**A working definition of spirituality …**

* a search for meaning & purpose to life
* a search for activities that give meaning and value to an individual’s life
* a quest for ‘wholeness’, integration of mind, body and spirit
* a belief in God or some form of higher power
* a sense of ‘connectedness’ to God, self, others, nature

and that these personal beliefs or faith ‘shape’ ….

…. a person’s perspective of the world & how she/he lives life.

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