



## **Pastor Mike's Bookshelf**

### ***Seculosity: How Career, Parenting, Technology, Food, Politics and Romance Became our New Religion and What to Do About it***

By David Zahl

Has our culture become less religious or more religious? David Zahl would say that collectively we're just as religious as ever, just that our "religions" are often things like parenting, politics, career, and romance. The things that we used to look for in conventional religion – meaning, significance, identity and purpose – we now look for in these other pursuits. Even though our culture has become more secular, we're just as religious. For that reason, he made up a new word, "Seculosity," as the title of both the book and this cultural phenomenon.

Zahl writes that one of the main things we used to find in conventional wisdom is the sense that we are "enough." We properly find this in Christianity by having a solid grounding in God's grace. Because I am loved by God, chosen by Him, forgiven by Him through the death and resurrection of Jesus, I know that I am "enough," just as I am.

One of the main problems with these alternate secular religions is that they impel us on a relentless, never-ending pursuit of "enoughness." Do I find the sense that I am enough through my parenting? Through my political activism? Through my romance with my soul-mate? Through the success of my career? Zahl points out that people who constantly seek to prove to themselves and to others that they are enough, are people who are prone to anxiety, worry, and depression.

I found this to be an insightful and spot-on analysis of the times we live in. It was also a fun book to read. Zahl's informal, sometimes ironic and tongue-in-cheek style of writing is engaging, and, for me, a bit of a break from the more academic reading I've been doing lately. I recommend this book for anyone who wants to better understand our cultural moment and how easy it is to be swept along in the prevailing currents.

There is a copy of this book, along with most of the previously recommended books on the Church Library cart in the Narthex, available for checking out. Previous recommendations can be found here:

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