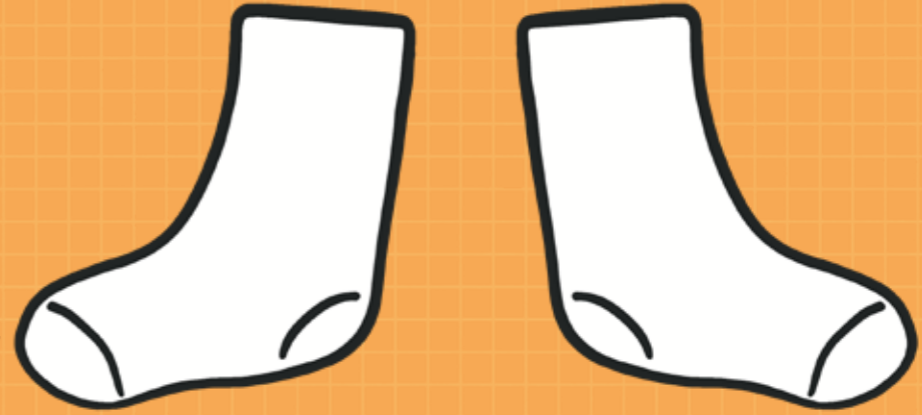
The world's first commercial textile-to-textile recycling mill opened this year in Sweden. It will be able to recycle 1.4 billion T-shirts per year.

Nearly 100% of the textiles and clothing we wear can be recycled. But only about 15% of clothing is recycled. The rest ends up in landfill.

HELP OUT!

One of the best ways to reduce the environmental impact of clothing is to reuse – buy from charity shops and donate used clothing to Clothes Aid.

Don't forget the matching socks!



*Sholeh zard is a traditional Iranian saffron and rice pudding.

ST. BARBE

Looking after our world, empowering communities, and the planting of trees, was championed nearly a hundred years ago by a Bahá'í who dedicated his life to this great task. King Charles III called him "a giant of the global conservation movement..." and we call him St. Barbe.



Richard St. Barbe Baker was a remarkable person who cared deeply for the Earth and all its creatures. St. Barbe (as he was known) was a Bahá'í and believed that taking care of nature was very important. He became a global conservationist which means he brought the need to look after our environment to the attention of the whole world, in fact he was one of the first people to do this!

St. Barbe was born in 1889 and grew up exploring the nearby woods where he lived in England, marvelling at the many plants and animals. He had a special bond with nature, the trees were his friends and, when he was a very small boy, he would march about his garden saluting the trees like they were toy soldiers.

When St. Barbe was a young man he travelled to Canada where he

worked as a logger. He saw how cutting down so many trees made the land dry and dusty. It made him deeply sad to see nature mistreated and he knew there must be a better way.

So St. Barbe became an expert on trees. He travelled to many countries and studied different types of trees and forests. He learned how essential they are for the health of our planet, how they provide oxygen, clean the air, and give food and shelter to countless creatures, including us humans.

He was also inspired by the teachings of the Bahá'í Faith, especially Bahá'u'lláh's principle that the earth is just like one big country and all humankind are its citizens.

St. Barbe thought, "What if I could bring people together to learn to love their trees and make

the world a greener and more peaceful place?"

With his boundless energy and passion, St. Barbe travelled around the world, teaching others about the importance of trees. He spoke at schools and community gatherings, he wrote books, and met with leaders of different countries. He liked to work with local people the most though, educating them on how to care for their environment and putting the power to protect their local lands and especially the trees into their own hands.

While he was living in Kenya, he learned how the African people loved to dance, so he began a movement called 'Dance of the Trees' which soon became a happy group of people who helped their communities by planting trees. They soon changed their name to 'Men of the Trees'. St.

Barbe encouraged them to care for trees just as they would care for their friends. Today, Kenya has a goal to plant 20 million trees in their highland forests by 2024!

Today 'Men of the Trees' has another name, the 'International Tree Foundation'. Their headquarters are here in England, in the city of Oxford. They estimate that, since St. Barbe began his planting mission in the 1920s, about 26 billion trees have been planted all over the world!

St. Barbe knew and met the Guardian, Shoghi Effendi who encouraged him in his work. In fact the Guardian became the first life member of 'Men of the

Trees' and wrote many letters to St. Barbe and even asked his advice on how to care for the trees in the Holy Land in Haifa, Israel. St. Barbe was really uplifted by the support and love Shoghi Effendi gave him.

St. Barbe helped and inspired everyone, including young children. He taught us all to get involved. He believed that even the smallest hands could make a big difference. He told stories of how trees could grow strong and tall, just like children when they nurtured their dreams and cared for the world around them.

