

Quality-of-Life

Seeking and Finding a Place Where We Belong

Quality-of-Life (QOL): Spirituality -

COURSE OBJECTIVES:

- *Increase your understanding of the role that spirituality plays in our personal lives and faith community.*
- *Gain a greater understanding of spirituality, religion, and their institutional roles in vibrant communities.*
- *Use curiosity to learn about different cultures and their unique beliefs and practices.*

QUESTIONS — — — —

How do you define spirituality and religion? What is their relationship?

What is the role that faith and spirituality play in personal growth?

What is the value of faith communities in strengthening local quality-of-life?

If religion is structured and spirituality is not, how does religion contribute to community building?

How can religious organizations work along side other organizations and institutions to meet individual and community needs?

Are there steps we could take to cultivate greater understanding between religious belief systems and their institutions? What might be the benefits of doing so?