

Tuesday Friends Group 10/4/22

Healthy Spirituality

Healthy Spirituality, Christianity, Patriarchy, Empire vs toxic forms

"Spirituality is a deeply held belief that we are inextricably connected to each other by something greater than ourselves."

~Brene Brown

"Life from the Center is a life of unhurried peace and power. It is serene and radiant. It takes no time, but it occupies all our time, making our life programs new and overcoming. We need not get frantic. Love is at the helm. And when our little day is done, we lie down quietly in peace, for all is well."

~Thomas Kelly 1893-1941

"Whatever a man trusts in, that he makes his God, whether it is gold or silver, or the honors and pleasures of this world; if he trusts in these things, he makes them his God."

~Stephen Crisp, 1628-1692

Queries

How do you define 'deeply held belief', 'we', 'greater than ourselves'?

What are key elements of spirituality for you - perhaps compassion, gratitude, mystery?