

Cultivating a tangible wellness

BY KATHRYN NISHIBAYASHI



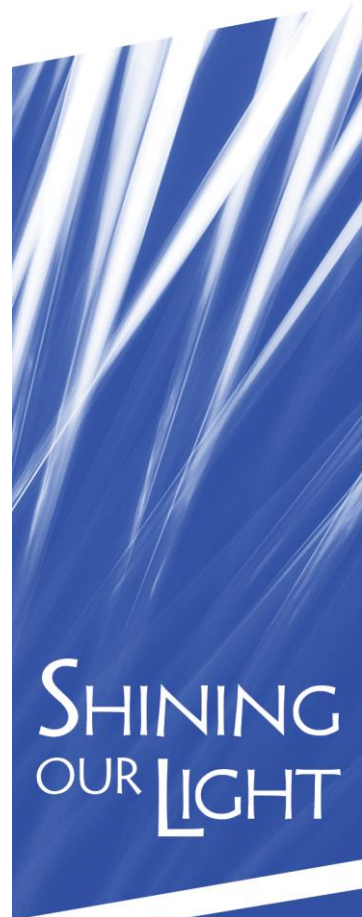
The readings appointed for this Sunday (2 Timothy 2:8-15 and Luke 17:11-19) are quite fitting as church members are in the midst of discerning the gifts they are able to pledge to their congregation in the upcoming year. I have just passed the one-year mark working for the Kaleidoscope Institute. One program within the Kaleidoscope Institute called Holy Currencies focuses on six “holy currencies” that work together to create sustainable ministry: gracious leadership, time and place, relationship, wellness, truth, and, finally, money. It was these holy currencies that I thought of when I first read this week’s readings.

As the last line of today’s gospel reading says, “Your faith has made you well.” Your pledge to your congregation is a tangible manifestation of wellness — not only your financial wellness but the wellness of your congregation. It enhances your congregation’s ability to carry out its ministries, including those involving cultivating gracious leadership and relationship in the church community.

Your pledge shows your truth and will help your congregation live into its truth as they minister to others both within and beyond the parish walls. It will contribute to your church’s ability to provide a time and place for others to gather to do God’s work in and for the world. Finally, money is the currency people are most familiar with. Money is the form in which most pledges come. But think about how else you can pledge this year using one or more of the holy currencies. No gift is too small as long as you do your best to present yourself to God as “one who is approved by him,” as the epistle said.

Stewardship is not a passive activity. So “get up and go on your way.” Listen for where and how God is calling you to give your gifts to your parish and plan to give generously, knowing you are helping cultivate the flowing of holy currencies in your parish community.

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For reflection...

- How can you cultivate wellness in your life: personal, physical, spiritual?
- In addition to your financial pledge, what nonmonetary gifts might you be able to pledge to your congregation?