

Hello 2 My Church Family!!

This week I will begin Ummm? maybe a 3-week series for you. I found a message (as I cleaned out my desk) that I have kept for years - O such a long time ago it struck me with its powerful message! You & I acknowledge that we know what it means to have a *spiritual relationship* with God...but how to explain this wonderful energizing force called spirituality can be quite a task.

Spirituality, according to Google is defined: the quality of being concerned with the human spirit or soul as opposed to material or physical things. Another source says: it is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life.

As such, it is a universal human experience---something that touches us all.

Based on an article from Pathways, the Brook Lane Magazine. Ah now, this message is titled

Spiritual Health

In Thornton Wilder's classic drama, "Our Town", the stage manager opens Act III with a poignant narrative that says a lot more about *spirituality* than most dictionary definitions:

"We all know that *something* is eternal and it ain't houses and it ain't names, and it ain't earth, and it ain't even the stars, everybody knows in their bones that something is eternal, and that something has to do with human beings. All the greatest people who ever lived have been telling us that for 5,000 years and yet you'd be surprised how people are always letting go of that fact. There's something way down deep that's eternal about every human being."

To deny that *eternal something* is to deny an integral part of what it means to be human.

The soul is a reality, and spirituality is its energizing force.

Spirituality is not synonymous with religion. Religion may be, and often is, a relevant way of expressing spirituality; but spirituality precedes theological concepts and ecclesiastical doctrines. Spirituality, therefore, is not a human acquisition, but rather an *integral part* of human nature. To deny its significance, therefore, is likely to thwart the well-being of our human condition. For spirituality is that which enables the growth and development of a positive and creative human being. The spiritual dynamic is the source of power to fulfill one's destiny as a human being. And we know our destiny as human beings is not to achieve earthly power, prestige or even longevity.

(Perhaps Wilder's source of spirituality came from Jesus' Sermon on the Mount!)

Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him.

And he opened his mouth and taught them, saying:

Matthew 5:1-2

Stay tuned! Part 2 of Spiritual Health next week!

LVU, Mary Lou