

Herbs Make Scents



THE HERB SOCIETY OF AMERICA
VOLUME XLIII, NUMBER 5

SOUTH TEXAS UNIT
MAY 2020

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May 2020 Calendar

May 13, Tue. at 10 a.m.

Day Meeting has been cancelled in accordance with the Coronavirus Guidelines issued March 15, 2020 by the Center for Disease Control (CDC) and **President Trump**.

May 20, Wed. at 6:30 p.m.

Evening Meeting is a Zoom Meeting for **Members Only**. The program, **“Let’s get Together...Virtually That Is”**, presented by **Julie Fordes, Chair of the STU**. For more information see page 6.

May 25, Mon. at 5:00 p.m.

Last day to nominate “Your Favorite Garden for HSA-STU Support”. Nominations should be sent to **Julie Fordes**. For instructions see page 5.

Members Annual Business Meeting: Date to be determined.

June 2020 Calendar

June 9, Tue. at 10 a.m.

Day and Evening Meeting information is pending.

June 17, Wed. at 6:30 p.m.

Newsletter deadline: the 25th of every month
(June editor **Linda Alderman**)



Happy Birthday !

*Cynthia Card
Jane Littell
Cathy Livingston*





Chairman's Corner



Greetings,

The COVID-19 pandemic situation is turning out to be a marathon, not a sprint.

To comply with the social distancing guidelines still in effect, we have cancelled both Day and Evening May meetings. This includes what would have been our Annual Members Business Meeting on May 20. Pandemic or no pandemic, though, we do have to conduct all of our unit business before the end of our fiscal year.

It will definitely be more challenging to accomplish this while social distancing, but it can be done. Thank you, **Susan Wood**, for discovering that Robert's Rules of Order has contingencies for conducting meetings electronically!

The Board is considering using a combination of Mail Chimp, Zoom, and conference call to poll our members and be able to complete our business before the deadline of July 1, 2020.

There will be more announcements on this in the near future.

In the meantime, there are several opportunities available to serve the STU right now. The position of **Education Chair** has not been filled in a while, and we also have openings in **Day Meeting Chair**, **Archives** and the **Speaker's Bureau**. The Education Chair would work hand-in-hand with our Program Chair on recommendations for educational programming, as well as on the ongoing education of our members via **Back to Our Roots**.

The Education Chair would also help coordinate the Speaker's Bureau which connects Herb Society volunteer speakers with other interested groups. If you have any interest or talent in these areas, please let me know. Even if you can do just a portion of any of these jobs, it would be appreciated. Contact any Board Member to get more information or to sign up!

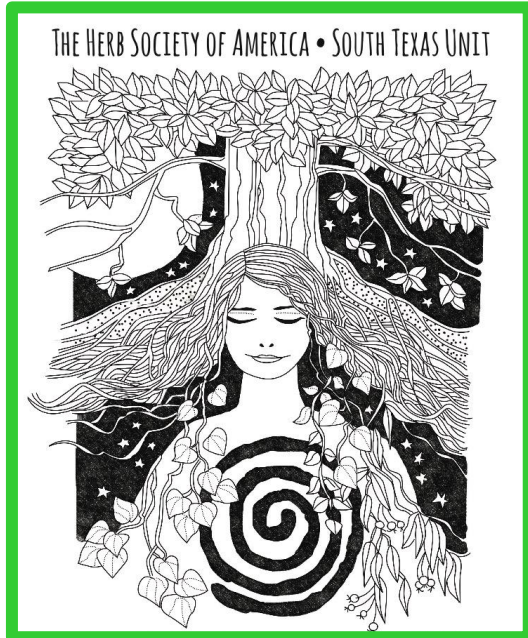
Right after we cancelled Herb Day, **Catherine O'Brien** texted "I know we need to slow down, but I never thought it would be this slow!" No one did... it's more than slow now...practically a dead stop! How do we find a way to maintain emotional, spiritual and physical balance in an on-going, unfamiliar situation?

