A Letter from Rev Rona



When I was at Theological College, being interested in spirituality was almost considered the soft option; the more intellectual subjects seemed to appeal more. Yet I could never move far from the awe and wonder—the mystery of God—and so prayer, contemplation, and quiet became my guilty secret.

Fast forward quite a few years, and I find I have met so very many people who say they aren't religious but are spiritual. You may not come to church, but there is a spark of something inside every one of us that can make us curious to discover more about this thing we call our soul—our spirituality.

I was charmed by a letter from the principal of my school, which I received in a Guild newsletter. The school is based on Christian principles, and recently, the role of spirituality was reviewed. The findings were fascinating and, in many ways, explained to me where my burgeoning interest in all things spiritual was born.

There were a few headlines:

- "Spiritual exploration provides a foundation for personal development, empathy, and a sense of belonging."
- It offers a framework for "ethical decision-making, equipping pupils with the insight and values needed to navigate the complexities of modern life."
- Spirituality was described by current staff and pupils as "a force which bridges intellect, emotion, and personal belief. It enables the nurture of not just mind and body but also spirit."
- It helps to build resilience, as it gives pupils "somewhere to go to explore in greater depth those events which they may find challenging."

Spirituality also plays a role in the development of integrity. What can you do in your current environment which would enable you to create a safe space for the nurturing of integrity? It will pay dividends.

A teacher friend of mine talked about his school's environment recently, saying that the Christian values shaped everything they did, and when behaviour fell short, these values made it easier to resolve by saying: "Let's look at that behaviour alongside Kindness, Inclusion, Generosity, Forgiveness, and Compassion."

So I encourage you to join others who are exploring that spiritual spark inside. Find a place, a space, a community where you can be curious, challenge, explore, and nurture it. You and the community around you will undoubtedly benefit.

With blessings,
Rev Rona