

THE BASILICA OF SAINT MARY



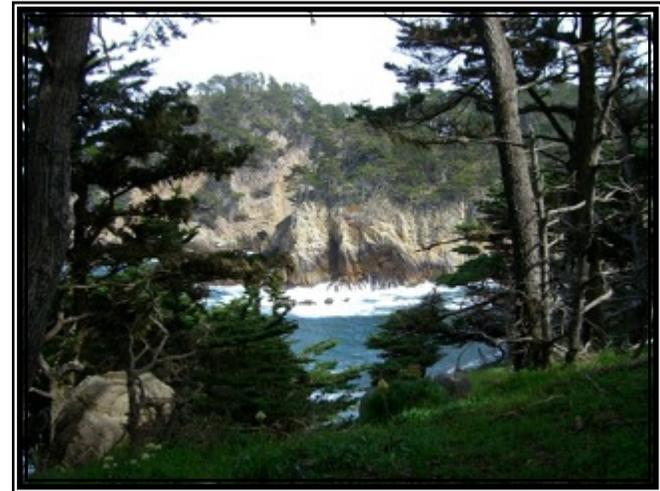
**PO Box 50010
Minneapolis, MN 55405
(612) 333-1381
www.mary.org
Location: 16th Street and Hennepin Ave**

Mass Times

**Mon-Fri 7:00 am & Noon
Saint Joseph Chapel**

**Saturday: 5:00 pm
Sunday: 7:30 AM, 9:30 AM, 11:30 AM
4:30 PM & 6:30 PM
The Basilica**

BIBLICAL STEWARDSHIP --- **A WAY OF LIFE**



PERSONAL STEWARDSHIP JUNE AND JULY, 2011

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

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

Definition: “*Personal Stewardship*” Actively 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 actively 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

Lord, You invite all who are burdened to come to You.

Allow your healing hand to heal me.

Touch my soul with Your compassion for others.

Touch my heart with Your courage and infinite love for all.

Touch my mind with Your wisdom, that my mouth may always proclaim Your Praise.

Teach me to reach out to You in my need, and help me to lead others to You by my example.

Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength.

Touch gently this life which You have created, now and forever. Amen.



How to Meditate

Like anything worthwhile, meditation requires practice. To get the most from meditation you need to do it every day. This requires a place and time where you will not be disturbed. Sit with a straight back. Don't try to meditate lying down because you are likely to fall asleep. Meditation brings relaxation and peace but at the same time this is a dynamic peace. Meditation is quite different than the relaxation of sleep. When we really meditate, we are fully alert and conscious. Our sense of awareness is heightened. Afterwards you'll have a positive feeling for the world and a renewed sense of dynamism.

1. Don't eat before meditating. After a heavy meal your body will be lethargic with digestion.
2. It is not necessary to mediate in the lotus posture. It is fine to meditate in a chair, as long as the back is straight.
3. It is helpful to take a shower before meditating.
4. Burning incense and having a candle are not necessary, but they can add a little extra inspiration.
5. It is good to meditate early in the morning

PRAYER FOR PERSONAL STEWARDSHIP

*May Christ support us all the day long,
Till the shadows lengthen,
And the evening comes,
And the busy world is hushed,
And the fever of life is over
And our work is done.
Then in his mercy
May he give us a safe lodging,
And holy rest and peace at the last.
Amen*

- attributed to John Cardinal Newman



Suggested Scripture

John 16:33

“I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world.”

Psalm 40: 4

Many blessings are given to those who trust the Lord, and have no confidence in those who are proud or who trust in idols.

Romans 8:31

What can we ever say to such wonderful things as these? If God is on our side, who can ever be against us?

Galations 5:22

But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; and here there is no conflict with Jewish laws.

Luke 12:12

“For the Holy Spirit will give you the right words even as you are standing there.”

