



### **Good Stewards Avoid “Compassion Fatigue”**

One of the spiritual maladies Christians face today is “compassion fatigue.” The media inundates us with details of disasters, natural and man made, far and wide....Our efforts to respond generously can become scattered and not well thought out, and sometimes our giving becomes motivated by guilt rather than compassion. Eventually, we may stop giving.

Christian stewards prayerfully discern how they are able to respond to the needs of the world. They budget their time and resources so that their response can be generous but focused, sacrificial but not overwhelming. They begin with a prayerful commitment to their immediate family of faith. Being generous to one’s faith community can go a long way toward meeting the needs of others. Their response to the diocesan annual appeal and to special collections also makes them part of a larger faith community’s response to the poor and marginalized...The decision to give is made prudentially and without guilt...Good stewards realize that the greatest gift they can give is the gift of prayer...It is the kind of compassionate heart good stewards seek to cultivate within themselves through prayer, planning and focused generosity; ready to respond, without experiencing fatigue or weariness, to the cries of the world.

*Excerpts from International Catholic Stewardship Council August e-Bulletin*