SPIRITUALITY IN OUR THIRD THIRTY, OUR MOST VALUABLE ASSET

Comments attributed to SarahLee Morris were those from participants that Sarahlee captured in real time

12:15:08 From Christopher Pomfret to Everyone : My email is cjpomfret1954@gmail.com

**Responses to break out chats on “What does Spirituality mean to me?”**

12:36:39 From SarahLee Morris to Everyone : The feeling part: split between head/heart knowledge; we need both--living out what we learn in our heads in our lives (Hearts)

12:37:39 From SarahLee Morris to Everyone : Having a connection to the Almighty/Holy Spirit/other people of faith; feelings + head; reverence; can't be forced; takes practice and constantly inviting the Spirit; be open; take time and space to tend

12:38:27 From SarahLee Morris to Everyone : God has to be there somewhere in definitions; difference between spiritual and religious--institutionalization?

**Comments on searching for and finding our Spirituality**

12:43:45 From SarahLee Morris to Everyone : We don't think we can measure spirituality; it is hard to measure--so how do we know we've got it?

12:44:46 From SarahLee Morris to Everyone : Often more aware of our spirituality in nature: awareness of God's presence

12:45:17 From SarahLee Morris to Everyone : In a denominational event, felt completely overcome and truly aware

12:46:51 From SarahLee Morris to Everyone : Everybody is spiritual. Some have opportunity to receive helps in growth, but not everyone does. Example: the birth of a baby; not everyone would think of this as spiritual, while others may be overwhelmed.

12:47:33 From SarahLee Morris to Everyone : A connection of love/gratitude; you can practice and feel that connection more

**Comments on Using our Spirituality in our Daily Lives**

12:51:59 From SarahLee Morris to Everyone : Explanation of ethical will: what is important in life to you; what are your values; how you think life is optimized; what is a good way to live your life

12:54:13 From SarahLee Morris to Everyone : Books on Ethical Wills can be found on Google: 1) Ethical Wills and How to Prepare Them; 2) So That Your Values Live On; 3) Ethical Wills

12:55:02 From Jane Schuyler to Everyone : Ethical Will by Israel Lipschitz

12:55:06 From SarahLee Morris to Everyone : Some type of meditation is very helpful.

**Comments from Breakout group discussion “Is our Spirituality Dependent on our Religious Faith?”**

13:04:33 From SarahLee Morris to Everyone : God's in everything; it's about LOVE. You don't have to believe the same thing. It's about an experience of God.

13:05:56 From SarahLee Morris to Everyone : Awareness and articulation are keys that educators and pastors are thinking about.

**Summary and closing**

13:06:06 From Glenda Watts to Everyone : Definitely not enough time!

13:06:38 From Rita Odom to Everyone : Thank you, Chris, for this opportunity.

13:07:55 From Joyce MacKichan Walker to Chris Pomfret(Direct Message) : Thanks, Chris! Important subject for all of us.

13:08:46 From Mike Ferguson to Everyone : Summing up spirituality for me in one word: Elusive

13:08:49 From SarahLee Morris to Everyone : Mindfulness: may be focusing only on one part of us.

13:09:33 From SarahLee Morris to Everyone : Because God is in us all, we're all spiritual.