

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?