PERSONAL STEWARDSHIP

June and July

Actively caring for ourselves in body, mind, and spirit

BIBLICAL STEWARDSHIP
A Way of Life
BIBLICAL STEWARDSHIP
THE SEASONS

DECEMBER
Global Stewardship
Promote peace throughout the world

JANUARY

FEBRUARY
Local Stewardship
Create bridges between communities and advocate for those in need.

MARCH

APRIL
Ecological Stewardship
Leave the world a better place for future generations.

MAY

JUNE
Personal Stewardship
Care for ourselves in body, mind, and spirit.

JULY

AUGUST
Stewardship Of Our Gifts
Share our knowledge, talent, love, and experience to serve others.

SEPTEMBER

OCTOBER
Financial Stewardship
Give generously and joyfully.

NOVEMBER
What is Personal Stewardship?

Personal Stewardship is Focus in June and July

The promise of summer brings with it a heightened sense of possibility. Warm days beckon us outside and invite activity; gardens planted and tended bring a harvest of fresh vegetables. Now is a good time to call to mind the stewardship of self—tending to the gift of life, which is me!

During the months of June and July, the Basilica community concentrates on Personal Stewardship, which can be defined as:

*Actively caring for ourselves in body, mind and spirit.*

The key is *actively, consciously* making choices that contribute to our well-being. Over the next two months we will be concentrating on areas most experts believe are critical to healthy life: Exercise, Nutrition, Relationships, and Spirituality. Because we know that good intentions don’t always translate to action, we’ll discuss How to Create Healthy Habits.

We think you will find lots of great ideas in this brochure to think about—and act on! Happy Summer!

**Personal Stewardship Prayer**

Father, give us  
Wisdom to perceive you,  
Intelect to understand you,  
Diligence to seek you,  
Patience to wait for you,  
And a life to proclaim you,  
Through the power of the spirit  
Of our Lord Jesus Christ

-St. Benedict (480-547)
Care of our Bodies

Eat Right

Part of Personal Stewardship involves taking care of our bodies. Maintaining a healthy diet and reasonable body weight helps avoid or lessen the impact of many health problems: Obesity, heart disease, high blood pressure, diabetes and arthritis.

So the question “What should I eat?” is crucial to good health and the answer is actually pretty simple. But you wouldn’t know that from the news reports on diet and nutrition studies. When all the evidence is looked at together the best nutrition advice on what to eat is relatively straightforward:

1. Eat a plant-based diet rich in fruits, vegetables and whole grains.

2. Choose foods with healthy fats, like olive and canola oil, nuts and fatty fish.

3. Limit red meat and foods that are high in saturated fat.

4. Avoid foods that contain trans-fats, known as “partially hydrogenated vegetable oil.”

5. Drink water and other healthy beverages.


7. Most important of all is keeping calories in check so you can avoid weight gain.

8. Make exercise a key partner to a healthy diet.
Choosing my Plate

When it’s time for dinner most of us eat off of a plate, so think of the new Healthy Eating Plate as blueprint for a typical meal:

1. Fill half your plate with produce—colorful vegetables, the more varied the better, and fruits. (Remember, potatoes and French fries don’t count as vegetables!)
2. Fill a quarter with whole grain.
3. A healthy source of protein, such as fish, poultry, beans, or nuts, can make up the last quarter.

Eating a healthy diet with modest portions that meet your calorie needs is half the battle—so be sure you choose a plate that is not too large.

Take charge of your Personal Health: eat well and be active!! You’ll add years to your life and life to your years!
Care of Ourselves

Be Active

Remember that staying active is the other half of the secret to weight control. Any activity is helpful—anything that gets you off the couch.

According to government guidelines, adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level. Five hours or more a week can provide even more health benefits. Spread aerobic activity over at least three days a week if you can. Try to do each activity for at least 10 minutes at a time.

Ways to Increase Physical Activity

At Home
- Join a walking group in the neighborhood or at the local mall. Recruit a partner for support and encouragement.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching kids play.
- Walk the dog—don’t just watch the dog walk.
- Wash the car; clean the house.
- Walk, skate, or cycle more—drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Plant and care for a vegetable or flower garden.

