

DUNEDIN METHODIST PARISH

Finding Good in everyone Finding God in everyone

www.dunedinmethodist.org.nz



Find us on Facebook: **Dunedin Methodist Parish**

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PARISH BULLETIN 8 October 2023

WORSHIP FOR SUNDAY – 15 October 2023		
9.30 am	Mornington	D Poultney
10:00 am	Mosgiel	H Watson White
11:00 am	Glenaven	D Poultney

ANIMAL ARK PETTING ZOO

Invite to ALL in the parish. Aim to get over 1000 years of methodists at the ARK.

ON Sunday 22 October,.if able and interested, please bring yourself and others, if possible, to the Animal Ark petting Zoo out at 18 Dukes Road Mosgiel for an enjoyable gathering. There are chairs and tables to rest on while interacting with the various domestic mammals and birds at the facility. If you can bring a member of a younger generation, children, grandchildren or someone with a youngish mind that would be great. The hope is to enough individuals there so that our collectives ages will exceed 1000 years of Methodists aboard the ARK.

Assembly time is 2 :00p.m. with the adding up of ages at 3:00p.m. Cost per person is \$10 and \$1 for a bag of pellets which the mammals will eat.

For those less mobile parking close to the access gate can be arranged.

Please advise Cam Weston on 021 995 130 if you are coming and/or if you need transport assistance.



Title: Reconnecting with Nature: A Path to Healthy Spirituality

Introduction

In a rapidly modernizing world, where technology and urbanization have become the norm, many religious individuals find themselves yearning for a deeper and more meaningful connection to their spirituality. It is within this context that the importance of reconnecting with nature emerges as a vital aspect of developing a healthy spirituality. This essay explores the profound reasons why religious people need to reconnect with nature to nurture their spiritual well-being.

Nature as a Divine Creation

Across various religious traditions, the natural world is often seen as a manifestation of the divine. Whether one looks to Christianity, Islam, Hinduism, Buddhism, or indigenous belief systems, there is a shared understanding that nature is a creation of a higher power. This recognition fosters a sense of humility and awe, allowing individuals to perceive the sacredness inherent in all living things. By immersing themselves in nature, religious individuals can directly experience the presence of the divine, deepening their spirituality.

A Source of Reflection and Meditation

Nature provides a serene backdrop for introspection and meditation, both of which are integral components of many religious practices. The tranquility and beauty of natural settings offer individuals the opportunity to disconnect from the noise and distractions of modern life, enabling them to turn inward and connect with their spiritual essence. Whether it is a solitary hike through the woods, a meditation session by a flowing river, or prayer in a lush garden, nature's stillness and grandeur offer a conducive environment for spiritual growth.

Fostering a Sense of Unity

Reconnecting with nature can instill a profound sense of interconnectedness and unity with all life forms. Many religious teachings emphasize the interconnectedness of all beings, promoting love, compassion, and empathy. By immersing themselves in the natural world, individuals can witness the intricate web of life, recognizing their place within it. This understanding promotes a sense of responsibility towards the environment and fellow beings, aligning with the core values of many religious traditions.

Healing and Renewal

Nature possesses a unique ability to heal and renew the human spirit. The practice of ecotherapy, which combines psychological counseling with nature-based activities, has shown remarkable results in treating mental health issues

such as anxiety and depression. For religious individuals, reconnecting with nature can be a form of spiritual healing, helping them overcome spiritual crisis or emotional turmoil. The soothing power of nature can alleviate stress, restore inner peace, and rejuvenate one's faith.

A Reminder of Impermanence

Nature's cyclical patterns, such as the changing of seasons and the circle of life and death, serve as poignant reminders of the impermanence of existence. Many religious teachings emphasize the impermanence of the material world and the eternal nature of the soul or spirit. Immersing oneself in nature allows for a firsthand experience of these profound truths, deepening one's understanding of the spiritual journey and encouraging a detachment from worldly attachments.

In a world marked by increasing disconnection from nature, religious people must recognize the urgent need to reconnect with the natural world to develop and maintain a healthy spirituality. Nature's inherent sacredness, its capacity to facilitate introspection, its role in fostering unity and empathy, its healing powers, and its reminders of impermanence all contribute to its significance in nurturing spiritual growth.

By taking the time to appreciate and engage with the natural world, religious individuals can experience a profound reconnection with their spirituality, ultimately leading to a deeper, more meaningful, and healthier spiritual life. In

doing so, they not only enrich their own spiritual journey but also contribute to the preservation and appreciation of the planet they believe to be a divine creation.

Rod Mitchell



2023

Interfaith Peace
Gathering
Tues 17th October
Quaker meeting house
15 Park St
ALL WELCOME
7.30-9pm

Dunedin Interfaith Council
Info : 027 212 1048

THE INTERNATIONAL PRAYER FOR PEACE

Lead me from death to life, from falsehood to truth
Lead me from despair to hope, from fear to trust
Lead me from hate to love, from war to peace
Let peace fill our hearts, our world, our universe