



# Personal Stewardship

## Personal Stewardship

*Caring for ourselves in body, mind, and spirit*



## *Stewardship as a Way of Life* *Resource Kit for Personal Stewardship*

This resource kit can be utilized in any setting, whether you are a couple, a family, with children, a small group or an individual. The directions for each scenario are below.

1. Begin by praying the Stewardship Prayer in this packet;
2. Read the definition, summary statement and key messages that explain the theme for the month;
3. Choose one scripture reading that is suggested, read it and talk about it or reflect upon it;
4. Choose some of the suggested ideas to feed your spirit;
5. Decide on a plan of action and maybe use several of the resources suggested within this packet to help increase your understanding of *Personal Stewardship*;
6. Use the prayers to end your session.

Happy moments, praise God.

- Difficult moments, seek God.
- Quiet moments, worship God.
- Painful moments, trust God.
- Every moment, thank God.

## ***PRAYER FOR PERSONAL STEWARDSHIP***

*Father, give us wisdom to perceive you,  
Intellect to understand you,  
Diligence to seek you,  
Patience to wait for you,  
Eyes to behold you,  
A heart to meditate on you,  
And a life to proclaim you,  
Through the power of the spirit  
of our Lord Jesus Christ.*

*Saint Benedict (480-547)*



***STEWARDSHIP AS A WAY OF LIFE***  
***Personal Stewardship***

**Definition:** “*Personal Stewardship*” – Caring for ourselves in body, mind, and spirit.

**Summary Statement:** Each of our lives is a gift from God. It is in caring for ourselves tenderly and with vigilance that we are best able to serve God and one another.

**Key Messages:**

1. I am a beloved child of God graced with unique qualities – some inherent and some learned through living my life.
2. All we have and all we are is a gift from God. It is our mission to care for ourselves. By caring for ourselves in body, mind and spirit, we are best able to use our gifts for the good of all.

*“Do not lose your inward peace for anything whatsoever, even if your whole world seems upset.”*

– St. Francis de Sales

## *Suggested Scripture*

### **1 Corinthians 3:17**

Do you know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You were bought at a price. Therefore honor God with your body.

### **Matthew 6: 33-34**

But seek first His kingdom and His righteousness, and all things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### **Proverbs 4: 23**

Above all else, guard your heart, for it is the wellspring of life.

### **1 Thessalonians 5: 18**

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

### **Romans 12:21**

Do not be overcome by evil, but overcome evil with good.

### **John 14:27**

I leave you peace, My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled or afraid.

## ***STRESS REDUCERS FOR CHRISTIANS***

*Author unknown*

- Pray and meditate daily
- No is a Christian word. Say no to projects that won't fit your time schedule or that will compromise your mental health.
- Simplify/unclutter your life. (although one is often not enough, two are often too many.)
- Take one day at a time.
- Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety.
- If you can't do anything about a situation—let it go.
- Carry something to read while waiting in line.
- Get enough exercise.
- Eat right.
- Reach out to someone who needs help.
- Remember the shortest bridge between despair and hope is often a good “Thank you Jesus!”
- Laugh
- Take your work seriously, but not yourself.
- Develop a forgiving attitude (most people are doing the best they can).
- Be kind to unkind people (they probably need it most).
- Sit on your ego.
- Remind yourself you are not the general manger of the universe.
- Ever night before bed, think of one thing you are grateful for that you've never been grateful for before.

**“God has a way of turning things around”**

## ***CARING FOR YOUR BODY, MIND AND SPIRIT***

### *The Power of Gratitude*

*How making thankfulness a habit changes your health—and your attitude.*

*Taken from Guideposts by Eileen Flanagan*

*Gratitude is a habit recommended by every spiritual tradition. Research has confirmed what humans have known for centuries—that counting your blessings really does change your perspective. It's not just that we should feel grateful, feeling grateful changes us.*

*One study showed that when participants were asked to find something to appreciate every day, they:*

- *Felt better about their lives*
- *Were more optimistic*
- *Were more energetic*
- *Were more enthusiastic*
- *Were more determined*
- *Were more joyful*
- *Exercised more*
- *Had fewer illnesses*
- *Got more sleep*
- *Were more likely to have helped someone else*

## ***LABYRINTHS FOR RENEWAL***

The Basilica of Saint Mary has a Labyrinth on the west lawn that is dedicated to Mary, the blessed mother of Jesus. Unlike a maze, which befuddles and confuses the walker, a labyrinth takes us on a journey of discovery. We invite you to walk The Basilica's labyrinth while contemplating your own pilgrim journey through life.