At Work
- Get off the bus one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk.
- Take part in an exercise program at work or nearby gym.
- Join (or start) an office softball team or walking group.

At Play
- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racquetball, tennis, or squash.
- Play basketball, softball, or soccer.
How Easy it is to Get Fit

Testimonial from a parishioner

I have gone from a 36 inch waist to a 30 inch waist in about six months. Did I starve myself or live on protein shakes? Actually no. Although I have tried both of those tactics in my past, I just never had long term success. So how did I do it? Through exercise, diet and adequate rest.

What worked for me was a diet where I watched my sugar and dairy input. I ate a vegetarian diet 4 to 5 times a week. That doesn’t mean potato chips! I stayed hydrated with plenty of water throughout the day. I didn’t consume any food within three hours of sleep and I tried to either bike, walk, swim or go for a run five to six times a week. Never was I starved or tired. I was full of energy, and never had the “brain fog” that a lot of people suffer from.

So what have I learned? Nothing you do has more effect on your health than what is at the end of your fork or spoon or what is in your glass or cup. Whole natural foods, few if any processed foods and portion control are the simple rules I live by. Try it, you’ll learn to like it.

Tom Alessi is a member of the Personal Stewardship team.

Resources: For more information on nutrition, fitness, children’s healthy eating and more go to www.choosemyplate.gov.

For maps of biking and hiking routes around the Twin Cities go to www.minneapolisparks.org/grandrounds/home.htm.

Check out the following apps and join a virtual Basilica group. Let’s see how we do as a parish community to step up our activity! Map My Run.com; Map My Ride.com. Find Basilica of Saint Mary group.
How to Pray—Lectio Divina

How to Pray

One way to pray is by a Benedictine practice called Lectio Divina, which translates Divine Reading and consists of four parts: read, ponder, pray and contemplate. Lectio Divina has no other goal than that of being in the presence of God by praying the Scriptures.

How to begin
Find a quiet place and time to be alone. Choose a Scripture reading. (Note: You can find Today’s Reading on www.mary.org.) Calm your thoughts. Invite the Holy Spirit to guide your reading.

Read

Choose a section of Scripture. Read it slowly. Savor each portion of the reading. Reread it more than once. Look for a word or phrase that jumps out at you or connects with you.

Ponder

Take the word or phrase into yourself. Memorize it and slowly repeat it to yourself, allowing it to interact with your inner world of concerns, memories and ideas. Do not be afraid of distractions. Memories or stray thoughts are simply parts of yourself that may rise up during the course of Lectio Divina. Give them to God along with the rest of your inner self. Allow the inner pondering of the phrase or word you have chosen to invite you into dialogue with God.

Pray

To pray, you can use words, ideas, or images—or all three; it’s not important. Interact with God as you would with one who knows, loves and accepts you. Give to God what you have discovered during your experience of meditation—what you have found within your heart. No judging. There is no right or wrong here.

Contemplate

Contemplation is silence. This is the time to be in the moment and listen for the still, small voice within.

Resource: Give Us This Day, produced by the Liturgical Press at St. John’s Abbey, Collegeville. Contains morning and evening prayers, scripture readings, daily Mass and reflection essays. To order go to www.giveusthisday.org or call 888-259-8470.
10 Steps to Spiritual Well-Being

Below are 10 steps that contribute to spiritual well-being. Are there others that work for you? Why not take one at a time and focus on it for a period of time until it becomes incorporated into your life.

1. Express gratitude for life’s gifts.
2. Pray, meditate, or both; read inspirational material.
3. Live in the present—unhurried and not preoccupied.
4. Practice compassion and forgiveness for yourself and others.
5. Laugh and express joy. Play and have fun.
7. Transform loneliness into quiet and peaceful solitude.
8. Practice attentiveness in relationships with others.
9. Approach each day with a spirit of generosity/hospitality/self-giving.
10. Care for the gift of self by choosing to live a healthy lifestyle.

