

# Spirituality

- Related to
  - “who am I?” and
  - “who am I to become?”
- Informs morality-what does it mean to follow Christ? “what must I do to get there?”
- Morality incarnates spirituality and shapes our moral character through the actions one chooses



## Some spiritualities focus on:

- **solitude** (Carmelites, Poor Clares, Trappists)



- **simplicity** (Little Sisters of the Poor, Franciscans, Missionaries of Charity, Benedictines)



- **missionary work and education** (Xavierians, Edmundites, Christian Brothers, Salesians, Oblates of St. Francis de Sales, Daughters of Charity, Sisters of St. Joseph)
- **evangelization** (Jesuits, Passionists, Redemptorists, Dominicans, Augustinians)

But ALL try to lead their followers to Heaven!

