Nurturing Gratitude

The Foundation Upon Which the Pillars of Stewardship Stand

Mark Mogilka
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Your Presenter

Mark Mogilka

- Senior Consultant –
  Meitler
- 42 Years Diocesan Office Ministry
- Master's Degrees- Social Work
  And Religious Studies
- Co-Author of book
  Pastoring Multiple Parishes
- 2009 - Yves Congar Award – CPPCD
- 2017 - CARA Luzbetak Award

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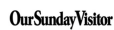
Overview

- Pillars of Stewardship

- Foundational Gratitude

- Cultivating a Grateful Life

Gratitude

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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 **$HARING**
    - Generosity

  - Gift Awareness - **Gratitude**

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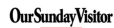CATHOLIC STEWARDSHIP WEBCAST SERIES

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Who Is a Christian Steward?

- One who receives God's gifts *gratefully*
- Cherishes and tends them responsibly
- Shares them in justice and love
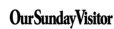
Stewardship: A Disciples Response – US Bishops 1993

Be a Good Steward

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Cicero

"*Gratitude* is not only the greatest of the virtues, but the parent of all others."

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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)

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Gratitude is a Choice

• Grateful people take little for granted

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

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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

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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

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Dr. Robert A. Emmons

- World's leading scientific expert on Gratitude – it improves

  - Personality
  - Health
  - Emotional
  - Social
  - Career
  Overall – Happiness & Joy

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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

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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

growing OUR FAITH THROUGH Generosity

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Br. David Steindl-Rast

- Stop

- Look

- Go!

www.gratefulness.org

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Keep a Gratitude Journal!

I am grateful for........

- **Big Categories**

- **Then Go Deeper!**

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Express Gratitude

- Write a note

- Random Acts of Kindness

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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*

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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 !!

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Summary

- Pillars of Stewardship

- Foundational Gratitude

- Cultivating a Grateful Life

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