At the Basilica, consider attending a prayer opportunity that you haven’t been to before.

**Weekday Eucharist**: Undercroft, St. Joseph Chapel—7:00 to 7:45 a.m. and 12:00 to 12:30 p.m.

**Centering Prayer**: Undercroft, St. Basil the Great—7:30 to 8:30 a.m. **Wednesdays**: 10:00 to 11:00 a.m. **Fridays**

**Morning Prayer**: Undercroft, St. Joseph Chapel—9:15 to 9:45 a.m. **Thursdays**
Being Present in Social Media

What does it mean to “be present” in a relationship? Does it mean sitting quietly, nodding your head in understanding while the other person is talking? Does it mean attentively listening and providing feedback and conversation? Or is it just enjoying being in the moment without either person saying a word? Now picture these possibilities happening with the occasional ‘ding’ of a new post, tweet, message, pin, etc. coming from your computer. Can you still be present?

All too often life is interrupted by these little ‘dings.’ How often you ask...well according to a recent study, 11 hours per month between social networking sites, email and texts. This technology has not-so-slowly been ingrained in our everyday life. Waking up in the morning and eating cereal while checking the latest Facebook News Feed. Drive to work while Tweeting about how bad traffic is. Lunch time...let’s see what Pinterest has to offer. Drive home, more tweets. Dinner...you guessed it, gotta Instagram the mac & cheese we just made. What would happen if we just put down the phone, tablet or laptop for a minute? Instead of Facebooking over breakfast, saying a prayer of thanks for the day or talking with your significant other. Instead of posting a picture of the roses, how about stopping to smell them without feeling the need to “share” them.

Being present in the moment or in relationships can sometimes mean sacrificing smaller things for the benefit of the more meaningful things. Enjoying God’s blessing and being present where you are and with whom you are with is needed to relax and rejuvenate the mind, body and spirit. Unplugging from the world gives you time to recharge.

Between 2006 and 2011, social networking activities rose by 64% a month.
How to Change to Positive Habits

Habit formation is simple. And, believe it or not, it is as easy to form a positive habit as a negative one. Our body doesn’t know the difference between a positive and negative habit. What becomes difficult is when we need to replace bad habits, which is what most people are talking about when it comes to habit formation.

Here are some tips for forming positive behaviors and replacing negative ones:

**Shape your environment:** People who are successful with long-term behavior change make it easy to have success. They clear out the negative distractions so they can focus on the positives.

If you’re trying to give up ice cream, don’t have ice cream in the house. If you’re trying to start a morning exercise routine, lay out your clothes the night before. If you’re trying to drink more water, carry a water bottle with you at all times.

**Focus on the positivity of action, not the negativity of avoidance:** Never rely on willpower alone to make a positive change. It can work sometimes, but rarely in every situation. Instead focus on the positive actions you want to take, instead of the negative actions you want to avoid.

Instead of thinking about the foods you shouldn’t be eating (i.e., ice cream), focus on the foods you should be eating (i.e., vegetables). The more you think about the positive actions you want to take, the more empowered your attitude will become.

**Focus on small steps instead of giant leaps:** The best way to change behavior is to take small, manageable steps in the direction of your desired behavior. This makes the process easier and requires less motivation.

If you’re trying to start an exercise routine, don’t immediately try to go to the health club 5 days a week. Start with 1-2 days a week and work your way up from there.

**Understand the power of triggers:** All habits are formed by triggers. A trigger is something that sets the routine in place and allows the habit to be carried out.

For many people, feeling sad or lonely is a trigger for over-eating ice cream. The first step, then, would be to identify the negative trigger, replace it with a new, positive response. Decide what more positive actions you want to take place as a result of this trigger.

*Following these four tips is a good way to ensure you will be successful in changing any behavior you choose.*
Mass Times
The Basilica
Saturday: 5:00pm
Sunday: 7:30, 9:30, 11:30am, 4:30, and 6:30pm

Saint Joseph Chapel
Monday - Friday: 7:00am and Noon

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