

STEWARDSHIP OF OUR SELVES: OUR SOULS AND BODIES

During the season of Lent we take time to reflect on the stewardship of our physical, emotional and spiritual well being. Take a moment to pause and reflect on what *you* might do to care for your physical, emotional and spiritual self.

Here are some ideas as well as thoughts provided by St. Mark's Vestry members:

- Attend Morning Prayer during Lent if offered
- Eat healthier foods and avoid sweets
- Try to get more sleep each night
- Subscribe to the Washington National Cathedral daily Lenten Meditations
- Subscribe to the SSJE daily series, "Meeting Jesus in the Gospel of John"
- Read the Forward Day by Day ERD Lenten meditations
- Try to walk 20 minutes every day
- Turn off the TV, put down my iphone and listen to the quiet.
- Express gratitude more often
- Be more disciplined about my physical exercise
- Spend time meditating to help me be more present
- Eat breakfast every morning
- Seek more "quality" time with family, friends and my dog
- Make sure I get my blood pressure, glucose and cholesterol levels checked
- Spend time outdoors in nature – notice the calm and miracles there
- Practice yoga 3 times/week
- Use my Apple watch fitness tracker to keep me motivated daily
- Look for relevant diocesan-sponsored conferences