Goals and God

Spirituality is our sense of the divine. It is something that we may, at times, have dry spells, or our sense of the Divine may flow like a raging river at other times. Spiritual growth, or deepening, or increasing, or expanding, is the intentional practice of seeking and encountering God and of nurturing the dwelling place of the divine within each of us. It is an intentional action to increase our sense of connection and rootedness to God.

Spirituality is not to be confused with religion. Religion is the framework through which we participate in tradition and holy rituals with a hope to engage our spirituality, each other’s spirits, both of which are an encounter with God. The religious framework is one to tremendously grow spiritually within. The sacraments of our tradition are the outward and visible signs of inward and spiritual grace. I am spiritual AND religious. Our religion can change and diminish and end and begin. Our spirituality is eternal. Our spirituality is that divine dwelling place within each of us and every person, ever, the innate connection to the source of life, in other words, the Soul.

Benefits of intentionally nourishing one’s spiritual growth are numerous. Psychology and medicine both agree that spiritual wellness is paramount to a person’s overall wellness, vitality, and longevity. At the 2017 Diocesan Annual Meeting, Bishop Fitzpatrick and his team presented our diocese with a strategic plan. The plan was rooted in guidance by the Spirit and took shape through listening sessions and assessments throughout the diocese in 2016-2017; you can read the plan online or receive a hardcopy from our office. One of the three goals presented in the plan is about the spiritual growth of our diocese. I am a member of the Spiritual Growth design team. During September, Holy Apostles will host a spiritual growth series as a “test site” for the design team.

Each Sunday through September, we will host a class that is educational and experiential in nature to consider and encounter spiritual matters. Classes are 8:45am – 9:45am and will each have a kid-friendly component so that all ages may participate. The sermons will intentionally focus on spiritual growth and spirituality. There will be a spiritual reflection in each bulletin for your take-home reflection and our Facebook will share numerous articles and practices for at-home spiritual growth.