Nurturing Gratitude

The Foundation Upon Which the Pillars of Stewardship Stand

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Your Presenter

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- Co-Author of book Pastoring Multiple Parishes
- 2009 - Yves Congar Award – CPPCD
- 2017 - CARA Luzbetak Award

Overview

- Pillars of Stewardship
- Foundational Gratitude
- Cultivating a Grateful Life
Stewardship Overview

- Traditional
  - Time
  - Talent
  - Treasure
  All is gift from God – called to be good stewards of God’s gifts

- Diocese of Green Bay
  - Time for PRAYER
  - Talent for SERVICE
  - Treasure for SHARING
    - Generosity
  - Gift Awareness - Gratitude

Who Is a Christian Steward?

- One who receives God’s gifts gratefully
- Cherishes and tends them responsibly
- Shares them in justice and love


Cicero

“Gratitude is not only the greatest of the virtues, but the parent of all others.”
Gratitude Defined

Two Key Qualities

1. Recognition that something is valuable to you which has nothing to do with monetary worth (affirmation of goodness)

2. It is freely given – gratis (source of goodness is outside ourselves)

Gratitude is a Choice

• Grateful people take little for granted

• They see the gifts and blessings and more than a half full glass

Lack of Gratitude

• Leads to unhappiness

• “if not grateful, then no matter how much we have, we will not be happy – we will always want something else or something more”

Br. David Steindl-Rast
Negativity

- Gratefulness does not mean be Pollyanna
  - In face of difficulty – what can I learn
  - What is God trying to teach me through this?
  - There are people who would love to have your bad days

Dr. Robert A. Emmons

- World’s leading scientific expert on Gratitude – it improves
  - Personality
  - Health
  - Emotional
  - Social
  - Career
  - Overall – Happiness & Joy

Good Stewards Care for Their Bodies

- Grateful People
  - Sleep better
  - Lower blood pressure
  - Less fat intake
  - Strengthen immune system
  - Healthier hearts

- And
  - Less aging of brain
  - Exercise more
  - Decreased pain levels
  - Higher energy levels
  - Potentially – lengthen life span
Pillars of Stewardship & Gratefulness

- Time for Prayer
- Talent for Service
- Treasure for Sharing (Generosity)

Time for Prayer

- Helps us to stop, look and appreciate gifts we may take for granted
- Helps us build relationship with God in thanksgiving for the source of our blessings

Time for Service

- Builds self esteem
- Confidence in relationships
- Enhanced couple relationships
Treasure for Sharing (Generosity)

- Opens the door to abundance
- Less materialistic
- “If you are really thankful, what do you do? You share”
  W. Clement Stone

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Br. David Steindl-Rast

- Stop
- Look
- Go!

www.gratefulness.org

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Keep a Gratitude Journal!

- Big Categories
- Then Go Deeper!
**Express Gratitude**

- Write a note
- Random Acts of Kindness

**Ignatian Prayer of Examen**

1. Place self in God's presence
2. Reflect on day with **gratitude** for this day's gifts
3. Ask for Holy Spirit to help review the day with honesty & patience
4. Review your day
5. Have heart to heart with Jesus
   - seek forgiveness
   - ask for direction
   - share concern
   - express gratitude

**The Mogilka Mantra**

- Thank God – **be grateful** - you are now a member of the staff – because
- From this day forward – no problems in ministry!
  
  **Really?**
  
  - Don’t have problems here – what we do have are

  **Opportunities for Virtuous Action!!**
Summary

- Pillars of Stewardship
- Foundational Gratitude
- Cultivating a Grateful Life

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