

Restorying

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Revise or Improvise

Restorying is a process of reinterpreting experiences



Alternative stories can emerge in the process of reinterpretation.

Master Narratives

- ❧ Larger stories shaped by and communicated through the culture about gender race, religion, sexuality, and power.
- ❧ Dominant sociocultural discourse: meaning they describe what is taken as reality or what is normal.
- ❧ Master narrative can also favor one way of knowing over another;
 - ❧ Scientific method versus storytelling.
 - ❧ Measuring deficits rather than strengths.

Narrative Environments

- ❧ Stories are formed in the context of narrative environments.
- ❧ Master narratives are communicated through narrative environments.



Religious Stories:

Ambivalence about the Body

∞ Body –Mind Split.

∞ Ambivalence about clergy bodies

∞ Your body is a distraction.

∞ Attitudes which lead us to ignore our bodies.

Theology of the Body

∞ Incarnation

∞ Bodily resurrection

∞ Bodies as temple

∞ Bodies as bearing image of God

Media Images of Bodies

❧ Barbie bodies

❧ Men with washboard abs.

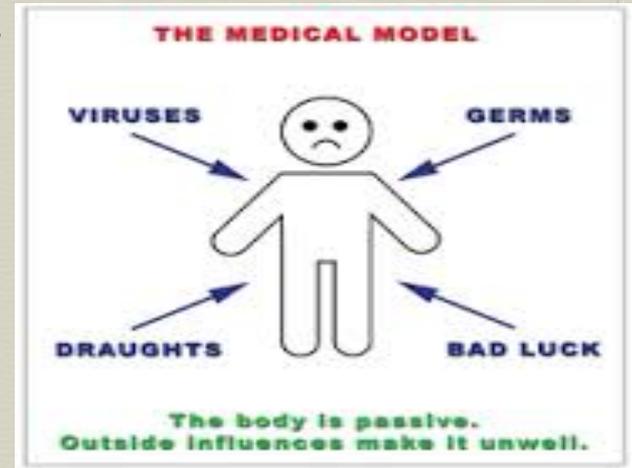
❧ Young bodies

❧ Able bodies

❧ Perfect, photo shopped bodies

The Usual Story of Clergy Health

- ☞ The problem: high blood pressure, obesity, depression .
- ☞ Told through a medical model.
- ☞ Based on measurements of ill-health.
- ☞ Health = absence of illness.





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An Alternative Story



SPIRITUAL
DISCIPLINES
For Ordinary People

Wesley on Health

∞ Health is a gift from God to be preserved through discipline.

“We are not at liberty to use what he has lodged in our hands as we please, but as he pleases.”

(Wesley sermon, *The Good Steward*, 1768)

Wesley's Sensible Regimen

- ∞ Plain diet, drink only water
- ∞ Exercise daily in the open air
- ∞ Go to bed early
- ∞ “To preserve with steadiness in this course is more than half the cure.”
- ∞ “Above all, add to the rest, that old fashioned medicine, prayer.”

Exercise

∞ How might your understanding of self-care be revised by considering the General Rules as a frame for self-care?

be good to yourself



Human

FLOURISHING

GOD'S WAY TO THE GOOD LIFE