I found inspiration this week on the Urban Harvest website. Grow Resilience! Just what I needed to hear to help me continue this journey we are on. The idea that resilience can be GROWN or cultivated, gives me hope. Gardeners do know how to grow things... why not grow a new attitude or frame of mind?

Please check out their website: [Urban Harvest](http://UrbanHarvest.com)

Until next month... Stay strong, stay healthy and stay tuned for more Herb Society business!!!

Julie Fordes, Unit Chair



Back to Our Roots

Julie Fordes

My garden has never looked better... I am giving it lots more attention and the weather has been delightful. I am so excited that last year's butterfly pea vine is producing flowers!!! So that's what it means to be hardy in Zone 9! I still have seeds and it's not too late to plant some. Call me for a hands-free delivery!

If you can get your hands on holy basil seeds or plants, please do! We need this wonderful herb! And while you are at it, snip off a few leaves of this stress reducing herb and make yourself a cup of tea! Just make sure you save some for Herb Fair tea!

Passion vine is all over the place! Also known as may pop, it has popped up in some crazy places! All the aerial parts of passion vine (stem, leaves and of course the flower) can be dried and used. We include passion vine in our Relaxing Tub Tea Blend for the Herbal Marketplace, so if you have some growing, harvest and dry it.

The **Chestnut School of Herbal Medicine** website has a lot of valuable information about passion flower along with beautiful pictures. <https://chestnutherbs.com/passionflower-ecology-cultivation-botany-and-medicinal-and-edible-uses/>

And thank you, **Yvette Darnell** for calling and asking about harvesting mints. I'm sure we are all growing several varieties. Red Stemmed Apple Mint goes into our Texas Herb Tea, so please keep this separate when you dry and package it. I have another tea recipe that uses both spearmint and peppermint, so those can be harvested, dried and stored together. We can also use orangemint and chocolate mint, so if you are growing them, please package them separately.

While blending tea for last year's Herb Fair, we were short on lemon verbena, lemon grass and lemon balm. I am hoping more people are now growing lemon balm thanks to **Beth Murphy**, who brought a whole flat to distribute to members earlier this spring. Thank you, Beth!

Keep growing!

Back to Our Roots-Update

Look for tulsi at your favorite Farmer's Market. **Donna Wheeler** snagged one last weekend from Morning Star Prairie Plants at the Urban Harvest Farmers Market, Saturday morning 8-12 at the corner of Buffalo Speedway and Westheimer.





**DRIED HERBS
NEEDED TO
PREPARE THE
TEA BLENDS**

- Lemon Balm
- Peppermint and Spearmint
- Lemon Verbena
- Mexican Mint Marigold
- Orange Peel
- Lemongrass
- Holy Basil
- Rose Petals
- Oregano
- Rosemary
- Roselle (Hibiscus)

Remember Red-Stemmed Apple Mint



Love in the Thyme and Collards

Photo provided by Karen Cottingham

STU Membership Renewals

Janice Stuff



**The Deadline for submitting your
Membership Dues is August 1, 2020.**

Starting in early May you may pay your membership dues to the Treasurer.

The easiest way to pay your dues is by online payment at the STU Website.

<http://www.herbsociety-stu.org/>

OR

Mail to:

South Texas Unit, HSA
PO Box 6515,
Houston Tx 77265

Regular Member \$67.50

Sustaining Member \$80.00

Joint Membership \$98.75

Affiliate or Life Member \$12.50



Nominate Your Favorite Garden for HSA - STU Support

Julie Fordes

As a non-profit organization dedicated to promoting the knowledge, use, and delight of herbs, the HSA-STU allocates funds annually to support educational gardens that share our vision.

Past recipients of our charitable donations include the Nature Discovery Center in Bellaire, Texas and the Herb Gardens at Festival Institute in Round Top, Texas.



Nature Discovery Center

7112 Newcastle, Bellaire, TX 77401

McAshan Herb Gardens

Festival Hill Gardens

248 Jaster Road
Round Top, TX 78954

We are now calling for members to propose additional gardens they feel are deserving of our support. Big, small, famous, or tucked away in a corner - we are looking for gardens that exemplify a dedication to herbal education.