The really wonderful thing is that St. Barbe has shown us that we don't have to be

a professional tree-planter to make a difference, we can all work together in our communities to grow more trees that will help to clean the air, give homes to countless creatures and make the world more green. Every tree we plant is like giving a gift to the Earth.

So, dear young friends, remember the story of Richard St. Barbe Baker. Just like him, you too can make a difference in the world. Every act of kindness, every tree you plant, and every moment you spend caring for the Earth and each other brings us closer to a brighter future for all living things.

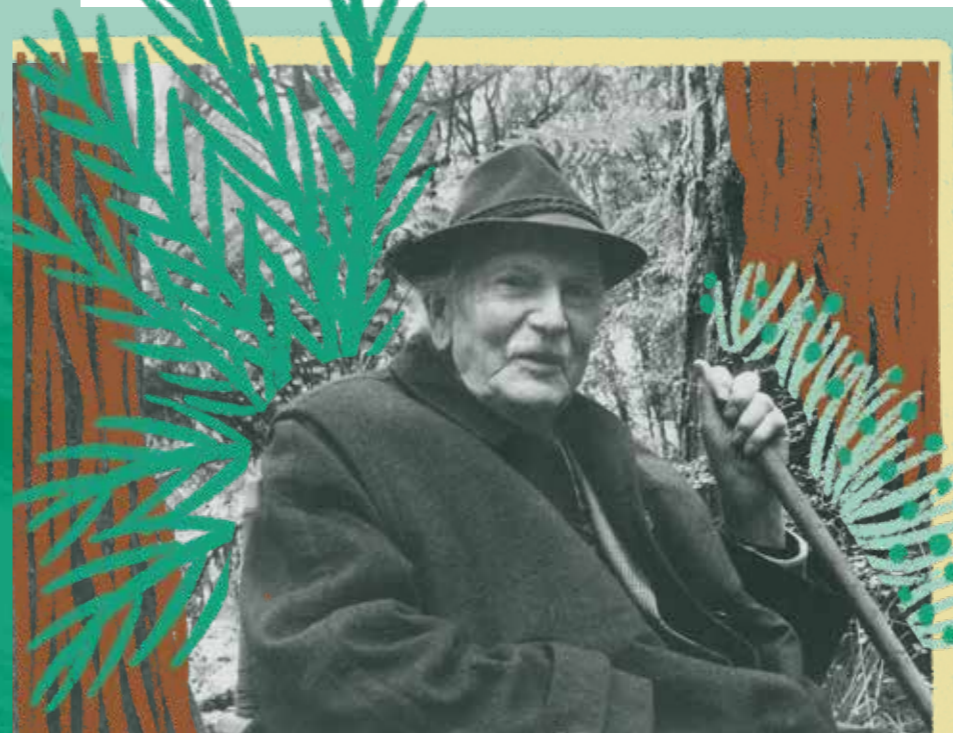
TREE BABIES

Isn't it amazing that inside the seeds and nuts of trees is everything needed to make a huge tree? They just need good soil, plenty of sunshine, water and space to grow. What things do people need to grow strong and fruitful like a tree?



Do you know the names of the nuts and seeds above and what tree they come from?

Next time you're out walking see if you can spot any of them underneath the trees.



*at that time most community leaders were men, which is where the movement got its name, but St. Barbe loved to work with everyone in a community.

FASCINATING FACTS

Enjoy these diverse truth nuggets about our amazing world.

70.8% of our planet is covered with water, so only 29.2% is land.

Australia has more than 750 different species of reptile.

Iceland is growing by 5cm a year due to tectonic plate activity.

A whopping 840 languages are spoken in Papua New Guinea.

Coral reefs are the biggest living structures on earth.

Our planet is about 4.5 billion years old, now that's very old!

