****

**Assistant Chaplain’s Online Orientation**

**Module 2:**

**My Story/Spirituality, Religion & Faith.**

**Introduction to Module 2: My Story/Spirituality, Religion & Faith**

In this module, you will complete 2 tasks:

* Task 1: My Story
* Task 2: ‘Spiritual, but not Religious’

**Module 2 Part 1: My Story**

We all have a story.

The events of our lives have shaped who we are now. It is perhaps only when we stop at various points along the way to reflect that we can see the lines and patterns in our lives. Even the movement of God often becomes clearer when we look back.

Understanding our own story allows us to interact with the story of others. When we visit as Assistant Chaplains, we will hear many stories from patients and residents – the story of how they came to be in care/hospital, the story of their family, the story of their life. You will interpret their story through the lens of your own.

This first task is a simple, yet difficult one.

**Module 2 Task 1: My Story**

* Create a document describing some of the significant events in your life and how they have shaped your thinking, beliefs, faith and understanding of God.
* Be as creative as you wish. Add photos, video, etc. to enhance your words if you would like to.
* No word minimum/maximum, but 750+ words is a good starting point!

Once completed, save your document and email to [onlinetraining@ballaratchaplaincy.com.au](mailto:onlinetraining@ballaratchaplaincy.com.au)

**Module 2 Part 2: Spiritual, but not Religious**

The title of Chaplain or Assistant Chaplain can invoke a range of responses in the people you visit.

Thankfully, it will be mostly positive. However, people often feel the need to tell you early on in the conversation where they stand on matters of church, faith and God. One phrase you may hear is “Oh, I’m spiritual, but not religious.”

Spiritual but not religious.

It suggests that a person is aware of the movement of ‘something’ in their lives and they connect with that from time to time, but either naming it as God or being part of a structured group, such as a church is not for them. Quite often though, people who align themselves this way are happy to engage in conversation.

There is plenty to read about the topic of Spiritual But Not Religious (SBNR). A quick internet search will provide you with a raft of articles and sites on SBNR *(or SBNA – Spiritual But Not Affiliated)*

**Module 2 Task 2:**

<https://cra.org.au/spiritual-but-not-religious/>

* Using the link above from the Christian Research Association as your starting point, find some articles on SBNR or SBNA.

1. Read 2-3 articles and write a brief summary of their content. (2-3 paragraphs per site/article will suffice.)
2. What are some key differences between people of faith and those who are SBNR?
3. Why might people be attracted to SBNR as opposed to a structured religion/group?
4. You find yourself visiting with a person who tells you they are SBNR. What might be some questions you have for them or how would you explore their point of view?

Save your responses and email to [onlinetraining@ballaratchaplaincy.com.au](mailto:onlinetraining@ballaratchaplaincy.com.au)