



GARDENING GROUP

The Gardening Group at Beach United Church is back in action and looking forward to another season of caring for this little part of the earth. Currently the group is wearing masks and maintaining an appropriate physical distance.

We have a wonderful garden that is maintained by volunteers and features many native, perennial and pollinator plants. There are also two accessible garden planters which allow people with mobility devices and wheelchairs to comfortably participate in gardening activities.

Where & When?

The group currently meets outside the church at 140 Wineva Avenue on Saturday's from 9.30 to 10.30 am.

Who to contact

For more information on the Gardening Group and to volunteer, please contact Matthew Canaran at mattcanaran@gmail.com.

Gardening as a spiritual practice

Tending a garden can be a spiritual practice, as we become attuned to the energy of life which pulses within our earth home. Gardening involves not only the entire body in the physical act of planting but also the mind and spirit. As our muscles work, our hands get dirty, our minds are released from the commonplace – then our spirits are free to soar.