**Your Stewardship Toolkit for August 2024!**

*August’s theme:* **SAD news about nutrition**

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*If you want the free Toolkit sent directly to your inbox every month,* *just drop me an email**.
Feel free to forward it to colleagues who might find it useful.*

Consistent communication, education and action can help your congregation develop a healthy culture of stewardship and generosity. This Toolkit can help get you there!

Here’s what you’ll find in the Toolkit:

[**-Snippets:**](#Snippets) Cut and paste a monthly themed “Stewardship Snippet” in every Sunday bulletin! It’s a verse or two from the week’s Revised Common Lectionary lessons, followed by a brief reflection.

[**-Newsletter Article:**](#Newsletter_Article) Cut and paste a fresh article on stewardship every month in your newsletter.

[**-General Resource Websites**:](#websites) – These are places you can go for great ideas to jump start your stewardship ministry!

**Stewardship Snippets**

*Copy and paste into your bulletin!
Source: Rob Blezard.*

**August 4, 2024** (11th Sunday after Pentecost, Proper 13, Year B)

**John 6:35 –** Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

*In the Lord’s Prayer we ask God to “Give us today our daily bread.” Jesus reminds us that he is the true bread that feeds our lives and souls. Daily we partake of Jesus through prayer and Scripture, and as often as we may through Holy Communion.*

**August 11, 2024** (12th Sunday after Pentecost, Proper 14, Year B)

**John 6:35 –** Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

*In the Lord’s Prayer we ask God to “Give us today our daily bread.” Jesus reminds us that he is the true bread that feeds our lives and souls. Daily we partake of Jesus through prayer and Scripture, and as often as we may through Holy Communion.*

**August 18, 2024** (13thth Sunday after Pentecost, Proper 15, Year B)

**Ephesians 5:15,16 –** Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil.

*God gives all of us the same abundance of time – 24 hours in every day, and it’s so easy to waste! Steward disciples pray for wisdom to live each day to its fullest, and to turn away from the world’s evils.*

**August 25, 2024** (14th Sunday after Pentecost, Proper 16, Year B)

**John 6:58 –** This is the bread that came down from heaven, not like that which the ancestors ate, and they died. But the one who eats this bread will live forever.

*To stay physically healthy we have to eat lots of good vegetables, and to stay spiritually healthy we need to nourish ourselves on the Word of God and the Bread of Life in Holy Communion.*

**August 2024 newsletter article** (224 words)

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The SAD news about nutrition

U.S. medical data present a real paradox: Though we spend more on health care than any other developed country, we are very unhealthy – including shorter life expectancy, the highest obesity rate, and high incidence of diabetes, heart disease and hypertension.

The reasons are complex, but many experts point to the unhealthy “Standard American Diet.” With lots of processed foods, saturated fats and refined carbohydrates, the SAD causes more deaths per year than smoking, and half of all heart-disease related deaths.

In other words, the food we eat is killing us. The culprits are the fried foods, the French fries, hamburgers, chips, donuts, prepackaged entrees, breakfast cereals, sugary soft drinks, pizza, candy, meat consumption and freezer-case meals.

The cure for SAD is simple: Eat less of the bad stuff and more fresh vegetables and fruit. When God put Adam and Eve in the Garden of Eden, they were given all sorts of fruits and veggies to eat (Genesis 1:29). So, as you eat more veggies, you can think of it as the Garden of Eden Diet.

August is the ideal time to load up on veggies. The summer harvest brings all the delightfully nutritious foods to your local farm market and grocery store. How healthy is your diet? To learn more, search online for “standard American Diet” and see what the experts have to say.

*--Robert Blezard*

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[*Click here*](https://thestewardshipguy.com/about-me/) *for a complete and up-to-date bio for Pastor Blezard.*

**General Stewardship Resource Websites**

[**Stewardship of Life Institute**](http://www.stewardshipoflife.org/)– Headquartered at United Lutheran Seminary, this site has a trove of resources in areas of congregational and personal stewardship. ([www.stewardshipoflife.org](http://www.stewardshipoflife.org))

[**ELCA Stewardship Resources**](http://elca.org/stewardship)– Our denomination’s deep well of materials. ([www.elca.org/stewardship](http://www.elca.org/stewardship))

[**Center for Stewardship Leaders**](http://faithlead.luthersem.edu/stewardship/) – Luther Seminary’s excellent website. ([faithlead.luthersem.edu/stewardship/](http://faithlead.luthersem.edu/stewardship/))

[**The ELCA Foundation**](https://www.elca.org/give/elca-foundation) a ministry of our denomination. ([www.elca.org/give/elca-foundation](http://www.elca.org/give/elca-foundation))

[The Episcopal Ministry for Stewardship](https://www.tens.org/) – Lots of good material. (<https://www.tens.org/>)

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