- You may wish to recall the life paths of Jesus and Mary as you walk.
- Consider bringing your rosary to say along the paths.
- Where the circular paths enfold us, reflect on how God nurtures us.

### **Other Labyrinths to explore:**

- Benedictine Retreat and Conference Center, St. Paul, visit [www.stpaulmonastery.org](http://www.stpaulmonastery.org) or call 651.777.8181
- Clare's Well, Annandale, visit [www.fslf.org/claresswell.html](http://www.fslf.org/claresswell.html) or call 320.274.3512
- Wisdom Ways Resource Center for Spirituality, College of St. Catherine, St. Paul, visit [www.stkate.edu/wisdomways/](http://www.stkate.edu/wisdomways/) or call 651.696.2788



## ***EVENTS TO ATTEND***

### ***Prayer Walk for Families***

#### ***Affected by Violence***

Saturday, June 12, 10:30am

It's time to make a change. Walk to support families affected by violence and homicide. This year we will be beginning and ending the walk at North Commons Park located at 1801 James Ave. N., Minneapolis. For details, contact [Janice](mailto:Janice)



612.317.3477.

***Bernie Evans, Associate Professor of Pastoral Theology at St. John's University*** will lead discussion and reflection on how we can live out personal stewardship in our daily lives.

*Sunday, June 13, 11:00am—12:15pm.*

### **Career Changers: Self Discovery Inventory Assessment**

*Tuesday, June 15, The Basilica School, room 103 at 7:00pm*

This workshop is an adventure in self-reflection and career exploration! Contact Janet Grove at [jgrove@mary.org](mailto:jgrove@mary.org) or 612.317.3508 for more information.

### **Fit Assessment Workshop**

*Tuesday, July 6, The Basilica School, room 103 at 6:30pm*

This is a small group opportunity for assessing and deciding your fit: A Tool for Jobseekers. Contact Janet Grove at [jgrove@mary.org](mailto:jgrove@mary.org) or 612.317.3508.

### **Myers-Briggs Assessment and Your Job Search.**

*Tuesday, August 3, 7:00pm*, Learn more about the types of work that go along with your personality. Cost: \$15.00. Contact Janet Grove at [jgrove@mary.org](mailto:jgrove@mary.org) or 612.317.3508 for more information.

### **Sacred Art Exhibit, John XXIII Gallery and TOC Hall**

*June 5—July 25*

The Journey: Entering into Universal themes through wood, glass and metal Art by Mary Ann Osbourne, SSND

## ***OPPORTUNITIES FOR PRAYER***

### **Meditation and Prayer Gathering for Peacemakers**

*Fourth Saturday of the month (June 27 & July 25), 9:00am, Pax Christi Twin Cities*

Join us for reflection and prayer. We gather to center ourselves and refocus our hearts on loving relationships with ourselves, with one another, with God's creation and with God.

### **Basilica Centering Prayer**

*Every Tuesday morning, 7:30am, Saint Joseph Chapel, following the 7:00am daily Mass*

Join us for Lectio Divina using the day's Gospel, followed by 20 minutes of shared silent prayer.

### **Basilica Community of Sant'Egidio**

*Tuesdays, 7:00pm, The Basilica Choir Stalls*

Join the Twin Cities [Sant' Egidio Community](#) in prayer. The Community is a lay Catholic association dedicated to prayer, communicating the Gospel, solidarity with those in need, ecumenism and dialogue.

*For more information on these services, visit [mary.org](http://mary.org).*



## ***RESOURCES TO HELP AWAKEN YOUR INNER SPIRIT***

### ***Book ideas...***

**Our suggested reading list includes books and websites that offer methods of prayer and meditation to help awaken your inner spirit and feel God's presence in your life.**

**Prayer, Faith, and Healing** by Kenneth Winston Caine and Brian Paul Kaufman

“This book reveals how prayer can be a rich source of meaning and transformation in your life, and why spirituality is returning, at long last, to modern medicine” - Larry Dossey, M.D.