Please send a written proposal to **Julie Fordes** before May 25. We need the full 411 on the garden - who, what, when, where, why and how. Be sure to let us know if the funds are to be used for a special project. Including pictures in your proposal would also be very helpful.

Your written proposals will be featured in the June newsletter, and the gardens to be supported will then be determined by a vote of the membership.

“Let the Garden be a Sanctuary.”
Mary Poppins



Poppy Seed
The Herb Society of America
Herb of the Month

SLOW DOWN AND SAVOR EACH DAY

Catherine O'Brien has kindly shared a collection of quotes and photos with the editors of the South Texas Unit. In future issues of **Herbs Make Scents** newsletter you will see more of her collection featured.

The first picture is the Poppy. The Herb Society of America has announced the Poppy as the Herb of the Month for May. Thank you Catherine!



Let's Get Together... Virtually, That Is!

Zoom Meeting for HSA-South Texas Unit
Members Only

Wednesday May 20, 6:30 pm
Hosted by Julie Fordes

I am feeling the need to stay connected with all the groups that I miss seeing... so, I'm taking action! I plan to host a Zoom session for HSA-STU members on Wednesday, May 20 at 6:30 pm. I hope that lots of us will be able to get together in this way.

I'm planning a round-robin herbal show and tell. Everyone is invited to show and/or tell about an herb they are particularly excited about.

A month ago, I had NO idea what Zoom even was. So far, it's actually been an easy tool to use, and I have already learned enough to be able to host a meeting.

Here is a website with tutorials so you can familiarize yourself with Zoom in case you are new to it.

Click on the box below for:

[How to Participate in Zoom](https://www.goucher.edu/learn/graduate-programs/distance-learning-resources/documents/student_documents/HowtoParticipateinAZoomMeeting.pdf) [How to Participate in a Zoom Meeting Using the "Attendee Controls"](https://www.goucher.edu/learn/graduate-programs/distance-learning-resources/documents/student_documents/HowtoParticipateinAZoomMeeting.pdf)

https://www.goucher.edu/learn/graduate-programs/distance-learning-resources/documents/student_documents/HowtoParticipateinAZoomMeeting.pdf

Before the meeting, you will receive an email from me with the link to the meeting. Click on that link at the designated time of the meeting and I will know that you are knocking on our virtual door and want to come in.

If I can do it, you can do it! I have built in enough lead time so you can investigate how to use it if you want to. I understand that there is some hesitancy to use Zoom because of previous security issues, so using it is obviously up to you. But I hope to be able to "see" as many of you as possible! Julie

What's Growing in the Garden? Check out the Herb Society Garden Spreadsheet

As part of the "Back to Our Roots" campaign I created a Google Docs Garden Spreadsheet to be an inventory of our herbs. This is an Excel style online document that can be viewed and edited by anyone it is shared with, in this case all Herb Society STU members. Click on the link to access.

<https://docs.google.com/spreadsheets/d/15fFEnf113vrJ0DIZE5I--jipLwi2rXGMz0vrLthlq0g/edit?usp=sharing>

Along the vertical Y axis we have all the members names. If you do not see your name please email me (denayanowski@gmail.com) and I will add it. Along the horizontal X axis I have listed all the plants we are asking members to grow/dry/donate to the group to use for Herb Fair and Herb Day products. (Please let myself/Julie know if you there is other plants we should add.)

From there you can scroll to your name and add an "X" under the plants you are growing. Know that by growing these plants, you are also responsible for drying them appropriately and storing them until they are needed for making products to sell. This spreadsheet will act as a workable document that can be edited at any time and will help hold each of us accountable as we work our way "back to our roots".



How our Herb Day became a Reality

Catherine O'Brien, Herb Day Chair

When I was asked to chair Herb Day, I really thought I was getting in over my head. I had been a member for less than two years. What were you thinking, Catherine?

