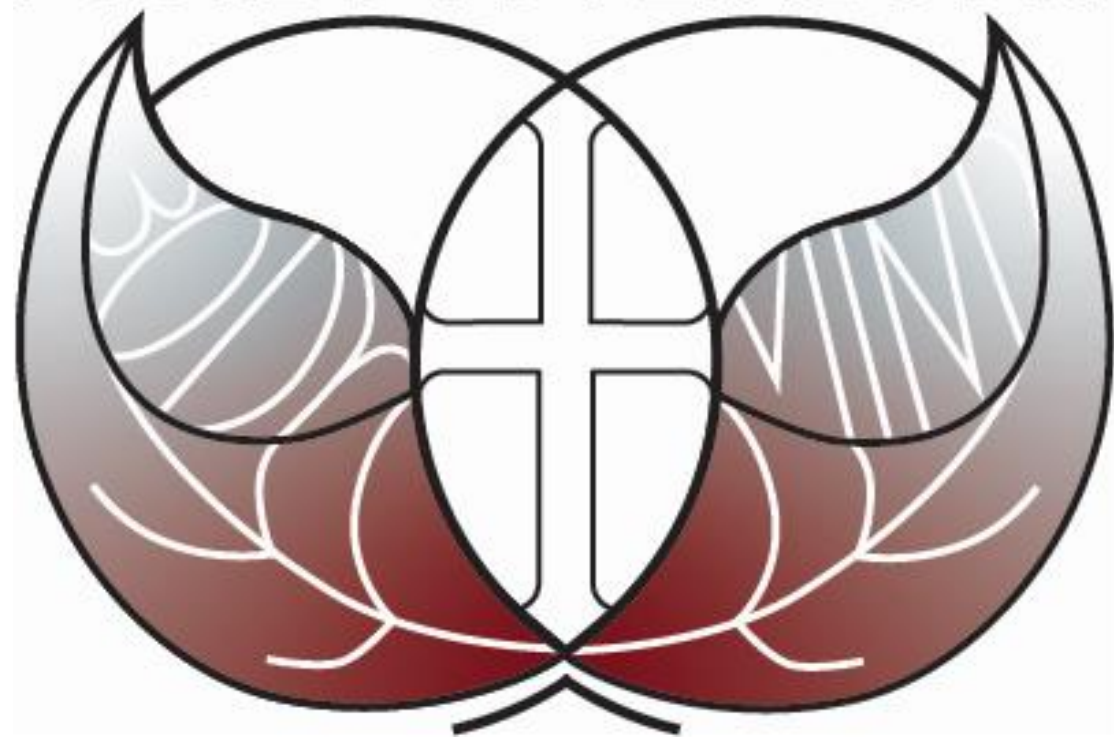


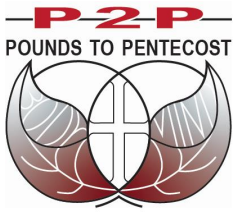


P-2-P

POUNDS TO PENTECOST



CHECK-IN



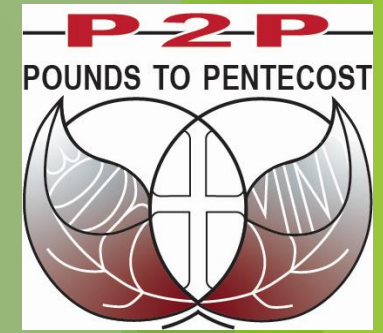
COMMUNITY AGREEMENTS

- Silence your cell phone
- Be respectful
- Avoid promoting products
- Don't criticize other's preferences
- Stay on topic
- What is shared in the circle, stays in the circle
- Speak during your turn only
- Speak using "I" statements
- Speak honestly & from the heart
- Listen attentively when others are speaking
- Share space – speak briefly
- Other? _____



OPENING PRAYER & INTENTIONS





Holistic Self-Care & Christian Spirituality

Rev. Long Nguyen, Ph.D.