**Life is a Buffet So Save Room for Dessert** by Polly D. Boyette. About two sisters whose mother has recently moved in. This short book of short stories is sure to bring a smile to reader's faces. With each story Boyette has chosen a quote from the Bible and includes her own interpretation of it, relating it to the tale.

**A Book of Silence** by Sarah Maitland. An account of Sarah trying to understand more about silence: what it might mean in 21st century; what effects it has on people; how it has been used and understood in the past; why we are so frightened of it; and why she has come to love it so much. This book is an account of that adventure, a sort of mixture of personal journey and cultural history, both deeply personal and intellectually exciting.

### ***Suggestion...***

Write your own **Journal**—your thoughts, your inspiration, what made you laugh today?

## *WEBSITES TO VISIT...*

[www.lemmondrops.blogspot.com](http://www.lemmondrops.blogspot.com)

Emilie Lemmons' blog about life, writing, motherhood and her battle with cancer

[www.pray-as-you-go.org](http://www.pray-as-you-go.org)

A 15 minute connection with God's word every day

[www.sacredspace.ie](http://www.sacredspace.ie)

Guided meditation to conclude one's day

[www.loyolaspirtualitycenter.org](http://www.loyolaspirtualitycenter.org)

Offers spiritual direction

[www.paceminterris.org](http://www.paceminterris.org)

Offers hermitages to help you connect with God through silence, solitude and nature

[www.womanwell.org](http://www.womanwell.org)

A place for spirituality and healing

[www.fslf.org/claresswell.html](http://www.fslf.org/claresswell.html)

A spirituality farm to help tap into your wisdom deep within

[www.caradicalgrace.org](http://www.caradicalgrace.org)

"Unless we find a way to pass on wisdom, and teach the next generations how to access that wisdom, the future will be no different than the present. [Meditation]...offers us a way forward that is available to all, and especially to our hungry and ready children."

- *Fr. Richard Rohr*

## ***RETREAT RESOURCES***

Benedictine Center for Spirituality, St. Paul [www.osb.org](http://www.osb.org)

Carondelet Center, St. Paul [www.csjstpaul.org](http://www.csjstpaul.org)

Dunrovin Christian Brothers Retreat Center, Marine on St. Croix  
[www.dunrovin.org](http://www.dunrovin.org)

Franciscan Retreats, Prior Lake [www.franciscanretreats.net](http://www.franciscanretreats.net)

Loyola, Spiritual Renewal Resource, St. Paul [www.loyolasrr.org](http://www.loyolasrr.org)

Pacem in Terris, St. Frances [www.paceminterris.org](http://www.paceminterris.org)

Saint John's Abbey, Collegeville [www.saintjohnabbey.org](http://www.saintjohnabbey.org)

Spirituality Center, St. Joseph [www.sbm.osb.org](http://www.sbm.osb.org)

Totino-Grace Retreat Center, Fridley [www.totinograce.org](http://www.totinograce.org)



## ***REVIEW YOUR DAY FROM A SPIRITUAL PERSPECTIVE***

In a quiet place at the end of each day, consider reflecting on the questions below. You may wish to write your thoughts in a journal.

1. Start with your waking moments. How did your day begin? Did you wake up feeling well rested?
2. Recall the moments throughout the day when you felt most alive. What were you doing? Who were you with?
3. How did you nourish your body throughout the day? Did you choose healthy and nutritious food? Did you drink plenty of water?
4. Did anything stressful happen in your day that made you feel bad or drained your energy? What can you do to release the tension and anxiety?
5. What are you most grateful for today?

Be sure to thank God everyday for the many gifts for which you have been blessed.



### **In the Silence You find God**

It is hard to find Christ in crowded places.

We need solitude  
If your heart is attentive,  
God allows himself to be seen.  
In the crowd you find noise,  
In the silence you find God.

Do not be afraid  
To throw yourself on the Lord!  
He will not draw back  
And let you fail!

Put your worries aside  
And throw yourself on him:  
He will welcome you,  
And heal you.

Saint Augustine Confessions 8.11

# THE BASILICA OF SAINT MARY