RETREAT RESOURCES

Benedictine Center for Spirituality, St. Paul www.osb.org

Carondelet Center, St. Paul www.csjstpaul.org

Dunrovin Christian Brothers Retreat Center, Marine on St. Croix www.dunrovin.org

Franciscan Retreats, Prior Lake
www.franciscanretreats.net

Pacem in Terris, St. Frances www.paceminterris.org

Saint John's Abbey, Collegeville www.saintjohnabbey.org

Spirituality Center, St. Joseph www.sbm.osb.org

Totino-Grace Retreat Center, Fridley www.totinograce.org



Spiritual Direction

“Within each of us lies the desire to find meaning beyond the moment...to discover our true selves...to grow closer to God and to one another. A spiritual director can help satisfy that longing.” www.sdiworld.org. Loyal Spirituality Center calls it “Spiritual Training for the Soul”. www.loyolaspiritualitycenter.org

Resources for Spiritual Direction:

Books:

The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types by Don Richard Riso & Russ Hudson

Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to overcome Them by Louise L. Hay (1998)

The Alchemist by Paulo Coelho (April 25, 2006)

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle (September 29, 2004)

Websites:

www.meditationoasis.com

www.themarsh.com

Ecclesiastes 3:1--8

A Time for Everything

1. There is a time for everything, and a season for every activity under the Heavens:
2. A time to be born and a time to die, a time to plant and a time to uproot,
3. A time to kill and a time to heal, a time to tear down and a time to build,
4. A time to weep and a time to laugh, a time to mourn and a time to dance,
5. A time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,
6. A time to search and a time to give up, a time to keep and a time to throw away,
7. A time to tear and a time to mend, a time to be silent and a time to speak,
8. A time to love and a time to hate, a time for war and a time for peace.



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. A labyrinth takes us on a journey of discovery.

- *You may wish to recall the life paths of Jesus and Mary as you walk.*
- *Consider bringing your rosary to say along the path.*



Events at The Basilica

Sunday, June 5, 10:30-1:30 PM

Blessing of the Bikes

The Basilica Plaza

10:30am, Vendors, Hospitality

11:00am, Bike Corral opens

1:00pm, Blessing of the Bikes

1:30pm, Group Ride

Sunday, June 19, 11:30am Liturgy

Blessing for those with mental illness and their family and friends. Ice cream on the west lawn after Mass.

Wednesday, June 22, 7:00pm

Making and Maintaining Social Connections

Lisa Cook of Walden University will detail the importance of making and maintaining strong social connections for your job search and in your life.

Tuesday, June 28, 7:00pm

Discover your work preferences and learn how to match your skills to potential employers.

This class is a mix of writing and reflection with some small group interaction.

Sunday, July 10, 10:30am—5:30pm

FAM FIT FEST

Family Fun focusing on children's health & fitness and exhibiting the importance of developing creativity and imagination.

OPPORTUNITIES FOR PRAYER

Basilica Community of Sant'Egidio Prayer

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.

Contemplative Prayer

Tuesdays, 5:30 - 6:30pm
Wednesdays, 7:30 - 8:00am
Fridays, 10:00 - 11:00 am
St. Basil the Great, Ground Level
Learn and experience the Christian tradition of Contemplative Prayer.

Visit www.mary.org for more information



Other Labyrinths in Minnesota

Chaska, MN Landscape Arboretum
3675 Arboretum Dr.
Chaska, MN 55317
<http://www.arboretum.umn.edu>

Eden Prairie, Pax Christi Catholic Community
12100 Pioneer Trail,
Eden Prairie 55347
<http://www.paxchristi.com>

Mount Olivet Retreat Center
7984 257 St. West
Farmington, MN 55024
<http://www.mtolivetretreat.org>

Maplewood Benedictine Center
St. Paul's Monastery
2675 Larpenteur Av E
Maplewood, MN 55109
<http://www.osb.org/spm>

For more locations, visit:
<http://www.jillgeoffrion.com/mnoutdoorlablist.html>

Cultivating Presence: suggestions for creating a quiet mind amidst the daily chaos.

Pay attention to how it feels when you wash your hands.

Take 5 deep breaths before starting a new task.

Recognize and accept the weather; you will start to feel the natural rhythm of the Earth.

Listen to the birds chirping as you walk to your car, bus or bike.

Give others your undivided attention; truly commune with them.



STRESS REDUCERS FOR CHRISTIANS

“Be still and know that I am God”

When you recognize you are feeling stressed, breathe deeply and look at the life around you.

Discover the sacred pause. For instance, stop and take a few deep breaths before answering the telephone.

Surrender your day fully to the Lord.

Recognize Jesus in others and let them help — even in small ways — when you need it.

Discover peace of mind by focusing on the here and now.

Avoid Multitasking.

Listen—Tune into your body, the knot in your stomach when you are thinking about doing something is telling you something important and so is the warmth you feel when you think about a friend or play your favorite music.

Live in the moment:

“Forever is composed of nows.”

- Emily Dickinson