St. Margaret Mary Alacoque

OBJECTIVES

- ▶ Biblical Review
- ▶ Christian Obligation
- ▶ Self-Care & Spirituality
- ▶ Faith Community & Social Support
- ▶ Self-Commitment

Biblical Review

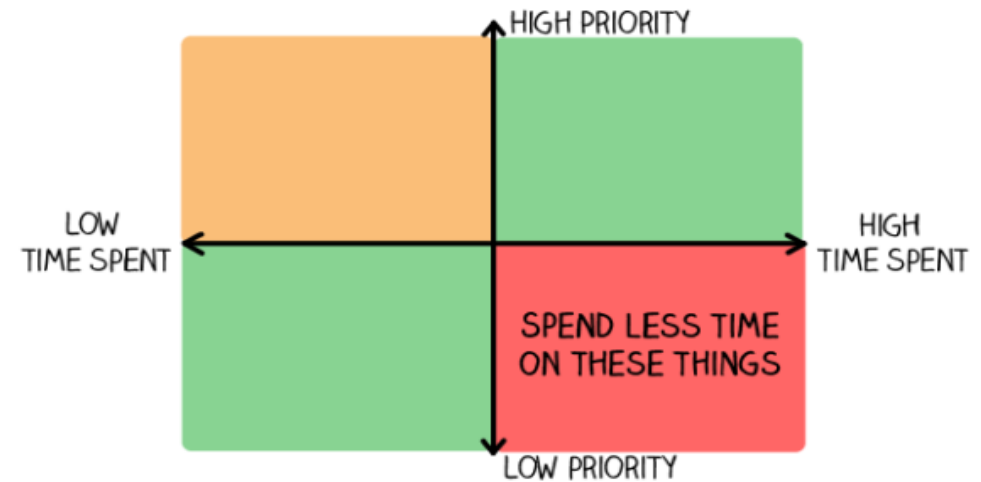
- ▶ Story of Creation in Genesis 1
- ▶ “Let us make human beings in our image” (1:26).
- ▶ “God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation” (2:3).
- ▶ Tree of knowledge and expulsion from Eden
- ▶ First murder ever: Cain & Abel
- ▶ “Then the LORD asked Cain, Where is your brother Abel? He answered, “I do not know. Am I my brother’s keeper?” (4:9).



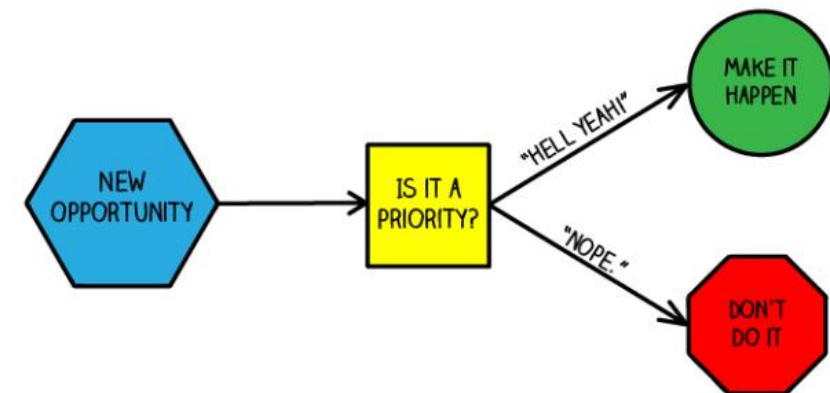
Christian Obligation

- ▶ Are we keepers of our brothers and sisters?
- ▶ “Do you not know that you are the temple of God, and that the Spirit of God dwells in you?” (1 Cor.3: 16)
- ▶ “Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing” 1 Cor.9:25-26).
- ▶ “I urge you therefore,.. to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship” (Rom. 12:1)
- ▶ Patrick Buggy, Create More Time in Your Life by “Breaking Up” With Obligations That No Longer Serve You, (2020)

