



# Spirituality at St Paul's



# St Paul's Vision and Values...

At St Paul's, our welcoming Christian community, accepts and enables all to flourish to achieve their God-given potential. We develop independent and resilient learners, who lovingly respect each other with care and kindness. All are invited to make a difference in the world in which they live following in the footsteps and teachings of Jesus Christ.

***"Love your neighbour as yourself." - Luke 10:27***

The Parable of the Good Samaritan.

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Community

Aspire

Respect

Endurance



# What is Spirituality?

- A sense of awe and wonder
- Care for nature and living things
- Wanting to love and to be loved by people
- What makes us happy? (whole)
- *You do not have to be religious to be spiritual.*



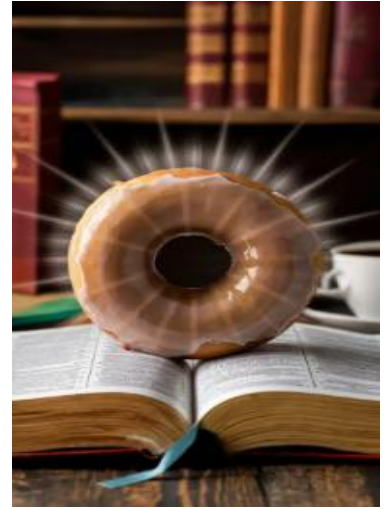
# Spirituality is like a donut...

A donut has two parts, do you agree?

The donut itself and the whole.

We can use this to think about how we are as human beings, who we are, what we do and what makes our hearts happy.

The donut itself represents who we are, whereas the whole represents anything and everything that makes us happy, or something that makes us go WOW!



## Sacred Pathways – Ideas for spirituality day

### Naturalists: Outdoors

- *Going for a nature walk*
- *Taking photos on an iPad*
- *Collecting things from nature and using to create a piece of art*
- *Nature scavenger hunt*
- *Select and use activities from outdoor worship pack/ebook*

### Sensates: Using the senses

- *Playdough – model someone/something you are grateful for*
- *Baking bread – create plaited loaves*
- *Making percussion instruments*

### Traditionalists: Ritual and symbol

- *Write call & response prayers for worship.*
- *Create a pebble with a blessing/positive affirmation to carry.*

### Ascetics: Solitude and simplicity

- *Set up quiet spaces inside and outside. Use prayer space materials*
- *Silent reading/art*
- *Finger labyrinths*

### Activists: Confrontation

- *Create blessing boxes for a local care home*
- *Write to a local MP about local issues (litter, recycling etc)*
- *Create bird feeders, hedgehog homes etc*

### Caregivers: Loving others

- *Make a card/picture for someone else with a positive message*
- *Make something to bless the community – hanging salt dough ornament/sew a hanging ornament with felt*
- *Kindness secret agents*

### Enthusiasts: Mystery and celebration

- *Learn or create a dance*
- *Learn a lively worship song with actions*
- *Paint a picture to music*

