

# Religion and Spirituality

Religion establishes a language  
Spirituality invites dialogue

Religion seeks security  
Spirituality trusts

Religion trains, molds and corrects  
Spirituality redeems

Religion creates communities  
Spirituality is communion

Spirituality sings  
Religion records

Religion sets the table  
Spirituality enjoys

Religion seeks justice  
Spirituality seeks freedom

Religion grounds  
Spirituality soars

Spirituality lights the way  
Religion interprets the steps

Religion establishes method  
Spirituality seeks meaning

Spirituality breathes  
Religion regulates

Religion measures  
Spirituality listens

Religion is the map  
Spirituality is the territory

Religion is the steps  
Spirituality is the dance

Spirituality lives  
Religion remembers

*By Rev. Dr. Chaplain John P. Oliver, Chief of the Chaplain Service and Clinical Pastoral  
Education Supervisor, Durham Veterans Affairs Medical Center, North Carolina*