



# Twelve Gardens of Stewardship

In Catholic Schools Curriculum

As proposed at the 2009 Theological Update Day

The Archdiocese of Seattle Catholic Schools department collaborated closely with the office of Parish Stewardship to develop curriculum suggestions based on 'The Twelve Gardens of Stewardship,' for presentation at the 2009 Theological Update Day. The resulting goal of this event was for our schools to include in their curriculums a grade and 'Garden' focus for each month of the school year.

**The suggested focuses for January are the Garden of the Body in the curriculum for PE, and the Garden of Emotions for grade five.**

Below are materials that you will find useful in implementing this goal. These tools are designed to be edited and adapted – if preferred - according to the specific curriculum needs of your school.

## **Attached Contents:**

- **Prayer Service for Staff Meetings for Garden of the Body**
- **Self Assessment for Staff Meetings for Garden of the Body**
- **Prayer Service for Staff Meetings for Garden of Emotions**
- **Self Assessment for Staff Meetings for Garden of Emotions**
- **Online Curriculum Examples for Garden of Emotions**
- **Bulletin Board Idea for Garden of the Body**
- **Bulletin Board Idea for Garden of Emotions**
- **Suggested Notes for Parent Packets for Gardens of the Body and Emotions**

You will find these materials and much more – including lesson plans and class activity ideas from educators who participated at the 2009 Theological Update Day - at the Archdiocesan webpage designated for incorporating the 'Twelve Gardens of Stewardship' into our Catholic schools curriculums: [www.seattlearch.org/gardens](http://www.seattlearch.org/gardens)



# Twelve Gardens of Stewardship

Prayer Service for Staff Meetings

## **Garden of the Body**

### **Let us Pray:**

Lord,

You are the sower and reaper, the planter and harvester. We are eager to cultivate the gifts in the fertile soil of hearts open to You.

### **Reading from Scripture:**

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.” *1 Cor 6: 19–20*

### **Meditation – How are we cultivating our gifts?**

Do I nourish myself with a nutritious diet? Do I maintain a healthy weight for my body type? Do I exercise regularly? Do I receive a healthy amount of sleep? Do I often find myself tired? Do I care for myself when I become ill? See a doctor at the appropriate time? Do I make regular medical visits? Dental? Eye exams? Have I considered programs or practices for my body’s health, for example: yoga, chiropractic sessions, exercise classes, regular walks?

### **Closing:**

Lord,

The seed that fell on rich ground yielded a harvest of thirty, sixty, or one hundred fold. May the seeds that You have planted in our hearts, in all the gardens where we are called to be good stewards, produce a rich harvest for building up Your Kingdom. Amen.



# Twelve Gardens of Stewardship

## Self Assessment for Staff Meetings

*Thoughts on each of the Twelve Gardens within the Four Pillars of Stewardship:  
Prayer, Formation, Hospitality and Service*

### **Garden of the Body**

*“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.” 1 Cor 6: 19–20*

We can sometimes forget that our physical body is a gift given to us by God. St. Paul reminds us that our bodies are temples of the Holy Spirit. How can we take better care of our bodies to ensure good health?

#### **Prayer**

Think of your body and its needs. If you are in good health, how can you remember to thank God regularly for that wonderful gift? Think of a time when you were in ill health. How did you relate to God during that time? Would you pray differently in the future during times of illness?

#### **Formation**

How can you discern what is important for you to know about your health? What resources are available for you to learn about health issues you may have? What are things you can do to take better care of your body?

#### **Hospitality**

What can you do to promote good health in your church and your community? Consider practices that are important for not spreading germs and disease. How can you help your church and community practice these good habits? What can you do to improve your own health habits?

#### **Service**

Identify charities that help care for those who are ill and foundations which exist to research cures for illness. Consider ways that you can contribute to these charities and foundations through volunteerism or donations. What are some other ways that you might help others stay healthy, or care for those who are ill?



# Twelve Gardens of Stewardship

Prayer Service for Staff Meetings

## **Garden of Emotions**

### **Let us Pray:**

Lord,

You are the sower and reaper, the planter and harvester. We are eager to cultivate the gifts in the fertile soil of hearts open to You.

### **Reading from Scripture:**

“Sensible people control their temper; they earn respect by overlooking wrongs.”

*Prov 19:11*

“A fool is quick-tempered, but a wise person stays calm when insulted.” *Prov 12:16*

### **Meditation – How are we cultivating our gifts?**

Do I take time to rest before I get to a point of burnout? Do I ask my friends for support when I need it? Do I let my emotions build up to an unhealthy level? Do I let myself have fun? Be happy? Often enough? Do I spend time alone when I need to? Have I considered counseling during times of emotional distress, to help understand myself better and move forward? Is there a particular emotion I have that I want to understand or handle better?

### **Closing:**

Lord,

The seed that fell on rich ground yielded a harvest of thirty, sixty, or one hundred fold. May the seeds that You have planted in our hearts, in all the gardens where we are called to be good stewards, produce a rich harvest for building up Your Kingdom. Amen.



