



The Twelve Gardens of Stewardship

Applying Christian Stewardship to Every Area of Our Lives

A NOTE TO PASTORS:

The Archdiocese of Seattle Catholic Schools department has worked closely with the office of Parish Stewardship to develop curriculum suggestions based on 'The Twelve Gardens of Stewardship,' a concept developed by Bishop Robert Morneau of the Diocese of Green Bay, which helps us apply Christian stewardship to every area of our daily lives.

We encourage you to help to foster Stewardship as a way of life by offering timely, coordinating support of this portion of your parish school's curriculum.

Below is suggested text, scriptures and meditations for the 'Twelve Gardens of Stewardship'. Our hope is that you and your staff find these useful for pulpit announcements, placing notices in your weekly church bulletin, and perhaps as a source of inspiration for homilies or 'Prayers of the Faithful.'

The 2009/2010 schedule of the 'Twelve Gardens' curriculum is a suggested proposal, so you may wish to have your staff verify your school's participation and 'Garden' focus each month before including an announcement in your bulletin. The scheduled focus for the month of January is the 'Garden of Body' for PE and the 'Garden of Emotions' for the fifth grade.

Your staff is free to use the following graphic logo and text – and to **edit and adapt** the 'Garden' section, as appropriate.

You will find more information at the new Archdiocesan webpage: www.seattlearch.org/gardens

Also, the [Office of Parish Stewardship](#) is here to assist you in any way.



Garden of the Body

SUGGESTIONS FOR WEEKLY CHURCH BULLETIN



The Twelve Gardens of Stewardship

Applying Christian Stewardship to Every Area of Our Lives



Suggested title & logo
for use in weekly bulletin

Suggested
Introductory text



Being good stewards includes recognizing God's gifts in every area of our lives, using these gifts responsibly and sharing them in love and justice. The 'Twelve Gardens of Stewardship' is a concept that identifies twelve different areas of our everyday life in which we should be mindful of conducting ourselves within the will of God – or, twelve different 'gardens' which we should tend to and cultivate. Each month, our school (a grade in our school) will focus on one or more of these gardens. The Garden the Body is the one of the focuses for this month.

Suggested text for the Garden of the Body
is below - to edit and adapt as needed for
your parish's weekly bulletin.

Garden of the Body

This month, our students will learn how our physical bodies are gifts from God and temples of the Holy Spirit - to be respected and cared for.

SCRIPTURE AND PRAYER MEDITATIONS

- **Parishioner Meditations - Cultivating our Garden of the Body**

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 care for myself when I become ill and see a doctor at the appropriate time? Have I considered programs or practices for my body's health, such as yoga, chiropractic sessions, exercise classes, regular walks?

- **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*

Garden of Emotions

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Suggested text for the Garden of Emotions
is below - to edit and adapt as needed for
your parish's weekly bulletin.

Garden of Emotions

Our feelings and emotions are an integral part of us as human beings. God calls us to deal with our emotions in ways that are not harmful to others, or to ourselves. This month, our 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.

SCRIPTURE AND PRAYER MEDITATIONS

- **Parishioner Meditations - Cultivating our Garden of Emotions**

Do I recognize when I may need help with my emotions? Do I ask my family or friends for support when I need it? Do I pray and participate in the sacraments to seek spiritual help? 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?

- **Scriptures**

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

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

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

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." *Phil 4:6*

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