



WINTER 2024 | ISSUE 7

## HAPPY NEW YEAR FROM DISCOVER!



*Pictured above: Discover high school students wearing their indigo dyed Discover shirts (read more about that on page 2!) Click the picture above to view the 2023 video recap also available on our website!*

**Shannon Axtell Martin and Hannah Hutchens McNeely are departing their roles at Catawba in January. Below Shannon reflects on this season.**

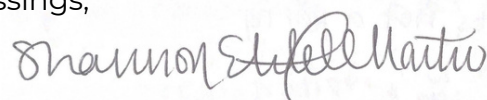
This past summer we spent our time at Discover exploring the theme “signs.” A core component of Discover is exploring vocational discernment; in other words, helping students ask and discover what they are called to do with their one, “wild and precious life.” Many times as we go through life we ask God for a sign. What we really need to discern and discover is how to hear God’s voice, how to follow God’s guidance in each of our lives. We don’t always get the obvious “sign”- the burning bush or the neon lights. What we need to learn to listen for is the still, small voice- the way God guides us quietly in the stillness of our hearts. And more important than knowing in our minds what to look for or how to seek after God’s guidance is mustering the courage to actually follow what we discern God is calling us to do. It is a step of faith and integrity to DO what we are called to do once we KNOW what we are called to do. I once had a friend who said he knew he was called to ministry, but he described himself as Jonah- knowingly running away from it. He did not have the guidance, the support, the strength, or the grit to step into that calling. My hope for all of you reading this is that you would have the strength and conviction to follow God’s guidance and step out as you hear that still, small voice.

You all took a step of faith in coming to Discover. Maybe you experienced a new track, met new friends, or stepped up to lead in some way. If you came but have not shared your feedback yet, we would love to hear from you. [Click here](#) to share! Our 2023 fearless leaders, Hannah McNeely and Cat Fire, took a step of faith as they led the summer activities while I was preparing for my third baby’s arrival. They served with compassion and excellence and I’d like to offer them a **huge thank you** for using their gifts to serve God through Discover this summer.

Speaking of doing what we are called to do once we know what that is, I have been feeling a call toward my family and a more rooted way of being in the world. With the loss of my Dad last May and the arrival of my son in August, and moving to a new house in between, I know I am being called to step away from my role as director of Discover and live into a different calling for a while. This is not an easy decision as working at Catawba and running a program as meaningful and fun as Discover has been an actual dream come true. I plan to be a supportive fan and cheerleader of this program however I can, so this does not have to be goodbye. I will continue to pray for you and root for you, and cherish all of our

memories from over the years. I am so grateful for the times we've had, the questions you've asked, the laughs we've shared, the songs we've sung (and written!), and the time we've spent in prayer and reflection. It is the end of an era for me, but it is one that I will treasure forever! I hope you will continue listening for God's guidance in your life, and exploring all the ways you are called to love and serve in this world. Know I will be just a phone call away, rooting for you always.

Blessings,



Shannon Axtell Martin, Director

## Science Track Recap

By Ana Price, Discover Sustainability Intern

This summer, Discover debuted a new track option for high school camp, the Science Track! Within the Science Track, students got to explore how they may be called to care for creation as a vocation and how we all are called to be good stewards. Over the week, they participated in a variety of activities to dive deeper into these ideas and how Science, Faith, and care for the environment can all be part of their lives.

Through a scavenger hunt in Catawba's Ecological Preserve, students were able to look for signs in the natural world and think about what signs they may look for from God. Discover was able to partner with our Chemistry department this summer and spend time in the lab with Dr. Saner as she helped students tie dye using indigo dye, which undergoes incredible visual transformation. Students also got to spend time in Catawba's community garden exploring the idea of what it means to be a good steward of God's creation, as well as creating a peace pole in partnership with the non-profit SPARK.

These activities and others not only gave the students a chance to do something fun both in and out of the science lab but also gave them a chance to start exploring and connecting how we search for signs from God to the same way that we search for signs in the natural world through science.

See the sustainability resources at the end of this newsletter to keep the conversation going about how we can all be better stewards of God's creation.

**Save the Date!**



**Catawba College Youth Theology Institute**



High School: July 7-12, 2024 (on Catawba's campus)  
Middle School: July 24-27, 2024 (John's River Valley Camp)

<https://www.catawba.edu/discover>

### Update your records!

As you may know, Discover has been a grant funded program and is working to be sustained beyond the life of the grant! In order to help us keep in better contact with you and share our story better with current and future funders, will you use this link to keep your information updated? If you know someone who attended Discover who is not getting our emails please forward this newsletter to them and invite them to update their records as well!

Please use this link:  
<https://forms.gle/E4jj31yRVoYvUFjJ6>

**KEEP IN TOUCH!**



**Left:** Catawba alumna and farmer Brittany Chester teaching Discover students about her calling to care for God's creation through organic farming. **Right:** Discover Middle School students in the Catawba Community Garden.

We hope you enjoy these resources around composting, compiled by Ana Price, Discover's Sustainability intern. Discover students and staff got to help prepare a new compost system at Catawba's community garden this year. Composting is just one way to reduce waste and steward God's creation at home! She has included more ideas on the next page!

