

NZ theologian Neil Darragh gives a simple, general and very helpful definition of spirituality:

Spirituality is the whole combination of beliefs and practices which animate and integrate people's lives.

Session input

Colleen Griffith [Why Spirituality Matters: Engaging the Tradition](#)

Homework

- Considering what you have heard/learnt in this session and the chart/list you constructed with your practices and beliefs, try to write a couple of sentences/paragraph beginning with/including: A spirituality of service... Don't worry if you can't write much at this stage. You will build on it each week.
- Begin a glossary to be added to each week.
- Explore one further resource listed below and be prepared to share your findings at the next session.

Action

- Considering what you have heard/learnt in this session and any implications that this may have for your own spirituality of service, commit to a concrete action. Add it to your calendar/diary.

Further online resources

Ronald Rolheiser

<https://www.youtube.com/watch?v=oPrJRBLGzm8>

He explains his four non-negotiable essentials of Christian spirituality briefly here:

<http://ronrolheiser.com/the-litmus-test-for-being-christian/#.W3ThdugzbD4>

St John in the Wilderness <http://www.stjohnadulthood.org/spiritul.htm>

Joan Chittister

<http://www.joanchittister.org/joan-chittister-videos>

Robert Barron

<https://www.wordonfire.org/resources/video/thomas-merton-spiritual-master/4670/>

Boston College

[The Gift of Friends](#)

<https://www.bc.edu/bc-web/schools/stm/sites/encore/main/2012/Vision-of-the-Mystics.html>

Sandra Schneiders

http://www.liturgy.co.nz/spirituality/reflections_assets/schneiders.pdf

Richard Rohr has many YouTube presentations on spiritual topics, e.g.,

<https://www.youtube.com/watch?v=qGXkHUxOzII>

Explore his other resources here: <https://cac.org/>

Daniel O'Leary <http://www.djoleary.com/index.htm>

He Rau Toroa - Maori Spirituality **Pa Henare Tate**

http://www.katorika.co.nz/uploads/4/9/0/5/49053725/2010phd_tatetowards_some_foundations_of_a_sustematic_maori_theology.pdf

<https://www.youtube.com/watch?v=fQZCTBS29tc>

<https://www.youtube.com/watch?v=Ff1au-C23xA>

<http://www.katorika.co.nz/>

Find out about the Sisters of Compassion and go on a Wellington Pilgrimage

<https://compassion.org.nz/suzanne-aubert/pilgrimage-in-wellington/>

Melissa Musick Nussbaum

<https://www.ncronline.org/columns/my-table-spread>