

## Spirituality Statement

### Introduction and Context

As a joint Anglican Methodist School, our vision is for all our whole school community to flourish and live life in all its fullness by shining brightly. Therefore spiritual experiences of adults and children alike are encouraged, valued and celebrated.

This is perfectly summed up in the following quote;

*'Spirituality is the act of being fully human by discovering and revealing ourselves through love.'*  
Spiritual development- Church of England.

Spirituality is the concept of exploring the purpose and meaning of life, to develop a sense of awe and wonder at the world we live in, to question our place within it, to be aware of something 'bigger' outside of ourselves and to work to care for our body, mind and soul. Although our exploration of spirituality is rooted in Christianity, spirituality is not dependent on religious belief or a particular faith. The language and ideas of spirituality are not distinctly Christian- people of all faiths and none can engage with the language used and the concepts presented.

We believe that spirituality is about how we experience life and therefore how we live our own lives. It is about 'Being present in the present' and 'Being open to more' (Rebecca Nye)

Spiritual development can be encouraged by looking:

**in** (to ourselves)

**out** (to others and our world)

**Up** (to things we can't see)

This is explicitly displayed in the bible verse on which our vision is based as follows:

Let **your light** shine (**in**) before **others** (**out**) so that they may see your good works and give glory to **your Father in Heaven** (**up**)

(Matthew 6:5)

***'Spirituality is not something we can see; it is something we experience and feel inside our hearts.'***

## Our school spiritual journey so far

To talk about spirituality is, essentially, to talk about something which is beyond words.

To make conversations about spirituality more accessible to all, we introduced the language of spirituality using, 'The Language of Spirituality in Collective Worship' (A Jumping Fish publication) in whole class worship during the Summer term of 2024 and have adopted the images and language from this publication. Exemplified here:

Kintsugi, the Japanese art of mending broken ceramics with golden joinery or glue, creates something that has been broken into something even more beautiful. This can be described by saying:

The **wows** of life: these are the awe and wonder moments. The times when you want to breathe in and capture the feeling, holding onto it as long as you can.

The **ows** of life: cracks may happen when something challenging happens and threatens the comfort of everyday. These are the things that can go wrong. They can knock the breath out of you.

The **nows** of life: cracks can also happen in the stillness and ordinariness of everyday. These are the ordinary times: being able to be present in the moment, thinking of what we have now and how lucky we are to be here, now.

This is reflected in Isaiah 84:8: 'We are the clay, and you are our potter, we are all the work of your hand.'



The bowl before cracks caused by the 'ows', 'wows' and 'nows'.



When the cracks of life have been repaired with 'golden glue' of life.