# Steps for Composting

## 1. COLLECT GREENS AND BROWNS

- STORE FRUIT AND VEGGIE SCRAPS IN CLOSED CONTAINER INDOORS
- STORE BROWNS OUTSIDE IN AN AREA YOU SET ASIDE

## 2. BUILD OR BUY A COMPOST BIN

- PICK A PLACE WITH EASY ACCESSIBILITY AND GOOD DRAINAGE
- AVOID RIGHT AGAINST A FENCE
- HAVE A WATER SOURCE NEARBY
- CHOOSE YOUR BIN TYPE
- YOU CAN USE WOOD, CINDER BLOCKS, A BARREL OR TUMBLER

## 3. PREPARE INGREDIENTS

- CHOP BROWNS AND GREENS INTO SMALLER PIECES
- IT WILL HELP THE PILE BREAK DOWN FASTER

## 4. HOW TO BUILD YOUR PILE

- LAYER TWIGS AND WOOD CHIPS ON BOTTOM
- LAYER GREENS AND BROWNS LIKE A LASAGNA
- DAMPEN THE PILE WITH WATER AS NEEDED
- USE AT LEAST TWO TIMES VOLUME OF BROWNS TO GREENS
- MAKE SURE TO TURN YOUR COMPOST OCCASIONALLY FOR AIR CIRCULATION

## 5. MAINTAIN YOUR PILE

- USE A GARDEN FORK TO PULL OUTSIDE OF PILE INWARD
- IF ACTIVITY IS SLOW ADD WATER TO THE PILE AND TURN IT
- IF PILE HAS A BAD ODOR ADD MORE BROWNS

## 6. HARVEST YOUR FINISHED COMPOST

- ALLOW PILE TO CURE FOR FOUR WEEKS AFTER ALL FOOD SCRAPS ARE GONE
- SHOULD BE READY TO USE IN THREE TO FIVE MONTHS
- IT WILL BE DARK, LOOSE, CRUMBLY AND SMELL LIKE FRESH SOIL
- SCREEN YOUR COMPOST FOR MATERIALS THAT DIDN'T BREAK DOWN
- ITEMS THAT DIDN'T BREAK DOWN CAN BE ADDED TO A NEW PILE

SOURCE: [HTTPS://WWW.EPA.GOV/RECYCLE/COMPOSTING-HOME#BENEFITS](https://www.epa.gov/recycle/composting-home#benefits)

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LAST UPDATED 08.02.23

## Composting at Home

A GUIDE

	<p><b>Why Compost?</b></p> <ul style="list-style-type: none"> <li>• Helps reduce food waste</li> <li>• Helps reduce need for fertilizers in your garden</li> </ul>
	<p><b>Options for Composting</b></p>
<p><b>"BROWNS"</b></p>	<p><b>What Can You Compost?</b></p> <ul style="list-style-type: none"> <li>• Coffee grounds and filters</li> <li>• Paper tea bags</li> <li>• crushed eggshells</li> <li>• vegetable scraps</li> <li>• "Browns"</li> </ul>
	<p><b>What Can You Not Compost?</b></p> <ul style="list-style-type: none"> <li>• cooked food</li> <li>• oils, grease and fats</li> <li>• dairy products</li> <li>• meat</li> <li>• bones</li> </ul>
	<p><b>How to Use Your Compost/ Benefits</b></p> <ul style="list-style-type: none"> <li>• use as fertilizer on your garden</li> <li>• improves health and structure of your soil</li> <li>• attracts beneficial organisms</li> </ul>

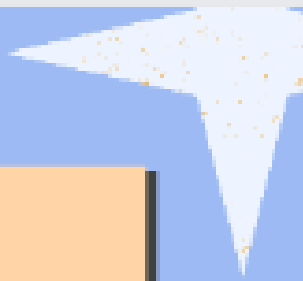
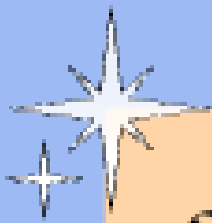


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# Sustainability at Home



By Ana Price, Discover Sustainability Intern



## 1. Reduce Food waste

- Only put what you are going to eat on your plate
- Compost unused leftovers and produce that is rotten/ isn't good to eat
- Use leftovers to make meals when possible
- Only buy what you know you will use

## 2. Recycle or Reuse

- Put plastic bottles in recycling bin or refill
- Cardboard can be recycled if it doesn't have food waste/ grease in it
- Put paper products in recycling bin
- Reuse disposable silverware
- \* Check your local recycling guidelines for specific details

## 3. Reduce energy use

- Turn off lights when leaving a room
- Unplug chargers/devices when not using
- Take shorter showers/ take cool showers
- Wash clothes in cold water
- Open windows for natural light/ cool air when possible

## 4. Buy local/organic

- Get produce from local farmers markets
- Buy meats from local farmers when possible
- Buying local reduces the amount of emissions released from long drives
- Buying organic reduces the amount of chemicals used on crops
- Start a garden at home or in your kitchen using old containers for herbs and produce