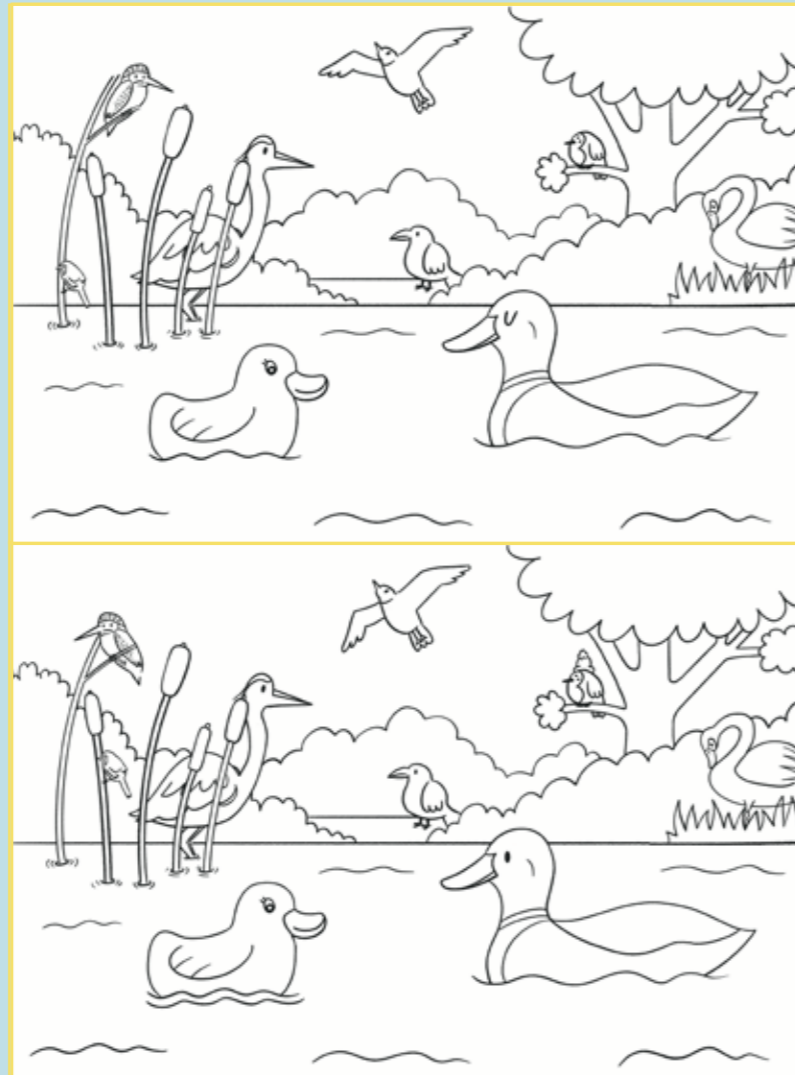
'Arachibutyrophobia' is the fear of getting peanut butter stuck to the roof of your mouth.

PUZZLE FUN!!!

WHAT'S IN A NOSE?

Draw a line and match the nose name to the creature it belongs to.

Bill	Pig
Mandible	Elephant
Snout	Butterfly
Muzzle	Toucan
Proboscis	Horse
Trunk	Millipede



SPOT THE DIFFERENCE

Can you spot the 6 differences between these UK birds?

SILHOUETTE

Colour in ONLY the shapes with dots to reveal a peaceful scene.



WHAT WILL YOU DO?

In this issue of Dayspring we've explored our amazing planet and looked at some of the things you could do to help look after it. If you could change just one thing today, what would it be?

.....

JOKES

What do you call a pile of cats?
A meowtain.

Why did the leopard hate playing hide and seek?
Because it was always spotted.

Can a bear dance?
It can, but just barely.

What do you call an explosive monkey?
A ba-boom!

Why didn't the crab share its toys?
It was too shellfish.

Shhhh! No peeking at the answers until you need to! Fold over this section to keep the answers hidden.

FOLD ME OVER TO HIDE THE ANSWERS

ANSWERS

Front Cover: There are 19 insects, birds & animals to find.



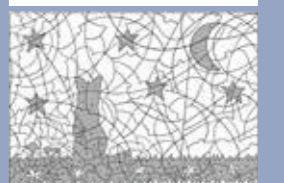
Page 5: Behold a beautiful garden full of flowers, shrubs, and trees. Each flower has a different charm, a peculiar beauty, its own delicious perfume and beautiful colour. The trees too, how varied are they in size, in growth, in foliage—and what different fruits they bear! Yet all these flowers, shrubs and trees spring from the self-same earth, the same sun shines upon them and the same clouds give them rain.

So it is with humanity. It is made up of many races, and its peoples are of different colour, white, black, yellow, brown and red—but they all come from the same God, and all are servants to Him.

—Abdu'l-Bahá

Page 13:
XFO - Fox
SIYAD - Daisy
OGRF - Frog
AOK RETE - Oak Tree
HENYO EBE - Honey Bee
ATB - Bat

Pages 26-27:
Bill - Toucan
Mandible - Millipede
Snout - Pig
Muzzle - Horse
Proboscis - Butterfly
Trunk - Elephant



**WE WANT TO
HEAR FROM
YOU!**

**DRAWINGS ★ PAINTINGS ★ PHOTOS*
STORIES ★ POEMS ★ SONGS ★ NEWS
THINGS HAPPENING IN YOUR COMMUNITY**
your awesomeness could feature in an upcoming issue of Dayspring!

DAYSPRING@BAHAI.ORG.UK

*use of photos of minors requires permission from a parent or guardian.