Like magic, so many wonderful people stepped forward and offered assistance, and up until the middle of March, everything was running so-o-o-o smoothly. Folks had jumped in to chair the various committees, and the speakers were covered. We were collecting vases and bottles for the tussie-mussies, the website and Facebook pages were up and running, and people were actually signing up to attend our April shindig. We had identified a caterer who made delicious herb breads for the sandwiches, and we had a theme: "Slow Down and Savor Each Day."

As we were cranking along, so was a new virus named Corona. Up until then, Corona was just a cold brewsky that I sipped on after a hard afternoon in the garden. The next thing we knew, we were all quarantined. Suddenly, the headscarves that I wore around my head while gardening were being wrapped around my face and we were practicing social distancing. Who knew that our Herb Day theme of slow down and savor each day was going to become a reality?

Since I have been trapped at home, I have been able to do just that: slow down. I can take not only a morning or evening walk through my backyard; I can do it several times a day, any time the mood strikes me. I can really savor all of my little green friends. I am finding a strawberry tucked here and there under full green leaves. I have put away two quart freezer bags of asparagus because I now have the time to pick them while they are still young tender stalks. The tomato vines already have green fruits, promising delicious fresh, sun-warmed tomatoes with red juices dripping down my arm in no time at all. I have had time to harvest and dry calendula, yarrow and lavender. Each time I step outside and see one of my mint babies who needs a haircut (almost as badly as my husband does), I give them a quick trim and hang them up to dry. I have lemon balm, lemon verbena, lemon grass, and a new one that I found awhile back, lemon catnip. The smells are heavenly.

And inside, I have the time to plow through all of those back issues of *Herb Quarterly*, and watch past webinars on Herb Society of America. Ooooooh, that webinar on chocolate made my mouth water so much that I dug out a 44-year old cookbook and made a Brownie Fudge cake. Talk about savor!!!

And while I am missing my herbal friends and our time together, I am wishing all of you good health. Enjoy this quiet time. Read, garden, dry some herbs, and to be on the safe side, make yourself up a batch of Fire Cider tonic. ■





Herb Fair Update

Donna Wheeler
Herb Fair Chair

With all we are going through with “social distancing” and the cancellation of one event after another, Herb Fair will be especially meaningful this year.

Just think - so many people have taken up gardening and creative home-cooking in response to the pandemic. Now, more than ever, Herb Fair will be a wonderful way to share our love and knowledge of herbs with the community.

Our amazing line-up of committee chairs is now complete - I am sending a huge cyber hug to new member **Cynthia Card**, who has agreed to chair the Marketing/Social Media Committee. Thank you, Cynthia! The Herb Fair Planning meeting with committee chairs has been postponed until Sunday, June 14th.



Mr. Wheeler building Flower Presses

We may be “social distancing” but we are continuing to prepare for our November 7th event. Many members have already been busy creating crafts, experimenting with recipes, and researching ideas to share with participants at the fair. This is a great time to get involved - many of the crafts can be done independently, decide what you want to be an expert in, and educate yourself.

Think about which committee is the best fit for you - crafts, fragrance, dry culinary blends, jellies, baking, education, plants... maybe even something special that has never been done before!

Once the pandemic restrictions are lifted, it will be fun to work together again. In the meantime, though, be thinking, planning, and creating. Please know that I am thinking about all of you. Stay well.

Contact me with questions or ideas to share. Donna Wheeler ddwheeler16@hotmail.com



Every Garden Needs a Protector Who's Keeping Watch in Yours?

Janice Freeman



Photo provided by Donna Wheeler

Hi Everyone,
I am happy to showcase a picture of who is keeping watch over your herb garden. Send your picture on or before the monthly newsletter deadline of the 25th to **Janice Freeman**.



