

## **CHOOSING A FAITH**

### **Choosing a faith?**

- Looking for friendship or a purpose in life?
- Wanting to set the world to rights?
- Hoping to get closer to God?
- Seeking to explore your inner self?
- Trying to realise your true potential?
- Searching for answers to ultimate questions?

There are many places to find information about different faiths (see [Faith links](#)) **but beware...**

There are some new religious movements which promise solutions to life's difficulties that can land you with more problems than you started with.

- Some of them are dishonest or secretive about who they really are.
- Some demand much more of your time than you might have bargained for.
- Some could cost you a lot of money and get you seriously into debt.
- Some could harm your relationships with family and friends.
- Some might lead you into an emotional dependence, and you could find it harder to leave than to join.

### **Check it out first!**

Do not go away for a weekend or longer with a stranger or a strange group unless you know:

- the name of the sponsoring group
- its ideas, beliefs and affiliations
- what is going to happen at the gathering
- what will be expected of you
- that you will be free and able to leave at any time

If in doubt, contact one of the University's [Faith Advisors](#).