

# *Spirituality*

Spirituality is about our own personal journey of reflection.

It is the experiences we have had to support our growth and understanding of who we are.

It is the connections we have built through our interactions and relationships with others and with the world around us.  
Looking out as well as looking inwards.

It is about living our life positively, allowing our experiences to support a growing sense of understanding, fulfillment and contentment.

*For some, it is knowing that 'God is with us always'... if we choose to let him in.*