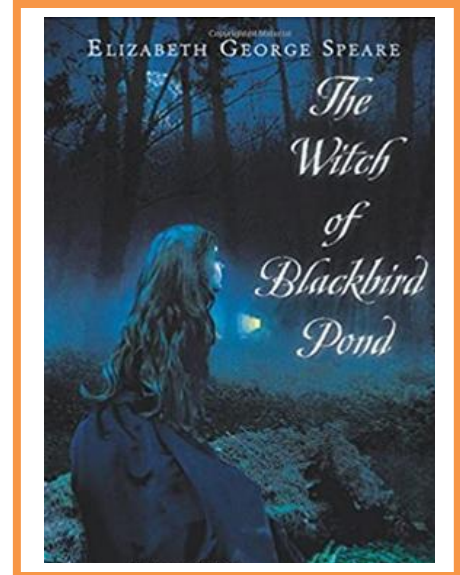
**BOOK
C
O
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N
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If you have suggestions for books or other media members might like, submit your suggestions to Julie Fordes at fordes.julie@gmail.com



**Karen Cotttingham
Recommends:

The Witch of
Blackbird Pond
by
Elizabeth George
Speare**



“This Young Adult book made such a huge impression on me that when I saw it again at Half-Price Books it was like seeing an old friend. It was just as good the second time around! I loved it as a child and can heartily recommend it for adults.”

Happy

Mother's

Day!



MOTHERING SUNDAY: A TRIBUTE TO LUCIA FERRARA BETTLER

By Karen Cottingham

Mother's Day, the second Sunday in May, is an opportunity to honor and thank all of our mothers. For some, it will be a bittersweet tug on the heart, a wistful remembrance of days gone by. Others will be able to enjoy their time together, strengthening bonds, deepening understanding, and adding to the treasure chest of memories for the future.

It's a day to remember our "other mothers" as well - the teachers, neighbors, helping hands, and sympathetic ears - the women who cheered us on when we needed that encouragement. Sometimes it was the "other-mothering" that made all the difference in the trajectory of our lives, and for that we are grateful.

Mother's Day might also be a quiet opportunity to reflect upon the *idea* of Motherhood - a time, in Emily Dickinson's words, to "dwell in Possibility". What if we linger, even for just a day, within the extravagance of possibilities for mothering and motherhood? What new visions of maternal fulfillment might emerge?

As I was searching for a topic for Mother's Day, I came by chance across a beautiful reflection on motherhood written by **Lucia Bettler**. From the depths of my voluminous saved emails, it seemed that Lucia had something she wanted to say. This column is dedicated to her.



Lucia Ferrara Bettler (09/17/48 - 09/22/17)

Herbs Make Scents May 2020



For those of you who did not know Lucia, she was a long-serving and cherished member of the South Texas Unit. Lucia was especially beloved for delivering “The Blessing of the Garden”, an inspirational meditation that she shared each spring in the Cloister Garden at Festival Institute. For twenty years, even as her health declined, she was never at a loss for encouraging words.

Lucia passed away on September 22, 2017, but she left a priceless legacy of words and memories.

Near the end of her life, Lucia found comfort in the abundance of love shared with her mother, her family, and her large circle of friends. I hope she considered this bountiful flowing forth of love the essence of mothering.

She shared her thoughts on motherhood with all of her women friends in a message called “Mothering Sunday”, written on her final Mother’s Day:

*Today is the day we remember our very giving and human mothers---with
all their gifts, personalities, fears and joys...
we keep uncovering the stories
of our mothers, even after they are gone---
we come to understand them better---to value their lives.
our appreciation of them grows as we live life's challenges....*

Lucia Ferrara Bettler (email communication of 05/14/17
entitled “Mothering Sunday”)



In “Mothering Sunday”, Lucia describes the idyllic world she experienced as a child - a world full of the most wonderful things to explore. But at the end of an exciting day, it was home that she was drawn to - the real center of her world. Through her eloquent recollections, we can imagine little Lucia listening to the stories her mother “created as she rocked us in her chair”, and playing in fragrant family “gardens tumbling with flowers and basil & tomato plants....”

Lucia’s childhood memories overflowed with similar stories - “of crabbing at the bay, and our big Italian families.....so much richness.”

So much richness, indeed, and so many gifts.