# Twelve Gardens of Stewardship

## Self Assessment for Staff Meetings

*Thoughts on each of the Twelve Gardens within the Four Pillars of Stewardship:  
Prayer, Formation, Hospitality and Service*

### **Garden of Emotions**

*“A wise man controls his temper. He knows that anger causes mistakes.” Prov 14:29*

Our feelings and mental state are integral parts of us as human beings. We all have different ways of dealing with them, some more healthy than others. How can we recognize our emotions as gifts from God, which we are called to faithfully tend?

#### **Prayer**

Think of a time when emotions were a very large part of your mental state. If you turned to God during that time, how did it help? If you didn't, how can you change that in the future? When do you want to especially thank God for your mental state? What did the followers of Jesus do during the highly emotional times they dealt with, both positive and negative?

#### **Formation**

How can you encounter positive thoughts and ideas each day? Where can you get information about a particular emotion that you want to learn more about? Consider a trusted person(s), friend or professional that can help you with this, when needed.

#### **Hospitality**

Think of ways to offer comfort or help when someone at Church shows signs of distress. If someone comes to your parish in need of emotional help, how can you assist your Church in welcoming them - through listening, appropriate referrals, etc.?

#### **Service**

How can you use your gifts and talents to help others maintain healthy emotions? Think of a time when you rejoiced with a family member or friend. Think of a time when you prayed with or supported a family member or friend in a time of sorrow.



# Twelve Gardens of Stewardship

Online Curriculum Examples

## **Garden of Emotions**

The Stewardship website, Learning to Give, offers a wide variety of lesson plans which may be used to incorporate the Twelve Gardens of Stewardship into your curriculum. Though philanthropy is the filter for many of these lesson plans, you will find a large number of appropriate choices and useful ideas. Here are instructions for reviewing a lesson plan that you may wish to draw from for your own use:

Path:

- Go to 'Learning to Give' [www.learningtogive.org](http://www.learningtogive.org)
- Click on top of page 'Find Lesson Plans'
- Select Keyword option
- Choose grade. If prompted to select a subject, you may wish to select 'All.' Select letter of a keyword to view lesson plans within that subject.
- To select the most appropriate lesson plan for your class, place the curser over the view icons and review a brief summary of each plan.

**For the Garden of Emotions, if you choose [Grade 5 – Letter E for Empathy](#) , you will find the lesson: ['I Feel Angry or Sad When . . '](#)**

You are not limited to this selection, of course. You may find other lessons that fit your specific curriculum needs using the various search options available.



## Bulletin Board Ideas for the 12 Gardens of Stewardship

### Garden of the Body

All Grades

*Our physical body is a gift given to us by God. St. Paul reminds us that our bodies are temples of the Holy Spirit. How can we take better care of our bodies to ensure good health?*

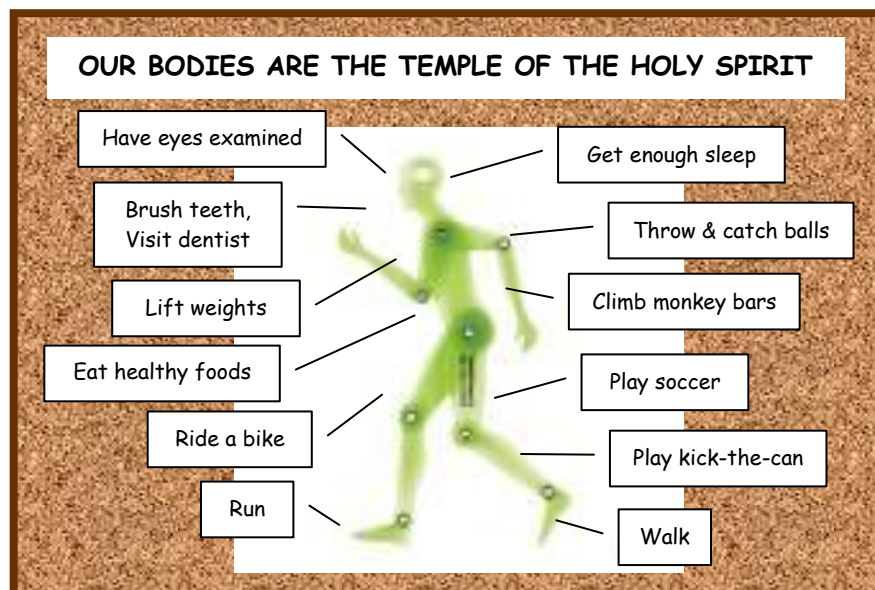
#### Project

- Title the bulletin board: 'Our Bodies Are the Temple of the Holy Spirit.'
- Draw, or have students draw, and cut out a head, torso, two upper and lower arms, two upper and lower legs – so that when put all together, create a body.
- Have students (or teams of students) select a body piece and write on it ways to stay healthy and take care of our 'temple.' Examples may be:
  - Head - brush teeth, wash hair, get eye exams, visit the dentist regularly, etc.
  - Arms and Hands – throw balls, lift weights, play volley ball, etc.
  - Torso – eat healthy foods, breathe deeply, do stretching exercises, etc.
  - Legs and Feet – walk, run, play kickball, play soccer, ride a bicycle, etc.
- You may opt to have students fill the bulletin board with their ideas, as shown.