### Contemplatives: Adoration

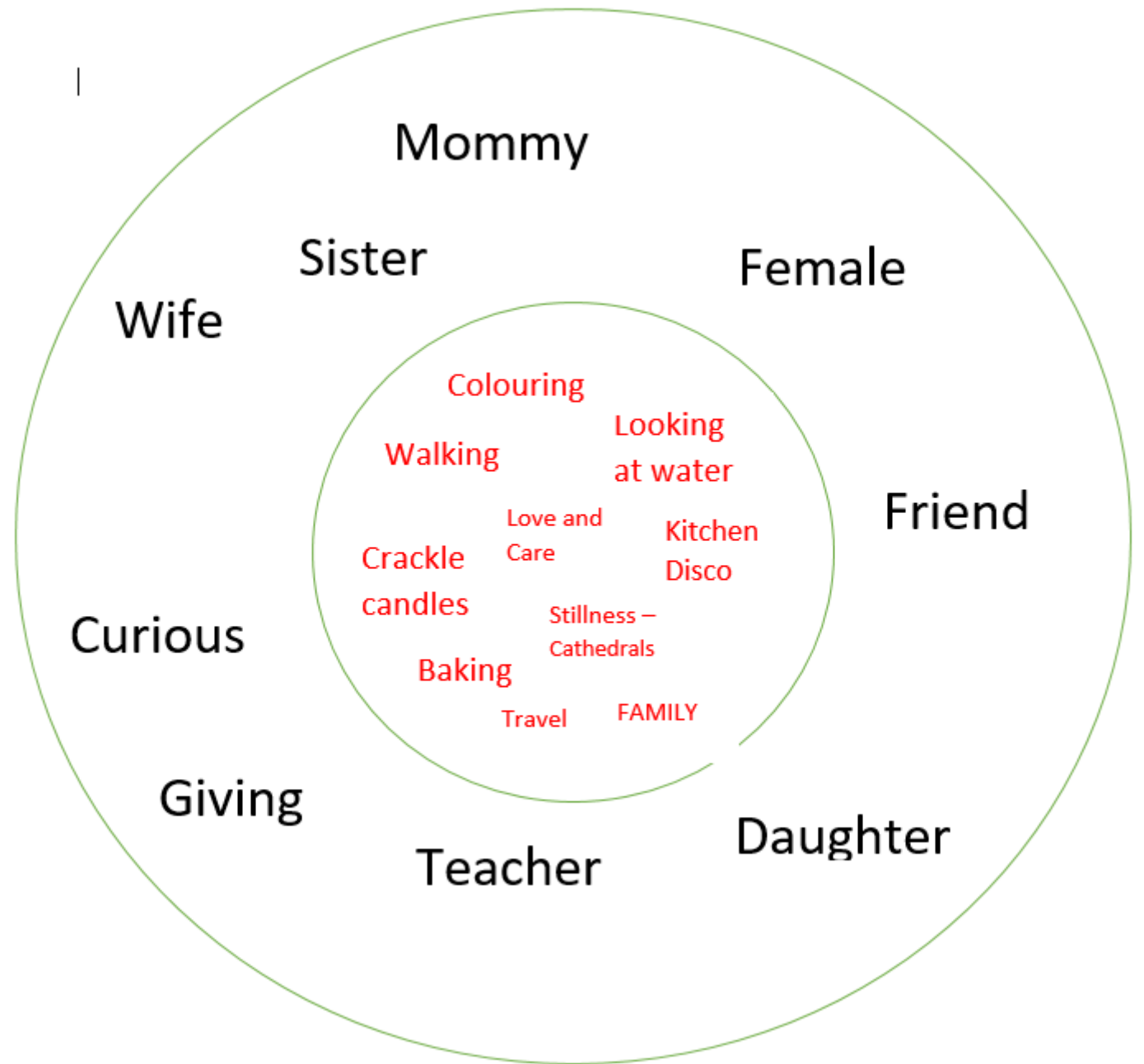
- *Centring prayers, one word repeated*
- *Write a card to God*
- *Psalms colouring activities*

### Intellectuals: Using the mind

- *Pose and explore Big Questions*
- *5 whys*
- *Picture inference*

# Mrs Pope's Donut...

***What would your donut say about you?***



# Windows, Mirrors, Doors...

Look outwards.  
Learn.



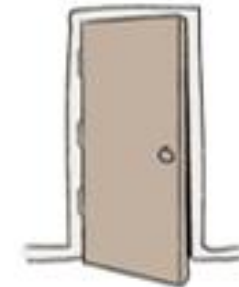
Be  
Strong

Look inwards.  
Reflect.  
Ask Questions.



Be  
Courageous

Respond.  
Step Out.  
Live our Values.



Do everything  
with Love.

# Big Questions (Thunks)...

A 'Think' is a simple question about everyday things designed to stop you in your tracks and to help you to look at the world in a completely different way. Thunks help individuals to develop philosophical thinking, confidence in their own opinions and the ability to listen to others, through open-ended questions where there are no right or wrong answers.

- *If you expect the unexpected, will the unexpected still be expected?*
- *Can you touch the wind?*
- *Can you be prepared for a surprise?*
- *Are your shadows part of us?*

# Today...

In your classrooms, you are all going to create your own spiritual donut where you will think about who you are and what you love to do!

You will then spend time thinking about what makes you go WOW!  
Remember these are all linked to the Sacred Pathways we have just talked about.

*WHAT MAKES YOUR SPIRIT SHINE?*