



## RELIGION AND SPIRITUALITY

Although the two are not mutually exclusive, it is good to get a sense of the differences between religion and spirituality. The following chart was prepared by Art Anderson for the Chiliwack Hospice Volunteers and Awareness Group

Religion	<u>Spirituality</u>
Concerns the customs, doctrines, creeds, rituals, writings, and traditions of a particular faith tradition.	Concerns an individual's or community's engagement in the work of developing and maintaining a sense of communion with the holy, the transcendent, the beyond
Frequently is institutionalized, in a more or less hierarchical fashion, involving designated "holy persons" who have distinctly defined roles within the institution, while the majority of the faithful see themselves as participants, followers, or even spectators within the life and program of the institution.	May be institutionalized (as in a monastic order, or a Quaker meeting), but may also be experienced as a relatively solitary journey, with more of a "heart" connection to a fairly small community of mutual support and accountability.
Tends to be a matter of the head.	Tends to be a matter of the heart.
Often centered around regular communal worship and certain sacred writings.	Often centered around symbolic ritual and personal and communal experiences of spiritual engagement with the holy, while still honoring the importance of sacred writings.
Tends to focus on what is right.	Tends to focus on what is real.
Valuable in sustaining a faith tradition over many generations.	More concerned with depth of spiritual experience and the real outcomes of that experience in the lives of individuals and communities of the present
May be inward looking and self-serving, or outward looking and self-giving.	May be inward looking and self-serving, or outward looking and self-giving.



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