



## STEWARDSHIP BULLETIN REFLECTIONS SCRIPTURE REFLECTION & ECO-THOUGHT YEAR B – 180T TO 230T

### **Eighteenth Sunday of Ordinary Time**

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#### **Scripture Reflection**

Do not work for the food that perishes. (John 6.27)

Have you heard the saying: don't work hard but work smart? Jesus cautions stewards against working in the futility of their minds despite their best intentions. Instead, work smart, renewed in the spirit and working for the food that endures for eternal life.

#### **Eco-Thought**

In order to serve God, one needs access to the enjoyment of the beauties of nature, such as the contemplation of flower-decorated meadows, majestic mountains, flowing rivers. For all these are essential to the spiritual development of even the holiest of people.

~ Moses Maimonides

Planning your day around God means being aware of how you use your time and your resources. Try to do more on that trip to work than just drive or sit. Listen to audio books, pray, and see the beauty and divinity of God in everything around you.

### **Nineteenth Sunday of Ordinary Time**

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#### **Scripture Reflection**

Get up and eat, otherwise the journey will be too much for you. (1 Kings 19:7)

Discipleship isn't easy. The Christian steward is on a journey to God. Jesus, the bread of life memorialised and received in the eucharist, is our food for the way (viaticum).

#### **Eco-Thought**

In beauty I walk.

With beauty before me, I walk.

With beauty behind me, I walk.

With beauty below me, I walk.

With beauty above me, I walk.

With beauty all around me, I walk.

~ Navajo chant

You've heard the phrase "you are what you eat." How you eat says something about the way you view creation and your own identity. Try eating in rather than taking out. Eating out creates waste. Eating in encourages better habits such as choosing the healthier options from the menu, saying grace before beginning, and mindfully eating only what is needed.

### **Twentieth Sunday of Ordinary Time**

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#### **Scripture Reflection**

Those who eat my flesh and drink my blood abide in me, and I in them. (John 6: 56)  
Stewardship is about who we are in Christ. Jesus promises that if we assimilate his humanity into ourselves through the eucharist and a life in imitation of Him, we will share in His divinity.

#### **Eco-Thought**

Creation's sheer magnificence turns the heart towards its Creator, and the heart that has turned to God opens, inevitably, towards Creation, towards the awesome integrity of the natural universe that is God's gift.

~ Daniel Swartz

Generally, the less a food has travelled to get to your table, the less intervention it received in terms of genetic modification and pesticides, and the less packaging it comes in, the better for the environment, your pocketbook, and your health.

### **Twenty-First Sunday of Ordinary Time**

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#### **Scripture Reflection**

If you are unwilling to serve the Lord, choose this day whom you will serve. (Joshua 24:15)  
Which gods compete for your service? Which one has proven truly faithful, merciful, salvific? Simon Peter recognised that only Jesus met these criteria saying: Lord, to whom can we go? You have the words of eternal life.

#### **Eco-Thought**

God used to rage at the Israelites for frequenting sacred groves. I wish I could find one. ... We as a people have moved from pantheism to pan-atheism. ~ Annie Dillard

We often hear people say, "I love Tim Hortons." Shortly after we hear them also say "I love God." God has provided everything for us out of love. Love God with all your heart mind and soul, and give God thanks for Tim Horton's you enjoy!

### **Twenty-second Sunday of Ordinary Time**

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#### **Scripture Reflection**

Every generous act of giving, with every perfect gift, is from above. (James 1. 17)  
Discipleship makes us co-creators with the Father and co-redeemers with the Son. Let our lives co-operate with the Trinitarian mission in the world.

#### **Eco-Thought**

While technology gives the individual the physical power to create or to destroy the world, religion gives the moral strength to grow in virtue by nurturing restraint, humility, and liberation from self-centeredness. ~ O.P. Dwivedi

Giving is a beautiful thing. Give early, give often, give without expecting anything in return. Plant a tree, pick up someone else's garbage, buy a coffee for the person behind you in line. Touch people's lives through the environment around you.

### **Twenty-Third Sunday of Ordinary Time**

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#### **Scripture Reflection**

"Ephphatha," that is, "Be opened."(Mark 7.34)

This command is for all of us. Jesus speaks to us in the Gospel, in the gift of our lives, in the cry of the poor. Are you open to His voice?

#### **Eco-Thought**

The profound sense that the earth is 'suffering' is also shared by those who do not profess our faith in God. ~ John Paul II

Schedule some time this week to get reconnected to nature. Be in the forest, the mountains, by the lake. Just get away briefly to see, smell, and touch the physical world that was created for us. Then tell somebody else about the wonder of creation.