FREE YOUR TIME FROM EXISTING COMMITMENTS THAT AREN'T A PRIORITY



BE SELECTIVE WITH NEW OPPORTUNITIES

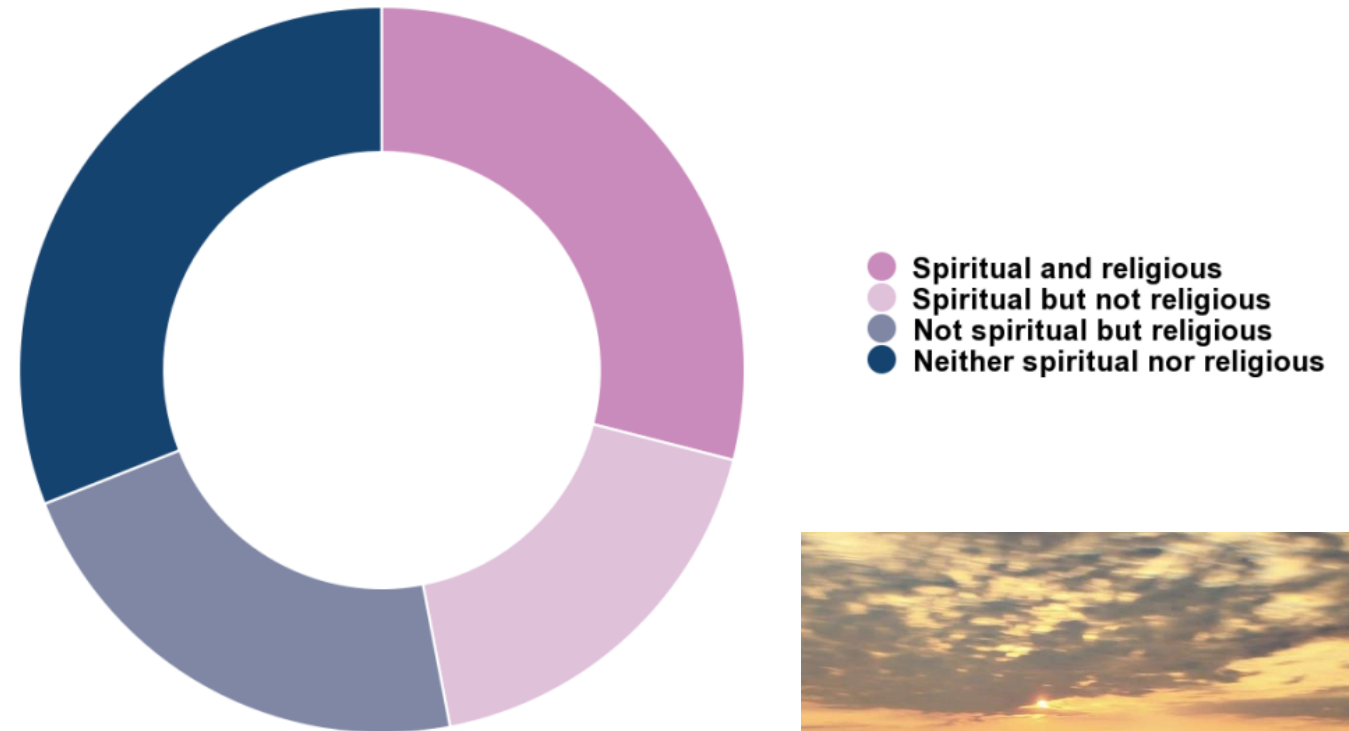


Self-Care & Spirituality

- ▶ Jesus: “Come away by yourselves to a deserted place and rest a while” (Mk 6:31).
- ▶ “Rising very early before dawn, he left and went off to a deserted place, where he prayed” (Mk 1:35)
- ▶ “For you have been purchased at a price. Therefore, glorify God in your body” (1 Cor.6:20).
- ▶ Study of Spirituality (Raney, Cox, Jones, 2017)

A New Look at American Spirituality and Religiosity

Percent of Americans who identify as...



Faith Community & Social Support

- ▶ Strong association between religiosity/spirituality and mental wellness across life domains in civilians (Currier et al., 2018; Hawker & Nino, 2017; Koenig et al., 2018).
- ▶ Faith community serves as a platform for building social support and social network (Thomas et al., 2016).
- ▶ Social support is one of positive mechanisms and protective factors against mental stressors (Holliman et al., 2018; Sharma et al., 2017)



Self-Commitment

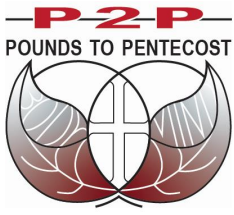
- ▶ “Commitment is an act, not a word.” Jean-Paul Sartre
- ▶ “Most people fail not because of a lack of desire but because of a lack of commitment.” Vince Lombardi
- ▶ “There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses; only results.” Kenneth Blanchard
- ▶ “The biggest commitment you must keep is your commitment to yourself.” Neale Donald Walsch



The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background within this design.

Questions & Answers

Thank You



SCHEDULE

DATE	TIME	Rm	TOPIC	FACILIATORS
2/23/2023	7:00 PM	HH	Holistic Spirituality	Fr. Long Nguyen
3/2/2023	7:00 PM	SMM	Healthy Lifestyles & Wellness	Lily Martinez & Manuel Delgado
3/30/2023	7:00 PM	HH	Nutrition & Facts Labels	Cristina Allred & Joe
4/13/2023	7:00 PM	GS-A	Physical Activity	James Barry & P2P Team
4/27/2023	TBD	---	Field Trip to Botanical Gardens	Mike Molina
5/11/2023	TBD	---	Urban Farming at St. Albert	Fr. Long Nguyen
5/25/2023	7:00 PM	HH	Soul Food Retreat & Graduation	P2P Team



CLOSING PRAYER