Further on in “Mothering Sunday”, Lucia describes how this abundance naturally spilled over into the realm of the spiritual:

Mother also gave us a sense of spirituality and love for God, the ever mysterious Mother: the Blessed Virgin Mary, the saints and the sacraments—

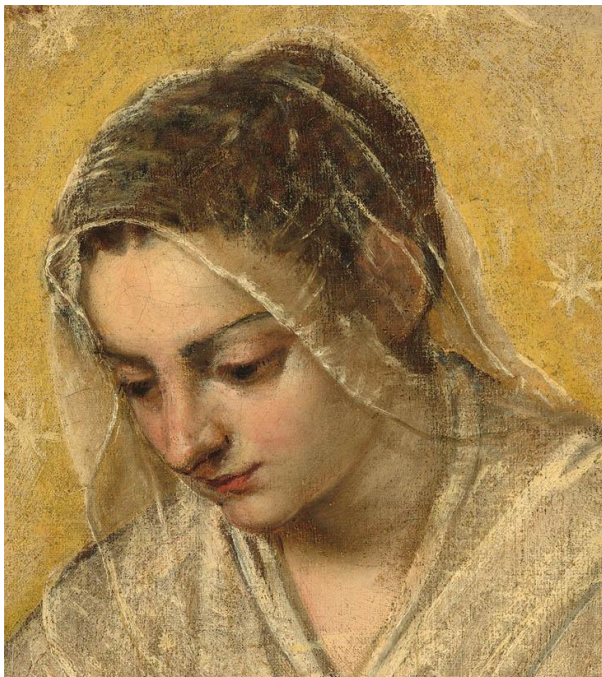
--although I have greatly deepened and broadened my own spiritual seeking, what she taught still remains a river of faith and trust in God, grace and family.

“A river of faith and trust” - what an amazing gift.

I wish I had asked Lucia about her choice of “Mothering Sunday” for the title of her reflections on motherhood. Now, I can only imagine the profusion of associations that may have been in her mind.

If I had asked, she might have taught me what it meant to go “a-mothering” in the religious sense.

She probably would have explained that in the sixteenth century, the British and Irish faithful all went “a-mothering” once a year on “Mothering Sunday”. On this day during Lent, everyone made a procession to their “mother” church, either the church where they were baptized, their local parish church, or the nearest cathedral.



The “mother” church was lovingly decorated with flowers, other offerings, and sometimes even jewels, for a special service to honor and give thanks to the Virgin Mary.

The Virgin was also known as Mother Mary. Lucia thought of her as “the ever mysterious Mother”.

I think Lucia would have agreed that the sixteenth century artist, **Jacopo Tintoretto (1518-1594)**, captured some of the Virgin’s mystery in this exquisite painting ***Madonna delle Stelle*** (*The Madonna of the Stars*).

I might also have learned that in the days of “a-mothering”, children frequently left home to “enter service” when they were only ten years old. The full-day holiday given on “Mothering Sunday” allowed them to visit the “mother” church as required, but was also, all too often, the only day of the year when they were united with their mothers.

Lucia would definitely have remembered to describe the children picking wildflowers, especially violets, along the way home, either to place in the church as an offering or to give to their mothers. These simple gift-giving traditions eventually shifted, for better or for worse, into the secular, commercialized holiday we celebrate today.

And I’m quite sure Lucia would also have delighted in the Simnel Cake that was traditionally prepared for the “Mothering Sunday” family meal. Simnel Cake is an odd combination of fruitcake and pastry which is boiled like a pudding and then baked like a cake. A layer of marzipan is baked into the center of the saffron-infused batter and the finished cake is topped off with eleven marzipan balls representing the eleven apostles. Judas was excluded for obvious reasons. With her love of cooking, history, and religious celebrations, and her sense of humor, I’d be surprised if Lucia hadn’t baked at least one Simnel Cake herself!



Lucia hard at work in her kitchen. I wonder what treasures she was creating this time!



Surely, Lucia would have mentioned the strength she found in her own “Mother” church, St. Anne Catholic Church of Houston. The immensity of her religious life is summed up perfectly in just a few short words - a “river of faith and trust in God, grace and family”.

