



It widens your perspective, expands knowledge, and gives you opportunities to increase your circles of friendships.

~Doug

Through our interfaith relationships we are challenged to learn, grow, and understand the significance of the difference between the religion and spirituality.

~Warren

In so many ways! Through relationship building, through seeing the world around me from a different perspective, through broadening my own understanding of Christianity...all of it invites me into a deeper personal relationship within my faith tradition of United Methodism. Spirituality is nourishment for the soul, and interfaith work allows me to experience spirituality in many ways I would ordinarily never get to experience. Interfaith work is not a threat to my faith, instead it has helped and continues to help fan the flames of my own faith.

~Janita

My interfaith relationships have expanded my understanding of spirituality by my experience of the commitment others also have to love and protect humanity, all life and our planet.

~Maia

I have learned through my interfaith relationships that contemplation is a key practice in each religion. Therefore, I think that contemplative practice should be included as a key teaching in interfaith dialogue for spiritual growth and understanding.

~Ron

- 1) They provide understandings of human perplexities—like loneliness, sickness, and death. Interfaith studies of John Kirvan—God Hunger, Raw Faith, Silent Hope address our humanity.
- 2) Often, they provide another way to face a human problem. For example, the Jewish custom of gathering at the gravesites during High Holy Days reminds us of our continuing grief.
- 3) Friendships.
“Live, love, and laugh together...” can bring some sunshine in our lives.
- 4) Understanding the nature of spirituality. Different religions can show us the great gifts of the Holy Spirit, which breathes through our lives: For we do not know how to pray as we ought, but the Spirit ‘prays’ through us with ‘sighs too deep for words.’
The Jewish word helps us grow --- --“Ruah”—breath, wind, spirit...

There’s so much more. We not only learn from other religions, but we learn from other ages—children and elders have much to teach us. We are not alone.

~Sal

Learning from others’ spiritual practices and philosophies can enrich our own faith journey and broaden our awareness of universal truths. Interfaith relationships can push us to think beyond our own perspective. When we learn about other spiritual paths, it can deepen our appreciation for the oneness of humanity and the diversity of ways people connect with the Divine. The Bahá’í teachings remind us that “the earth is but one country, and mankind its citizens.” Interfaith relationships are a living expression of that truth—they remind us that we’re all part of something bigger.

~Katrina