

**Awareness Acceptance and Action are the true definitions of what hospitality means.**

**Hospitality is defined as:**

- **The friendly reception, kindness and treatment of welcoming guests or visitors ;**
- **The quality or disposition of receiving and treating guests/visitors in a warm, friendly, generous way.**
- **The act or practice of service of welcoming, receiving, hosting, or entertaining guest or visitors**

**However, true hospitality also includes strangers and enemies.**

**We should focus on the positive, and believe the world is basically a friendly place.**

**Sometimes hospitality requires that we cross boundaries and get rid of the barriers in our society that try to keep "the others" out. Sometimes it means entertaining ideas that might be alien to us. True Hospitality is the ability to welcome people of diverse background and offering food, clothing and shelter. People of faith should simply practice hospitality, particularly to those who are in need of food, drink, clothing, shelter, and respect.**

**Hospitality is a Spiritual Practice "goodness of the heart, kindness. We should all celebrate the diversity of God's creation. The Spirit speaks in many languages, and this spiritual practice helps us receive these multiple messages. When feeling the lack of something essential, we begin to look outside ourselves for something to grab hold of. But most religious traditions teach that what we are seeking is right here.**

**So, too, does the spiritual practice of hospitality suggest that what we are looking for—the mystery of life—can be found as**

**we encounter each other. Right here, right now, with even person in front of me. Everything and everyone are sacred. What we do here and now moves closer to what is most true and alive for us**

**Awareness                      Acceptance                      and Action**

**Practicing hospitality is not something we can appoint people to do, nor is it a set of techniques or behaviors we “use” on new people. Rather, it is an individual work of intentional action, action that creates the quality of relationships in us. It is easy to imagine that the spiritual journey is about something other than our daily life. But in fact, the spiritual journey is our everyday life. How do we choose to meet and live each moment? Everything we do has some consequence to our spirit; what we do repeatedly becomes who we are. When our actions spring from our deepest truth, we become more alive and aligned. When our actions are out of step with what is most true in our core, we are left feeling disconnected and diminished.**

**We are to do what is right ourselves and not to judge others in terms of whether or not they deserve hospitality. Instead, we should treat those on the outside-looking-in as though they were the most honored guest. Yes, stigma and discrimination are still major obstacles in reaching those who are in need. But the one basic way we can help overcome these problems is to truly welcome everyone. When you reach out and embrace *all* people, including those who are often regarded on the outside, then, healing happens, not only among individuals but the community as a whole.**

**Practicing hospitality expresses our belief in the inherent worth and dignity of each person. Through our actions of hospitality we move towards creating a world in which we are all treated with justice, equality, and compassion. In a true encounter with**



- Do you think about people you know that are alone during holiday seasons?
- Have you taken the time to listen to one another?
- Have you performed any unexpected acts of kindness to family members and those outside your family?

**Becoming receptive (accepting) prepares us to invite people into our lives heart and sometime our home. This is the inner state. The inner state begins to reverence being with others, honoring and welcoming them**

**Awareness (receptive), Acceptance (reverence) and Action (generosity)**

**Hospitality can transform our relationship with the world. It helps change people and can help us see this life through a different lenses**

**“Welcome: We bid you Welcome” by Richard S. Gilbert**

**We bid you welcome, who come with weary spirit seeking rest.  
 Who come with troubles that are too much with you,  
 Who come hurt and afraid  
 We bid you welcome, who come with hope in your heart.  
 Who come with anticipation in your step, who come proud and joyous.  
 We bid you welcome, who are seeker of a new faith.  
 Who come to probe and explore, Who come to learn.  
 We bid you welcome, all who enters,  
 Who have found here room for your spirit. Who find in this people a family.  
 Whoever you are, whatever you are, wherever you are on your journey,  
 We bid you welcome**