

Having trouble viewing this email? [Click here](#)

Planned Giving News



Office of Stewardship Development

December 2009

Dear Greg,

Have you ever heard the phrase "stress is a killer?" The holiday season can be stressful for many. Among the reasons are expectations for gift giving and yes, those family gatherings... I have included an article below which provides some thoughts on how we may direct and relieve this stress by finding *a home for worry*. I hope you enjoy it!

Special thanks to those who distributed the end-of-year giving flyer I sent to parishes last month. We have received several requests for transfers of appreciated securities to parishes. I'm confident other parishes that used the flyer will reap similar benefits as the year-end approaches.

Finally, I would like to take this opportunity to wish each of you a blessed and holy Christmas and best wishes for a prosperous 2010.

God bless,

Greg Urban

A Home for Worry

Pressure, stress, anxiety and worry can feed our best impulses, encouraging appropriate action and preventing paralyzing inertia when situations demand purposeful movement. Yet, over time, stress and worry can do great harm. No one is able to invest mounds of emotional energy unwisely without digging furrows of physiological pain. No one can today, and - no matter how contemporary our concerns - that is a timeless reality. "Have no anxiety at all," St. Paul wrote to the Philippians. As is often noted, the Apostle offered his advice from the discomfort of a jail cell.

"Rejoice in the Lord always," he wrote. "I shall say it again; rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

Layoffs, foreclosures, unemployment rates, and bankruptcies are on the rise and seem uncontrollable. Reason to worry? Reason to take action at times, sure. But, reason to be truly anxious? No, said the Apostle. No. So, what are we to do? What action are we to take? We are to pray. The first, most purposeful action is always the best - to pray. The best home for worry - financial or otherwise - is one that wears the knees of our finest slacks. The best home for worry is its best cure. The best home for worry is a parishioner planted on his or her knees. And, "the peace of God that passes all understanding" is its tangible fruit.

From Stewardship Today (Used with Permission)

Office of Planned Giving / The Catholic Foundation
Diocese of Rockford
Phone: 815-399-4300 x358

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to gurban@rockforddiocese.org by gurban@rockforddiocese.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Catholic Diocese of Rockford | 555 Colman Center Drive | P.O. Box 7044 | Rockford | IL | 61125