And just as surely, though, she would have been quick to point out that “Mothering Sunday” actually originated in the tradition of “Mother Goddesses”.



Lucia loved the idea of Mother Goddess archetypes.
She is pictured here with Jean Shinoda Bolen’s book *Goddesses in Everywoman*

As Lucia knew so well, many early civilizations honored a “Mother Goddess” who was equal in stature to her masculine counterpart. In Ancient Greece the powerful and life-giving Mother of the Gods was called *Rhea*. Starting around the 6th century BCE, elaborate festivities were staged each year to venerate *Rhea* as the mysterious source of all life.

Today, this lavish ancient festival is thought of as the earliest known “Mother’s Day” celebration. Just imagine - the first “Mother’s Day” was in honor of a “Mother Goddess”! Lucia would have loved it.

Later, around the 3rd century BCE, these Greek traditions were adopted by the ancient Romans, and similar celebrations took place in honor of *Rhea*’s Roman equivalent, *Cybele*.



Cybele is pictured on the left on a coin issued ca. 160-130 BC. This very fecund-looking mother goddess was also known to the Romans as *Magna Mater* (Great Mother).

Her elaborate festivities were called *Hilaria* - Latin for cheerful, merry, or joyful - and always occurred at the time of the Vernal Equinox.

Along with many other festivals celebrated by the Ancient Romans, *Hilaria* underwent a “conversion” when Christianity became the dominant religion of the Roman Empire and of most of Europe.

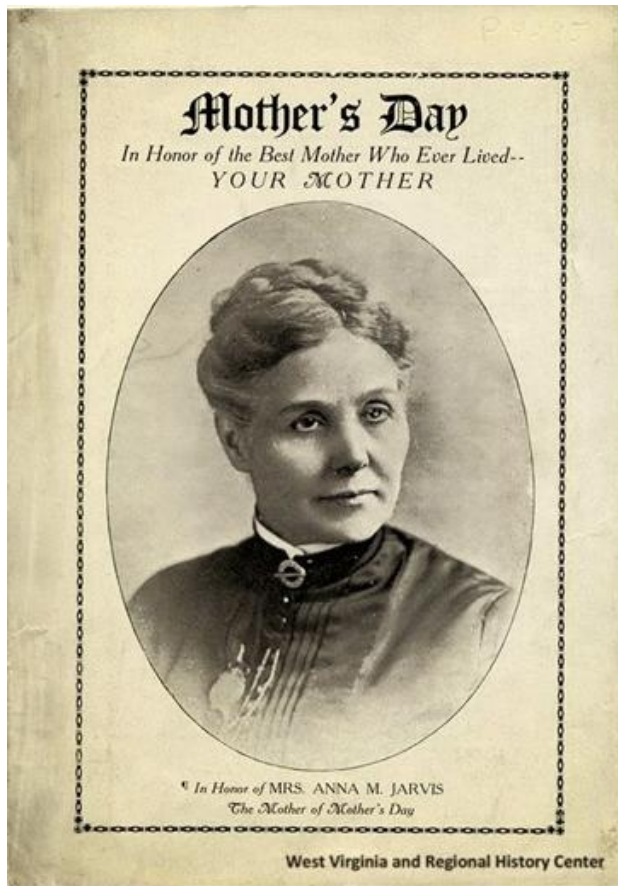
The Great Mother was superseded by Mother Mary and the Mother Church, but the celebration of motherhood continued at the same time of year.

The festivities were further Christianized by setting the date of the “new” festival on the fourth Sunday of Lent. Church services held on this day most likely emphasized motherly themes such as Mary’s sacred motherhood and maternal love in general.

Lucia also explores the idea of maternal love in “Mothering Sunday” but with a broader, more expansive view than the traditional child-bearing and child-rearing perspective.

