

Spirituality

'Spirituality is about our relationships with ourselves, our family, friends, those around us, to God, our world and all of creation.'

Prof Ursula King

Windows



Mirrors



Doors





Learning about life in all its fullness.

Opportunities to look out at the world and learn, to gaze, to wonder and become aware of the world in new ways. To wonder about life's 'WOWS' (things that are amazing) and the OWs (things that are worrying and upsetting) and to notice, be aware and thankful for the NOW (ordinary times)

I wonder.....

Why did that happen?

Mirrors



Learning from life.

Opportunities for us to reflect on our experiences, to consider some of the big questions in life and consider some possible answers. Explore our own insights and perspectives, and those of others.

What happened? How did it make you feel?

Doors



Learning to live by putting into action what you believe.

Opportunities to respond to our experience. To **do** something creative to express, apply or further develop our thoughts and ideas. Becoming inspiring change makers and courageous advocates.

How can you make a difference? What can you do?

SELF

- Awareness of feelings; ability to reflect and express
- Awareness of our uniqueness: happiness with who we are
- Gratitude for the things we have and the person we are
- Exploration of faith and beliefs
- Development of imagination and creativity

OTHERS

- Empathy and understanding: respect and kindness
- To love and be loved (loving your neighbour)
- Making a difference

NATURE

- Developing a sense of awe and wonder
- Enjoying the miracles of everyday life
- Taking time for what really matters
- Appreciating beauty in art, music and nature

BEYOND

- Ability to ask and discuss Big Questions (eg about ;life, death, suffering,nature of God)
- Opportunities for prayer, connecting with God
- Making sense of the world
- Encountering/experiencing God (having a sense of what may lie beyond material/physical)

Windows



Look out
& learn

Mirrors



Doors

