

## **STEWARDSHIP OF SELF: THE WHOLENESS WHEEL**

### **The Wholeness Wheel**

Living well is a personal journey that presents each of us with unique opportunities to steward our gifts in all dimensions of our lives. It is up to us to tend these dimensions of our well-being so we may live as resilient people for the sake of the world.

### **Dimensions of the Wholeness Wheel**

The Wholeness Wheel is increasingly used by ELCA individuals and organizations as an important learning and discernment tool. It illustrates that wellness is multi-dimensional—made up of spiritual, vocational, intellectual, emotional, physical, social, and financial dimensions of well-being. Spiritual well-being is intertwined with and influences our well-being in all other dimensions.

### **Spiritual Well-Being**

Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art and music. Explore who you are and know whose you are.

### **Social Well-Being**

We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social well-being through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and co-workers.

### **Emotional Well-Being**

Being emotionally well means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step. Recognizing and honoring your own feelings and those of others—stress, contentment, anger, love, sadness, joy, resentment—will help you live life abundantly.

### **Physical Well-Being**

While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest.

### **Financial Well-Being**

Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

### **Vocational Well-Being**

We all have a calling—a vocation—to follow Christ's example by living a life of meaning, purpose and service to our neighbor. Our vocations make up our life's work and passions—they are everyday roles through which God calls us to help make this world a better place. Those who are vocationally well are faithful stewards of their talents and abilities, and find opportunities to build and use them.

### **Intellectual Well-Being**

Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping active.

### **Suggestions For Using the Wholeness Wheel**

- Select one dimension of the Wholeness Wheel and focus on it for a month.
- Keep a journal of what you do and see what items enrich your well-being.
- Share your experiences with others and invite them to use the Wholeness Wheel.

More information about the Wholeness Wheel can be found online at [www.porticobenefits.org](http://www.porticobenefits.org).

## THE CHANGING FACE OF OUTREACH: AN HISTORICAL PERSPECTIVE

- 1945-1965: a time of tremendous growth for American religious institutions. Following World War II, it was “normal” (and almost expected) that people would join a church.
- 1966-1986: Following the protests of the 1960’s (Viet Nam War, civil rights, the feminist movement), distrust towards any kind of institution (including the church) was extremely high and people were not sufficiently motivated to “join a church”. As a result, church membership and worship attendance began to decline.
- 1987-2007: Technological advancements (personal computers, cell phones, etc.) helped re-define what community is and how it was created). As video gamers could play video games with anonymous players from around the world in the privacy of their own home, personal choice and freedom further eroded the need to “join a church”. In many denominations, church membership and worship attendance continued to decline.
- 2008-2018: All major U.S. denominations see a decline in church membership and worship attendance. During this time, even mega-churches have seen a decline in membership and attendance.

### SOME WAYS THAT PEOPLE REACT TO CHANGE

- **Blame** the pastor, the church council, specific committees, etc., because things are no longer the way they used to be. Somebody moved my cheese and it has to be someone else’s fault.
- **Acknowledge** and **adapt** to changing circumstances. Since old models and practices no longer work, think about doing things in new ways.
- **Lament** the changes that have occurred and long to return to “the good old days”. One pastor I know would often say about the congregation where she served in Michigan, “If we ever return to the 1960’s, my congregation will be the first one that is ready”.
- **Recognize** that the world has changed and **think** about how those changes affect how we plan and do our ministry. For example, in the days prior to both spouses working outside of the home, it was easier for a pastor and/or congregational visitors to schedule a home visit with a family. Schools plan more activities for their students and Wednesday is no longer “Church night” within the local community.

### WHAT CAN YOU DO TO HELP OUR OUTREACH EFFORTS?

- **Pray** for the congregation, its leaders and its ministries.
- **Talk** with the people you know about church. **Ask** them about their church background and, of course, **invite them** to share in the ministries of First Lutheran Church.
- **Offer** to pick them up and **drive them**, to show support and to spend some time with them.
- **Invite** (at least one person) to any special event/ministry that you plan to attend.

Thank you for taking the time to read this article. There have been many changes in life circumstances over the years. We need your help as together we work to share Christ’s love with others.

Gratefully yours,  
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