*There are many ways to be a mother---to be a mothering woman--I am conscious of that, as someone without physical children.....
We give birth in other ways and live fruitful lives*

The recognition that one can give birth and live fruitful lives in many ways brings me to the origin of “Mother’s Day” in America. The inspiration for Mother’s Day, **Ann Marie Reeves Jarvis (1832 - 1905)**, was not only a mother herself, but a natural activist and visionary problem-solver. Long before President Woodrow Wilson officially recognized Mother’s Day in 1914, Mother Jarvis had created her own Mother’s Day Movement - mothers helping other mothers who were less fortunate. For the next forty years, Anna Jarvis led this movement of mothers standing up against poverty, ignorance, war, injustice, and bigotry.



Anna Jarvis gave birth between eleven and thirteen times in a seventeen year period. Only four of those infants would live to adulthood. In pre-Civil War western Virginia stories of such loss were not uncommon. Infant mortality was catastrophic - 15 to 30% of infants died before their first birthday. Basic principles of hygiene were not understood, and cholera, typhoid, dysentery, diphtheria, and measles were rampant.

Having already lost several children by the time she was 26, Mother Jarvis looked for answers from her brother, a public health physician treating typhoid fever victims. Once armed with the latest theories of disease and sanitation, this dynamic woman set about traveling to neighboring towns to assist other desperate and grief-stricken mothers. Mothers' Day Work Clubs were organized in local churches to teach preventative sanitary measures and sound nursing skills. The Work Clubs also

developed programs to inspect milk, raised money to buy medicine, and hired women to work in families where the mother suffered from tuberculosis or other health problems. The previously isolated women found strength, confidence, and encouragement as they shared their experiences.

When the Civil War broke out in 1861, tensions were particularly high in the Appalachian mountains of Western Virginia, as communities and even families were divided in their support for either the Union or the Confederacy. At Mother Jarvis' urging, the Mother's Day Work Clubs remained neutral. They fed and clothed soldiers from both sides of the conflict, and nursed the suffering soldiers regardless of their allegiance when outbreaks of typhoid fever and measles swept through the camps. Mother Jarvis worked tirelessly despite the personal tragedy of losing four more of her children to disease during the war. It is believed that thousands of soldiers were saved due to her efforts.

Following the war, Mother Jarvis and her Mothers' Day Work Clubs promoted peace and reconciliation in their war-torn communities while also continuing their work in public health and maternal education.



Mother Jarvis was committed to the idea that women, particularly mothers, were the natural healers - healers of disease, dissension, and strife; healers of grief, pain, and sorrow.

She exemplified so many of the myriad possibilities of motherhood - she experienced all of the joys and sorrows of biological motherhood, she served as an "other-mother" advocate to thousands of young mothers and their children, and she never lost her conviction that "maternal" wisdom was the source of healing and reconciliation.

Lucia would have loved Mother Jarvis and the story of the true "Mother's Day".

Although she was "someone without physical children", Lucia truly mastered the art of being a "mothering woman". As she said, "There are many ways to be a mother...We give birth in other ways and live fruitful lives..."

The following comments expressed at Lucia's Condolence Ceremony reveal her as a powerful, "mothering" woman:

Lucia always lit up the room when she walked into it! She is a bright shining reflection of Our Lord's love for us and will truly be missed.

She brought beauty and love to all she met.

Lucia, thank you - you transformed us by renewing our minds with love, kindness, compassion, gratitude, courage, and wisdom!

You were a beacon of hope, peace & laughter to those who knew you deepest.

Your Garden was a place of respite, learning and community for so many over the years

I felt such warmth and such peace there.

Thank you for watching over my baby girl and being there for her when she needed a mentor and friend. Love and prayers to you on your journey.

Thank you Lucia, for being a blessing in my life.

I feel so fortunate to be one of the many that she touched. After I walked through her door, I was forever changed.

Happy Mother's Day, dear Lucia, and thank you for changing our lives. There are truly many ways to be a mother.■



The South Texas Unit is a non-profit educational organization incorporated under the State of Texas. The South Texas Unit has no paid employees. Our activities are accomplished through the efforts of our volunteers.

The Herb Society of America
South Texas Unit
P.O. Box 6515
Houston, TX 77265-6515

Find our Unit on the web at:
www.herbsociety-stu.org



The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research and sharing the knowledge of its members with the community.

