



SPIRITUALITY

What is Spirituality?

Spirituality may be a difficult term to define, maybe due to the fact that spirituality is a very personal experience, and everyone has a different understanding of what it is. However, a definition of spirituality may contain words and phrases such as “holistic development,” “values,” “beliefs and/or attitudes.”

Spiritual development helps answer questions such as:

- What is the meaning of and purpose of my life?
- Who am I? Why am I here?
- What is my future?
- What defines the differences between right and wrong?
- Why should I act rightly?
- Why is there so much wrong in the world?

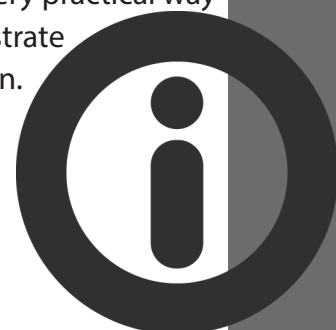
Learning Objectives of Spirituality

- A scout is able to get along with and WELCOME others.
- A Scout understands and can WONDER at the natural world.
- A Scout WORKS to create a more tolerant and caring society.
- A Scout has WISDOM: self-confidence and self-discipline.
- A Scout recognizes the need for spiritual reflection.

(In order to remember this, the word WORSHIP can be used, but it is important to emphasize that this does not mean the Scout needs to be religious. Spiritual reflection can also be achieved through meditation, or by looking at the spiritual heritage of the community.)

Sessions in the Cub Book with a focus on Spirituality

- **Tenderpaw: Law & Promise (WISDOM)**
 - o The Law and Promise are about how the Cub should behave, based on positive statements (DOs rather than DON'Ts).
- **Diary of Good Deeds (WORKS)**
 - o The diary of Good Deeds encourages the Cub to think of others, and how s/he can help those around him/her
- **Bronze: Letter from God – being thankful (WORSHIP)**
 - o This letter gets the Cub to think about his/her life, and how many things in their life exist thanks to the effort of others
 - o This session can be used to encourage the Cub to live a life which others can be thankful for, which ties in with the Cub Law
- **Silver: My Talents (WORKS)**
 - o In this session the Cub thinks about his/her talents and capabilities, and how these can be used in the community (be it the Pack, Group, school, town, etc)
 - o Encourage the Cub to become better at what s/he does, as even that helps create a better world
- **Silver: Community Service (WORKS)**
 - o By doing community service the Cub leads by example in helping the society around him/her.
 - o Community Service is a very practical way how the Cub can demonstrate the values s/he believes in.





- **Gold: My Emotions (WELCOME, WISDOM)**
 - o This session helps the Cub to understand him/herself and those around him/her better.
 - o The session also aims to help the Cub interact with those around him/her.

- **Our Country Sessions (WORSHIP)**
 - o The Our Country sessions aim to help the Cub understand where s/he is coming from; what our forefathers have gone through to shape Malta into what it is today.
 - o It should be noted that several historical events have some roots in the Roman Catholic religion, however today the Maltese Constitution protects all faiths that are practiced. At the end of the day, the Maltese fought for freedom.

- **Our Environment Sessions (WONDER)**
 - o The sessions related to the environment evoke values of responsibility, and recognition that there are things bigger than the Cub.

Spirituality using The Scout Method

Promise and Law: The promise and law are highly tied in with spirituality, as they are a framework of values which Scouts should do their best to live by.

Learning by Doing: Spiritual development can only be achieved by doing things first-hand (such as meditation, experiences in nature, etc)

Symbolic Framework: The symbolic framework should support the rest of the elements to offer spiritual development to the young person.

Team System: Having a peer group sets the member in an environment where they learn to listen and respect others, and enables different experiences. An extension to this requires the member to go beyond any racial, ethnic, religious, sexual and national difference in a spirit of true siblinghood.

Personal Progression: In order to have effective spiritual development, the member needs to be actively involved in his/her own development. This means the young person moves through his/her spiritual development at his/her own pace.

Nature: Activities out in nature give a chance to the young member to experience the beauty around him/her and also recognize that there are some things which are out of his/her control or understanding. On the other hand, the member should be helped to understand that we have a responsibility towards to world around us.

Adult Support: Adults should support the member in this journey by sharing with him/her their own experience and not by imposing their own beliefs. Adults can also indicate possible avenues of exploration of the spiritual aspect.

