



## Pastor Enno's Weekly Message

**Dear Friends,**

How do you define spirituality? A growing population of people are defining themselves as “nones” when it comes to religion, saying they are spiritual, but not religious. Is spirituality for you a feeling, a moment, a belief, a way of life? It is something we can grow into, have, or be a part of?

Too often, religion and spiritual practices have been presented and used as: “Do this or bad things will happen!” or “Believe this or you are going to hell!” or “If you want to achieve, you have to live like this...” Rather than an invitation to live more fully, consciously, and aware of the Spirit around us, many ‘religious’ practices have been used to separate us from the world, have been used to shame us, or have been used to abuse and control us.

In our UCC Statement of Faith, it reads: "You call us into your church to accept the cost and joy of discipleship, to be servants in the service of others, to proclaim the gospel to all the world and resist the powers of evil, to share in Christ's baptism and eat at his table, to join him in his passion and victory."

To be a spiritual person or part of a church will cost us at times, just as being a parent or a partner will involve times of frustration, hurt, fear, and anger. I think the spirituality of our church/denomination is centered not on our worthiness to be loved or go to heaven. Rather, I think our spirituality is about being healthy enough, joyful enough, compassionate enough, and loving enough to serve, to proclaim, to resist, to share, and to join Christ wherever we are led.

I think our practices of discipleship, spirituality, and religion are intertwined to help us be the healthiest and at our best. The world needs us at our best to help it become better.

**Peace**

