

## SERIES 2 - Definitions

**Excarnation** – removal of external “enfleshed” practices of faith

**Mutual fragilisation of belief** – the difficulty in maintaining a clear belief system when we are surrounded by others very similar to us with different beliefs

**Nova Effect** – a loosening of bonds of agreed religious position due to cultural cross-pressures

**SuperNova** – an extreme form of the Nova Effect with heightened pluralism

**Spirituality vs religion** – spirituality: own spiritual journey including pilgrimages, study and local groups. An interior journey that moves someone and makes them a better person.

Religion: tradition, doctrine, group practice.

**Seekers** – moving from where we are to a place of wholeness, with potential spiritual intuition

**Dwellers** – wanting purpose, not just experience, go from seeking to dwelling, wanting to be apart of a practising community or Church

Believing without belonging – those whose faith life can be at odds with their lifestyle, or they are distracted by other commitments. Enough aspects keep them regularly in contact with a Church community without committing to it

NB - the “notes” David refers to in the presentation can be provided upon request

## SERIES 2 - Summary notes

1. Many practise spirituality not religion

- A desire to grow internally according to one’s own convictions and experience

2. Aspects of this Spirituality

- A journey rather than a stance

- Non-defensive

- Aware of doubts in their belief system

- Include others on the journey

3. Approach we can adopt

- Pray about it

- Talk to people of their spirituality

- Help bring the transcendent into the present conversation



**De Mazenod  
Family**

*Part of the Missionary  
Oblates of Mary Immaculate*