

## ***Advices & Queries – Stewardship of the Self***

Friends can sometimes be too serious! Playing together joyfully strengthens family and community life.

We are mindful of the beneficial connections among physical, mental, and spiritual well-being. We also recognize that neither physical nor mental illness implies any spiritual weakness.

Healthful activity includes games, sports, and other physical exercise; gardening and the study and enjoyment of nature; travel; books; fellowship with friends and family; and arts and handicrafts which bring creative self-expression and appreciation of beauty.

Recreations in which we are participants rather than spectators can be particularly beneficial.

- Do we choose recreations which strengthen our physical, mental, and spiritual lives and avoid those which may prove harmful to ourselves and others and to the world around us?
- How do we make time in our lives for healthy play?
- How do our food choices reflect our values as Friends?
- Do we recognize all our own addictions and compulsive behaviors? How do our relationships with the Spirit and with our meeting communities help us deal with them?