#### Suggested Quotes

*"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body." 1 Cor 6:19–20*

*"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." John F. Kennedy*





## Bulletin Board Ideas for the 12 Gardens of Stewardship

### Garden of Emotions

Grade 5

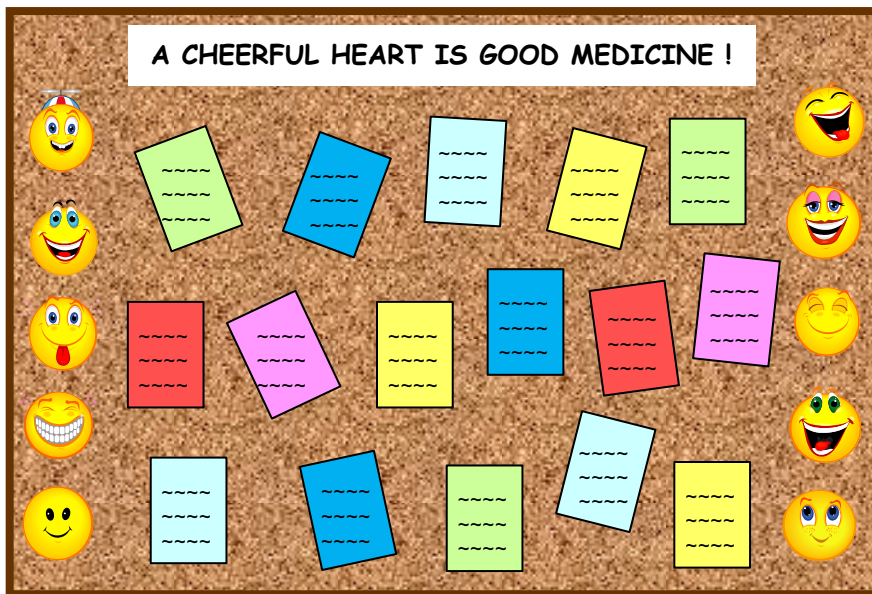
*Our feelings and emotions are an integral part of us as human beings. We all have different ways of dealing with our feelings, some more healthy than others. God calls us to tend to our emotions in ways that are not harmful to others, or to ourselves. He also wants us to be joyful and have good humor.*

#### Project

- Title the bulletin board: A Cheerful Heart is Good Medicine!
- Decorate the board with smiley faces. (Example shows 'Microsoft Office' clipart; free online.)
- Have students write their favorite jokes on colored paper – encourage illustrations.
- Post jokes to the board.

#### Suggested Quote

*"A cheerful heart is good medicine, (but a crushed spirit dries up the bones.)"*  
Prov 17:22



#### Alternative Project

Title the bulletin board to reflect a theme of peer mediation. Have students write one-page fictional stories/examples about successful conflict resolutions (on playground, at home, etc.)

Suggested Quotes:

*"A wise man controls his temper. He knows that anger causes mistakes." Prov 14:29*

*"Sensible people control their temper; they earn respect by overlooking wrongs." Prov 19:11*



## SUGGESTED NOTES FOR PARENT PACKETS

Parents appreciate knowing what their children are learning in school! Here are ways you might include the 'Twelve Gardens of Stewardship' concepts in your weekly packet of information to school parents.

Please feel free to use this suggested title, graphic logo and introductive text – and to **edit and adapt** the following 'Gardens of the Body and Emotions' sections according to your needs.



### The Twelve Gardens of Stewardship

*Applying Christian Stewardship to Every Area of Our Lives*

Suggested  
← Title

↓ Suggested  
Introduction

Being good stewards includes recognizing God's gifts in every area of our lives and using these gifts responsibly, in love and justice – to ourselves as well as toward others. The 'Twelve Gardens of Stewardship' is a concept which identifies twelve different areas of our everyday life in which we should be mindful of conducting ourselves within the will of God. During the school year (Each month), our students will focus one or more of these gardens. This month, our students will focus on the Gardens of the Body and Emotions.

#### **Gardens of the Body and Emotions**

Through Physical Education instruction, we teach our students to take care of themselves and be good stewards of their bodies - so they may lead active and healthy lives. It is also important to maintain a balanced emotional life. Through our Church's sacrament of Reconciliation, we are helped to have a balanced emotional life by staying in good relationship with God and others. But God's gift of our free will means that our happiness is not guaranteed. It is up to us to care for our emotions by being aware of what leads us to unhealthy patterns of thinking and feeling.

This month, our students will learn about taking proper care of – that is, being good stewards of – their physical health. Also, the fifth grade students will identify ways to focus on healthy, positive thoughts and feelings, while avoiding the patterns of thought and behavior that may disrupt their happiness and well-being.