Sept 2025

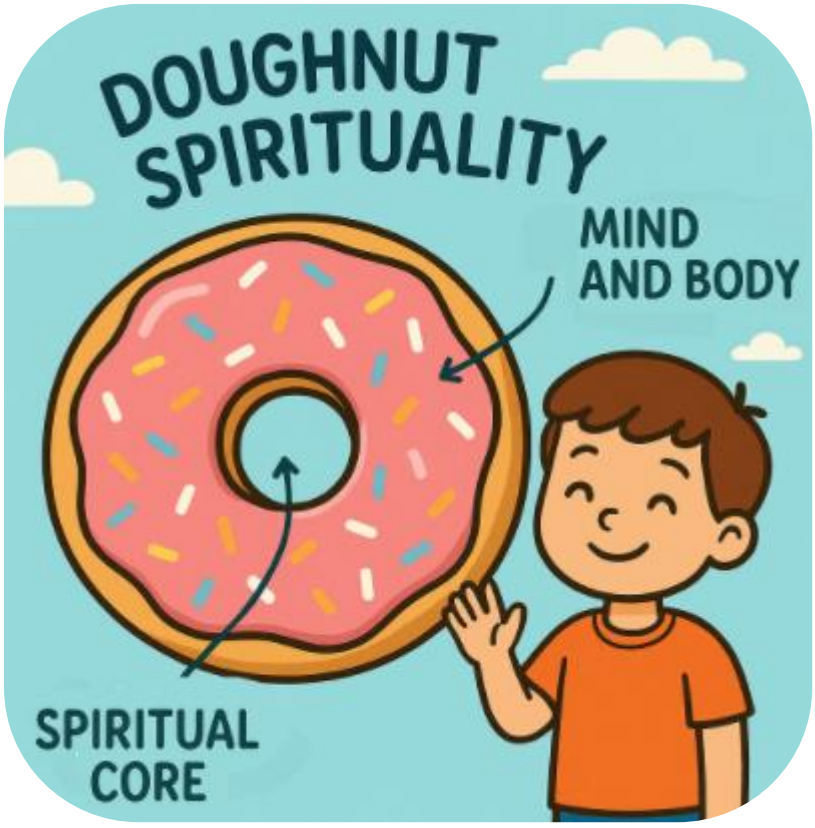
Lamberhurst St. Mary's Spirituality Statement:

Spirituality means different things to different people but in essence it is…….

'How we reflect on our place in the world.'

Through our curriculum we will seek opportunities for spiritual capacity by learning to:

- Value and be thankful for our lives, family and friends and be able to show resilience, aspiration, kindness and community spirit when facing inevitable challenges.
- Appreciate, respect and experience beauty and diversity in the world; reflecting on life's big questions and being prepared to make a stand against something that goes against our values and beliefs
- Be comfortable with stillness and be open to meditation and prayer.



Summary of Doughnut Spirituality

Doughnut spirituality is a way to explain who we are. The outside of the doughnut is like our **mind and body**, the things people can see. The hole in the middle reminds us of our **spiritual core**, the invisible part inside us that gives us meaning, identity, and connection. Just like a doughnut wouldn't be complete without its hole, we wouldn't be complete without our spiritual core.