

Being naked is natural.

That's a good starting point. That's certainly how the Bible begins. The opening chapters present a picture of creation where life is paradise in a garden called Eden, a place where humankind lived in relationship with God, naked as they were created.


Can that still be true?

You may be surprised to find that the Bible actually mentions nakedness quite often and a careful study of the passages that talk about physical nakedness reveals that it is never regarded as being inherently shameful or wrong. We were created "*in the image of God*", were "naked and unashamed", and God said all this is "very good" (Genesis Chapters 1 and 2). Naturism and Christianity are fully compatible as described in this download from the website of the Christian Naturist Fellowship.

Nudists in Christian history
by Nick Mayhew-Smith

Nudism in Christian tradition

Christianity like all religions is based to some degree on precedent, heritage, traditions, and rituals that are passed down from generation to generation. There are aspects of religion and religious cultures that are resistant to change and innovation. You only need to read the adverse media reaction to some church institutions failing to come up with a satisfactory way of adapting to changes in social attitudes around sexuality.



Nick Mayhew-Smith

I met a well known Christian writer called Martin Palmer, an environmentalist, who has done a lot of work on bringing people from different faiths together. Muslim, Hindu, Buddhist and Christian alike to work on green issues. His first interfaith meeting in the 1980s at Canterbury Cathedral, ended in death threats and an attempt to burn down the cathedral itself while he was inside.

Introducing innovation and change into religion has its dangers, and that's something I keep in mind when I talk about Christian naturism. But, and this is important, religions do value history and precedent. In religion we take comfort from the witness of our ancestors. Not for nothing do we have our saints, and I'm going to introduce you to a few nudist saints right now.

There have been many Christians in the past who embraced extended periods of nudity, sometimes quite public nudity too, as part of their lives. Precedent is important, and I think as Christian naturists we have a witness before us that we can carefully and respectfully build on.

To start with it's important to note that nudity was not nearly as laden with negative meanings as it is today, and that nudity for things such as washing, and hence baptism, was seen as mundane and unremarkable. I don't list Jesus Christ as any sort of nudist, but there were certainly attitudes and stories about him that reflect that he never shied away from nudity. Christ was born naked, baptised naked and died naked on the cross.




Baptism of Christ. Giotto

I present some historical figures who embodied ritual life without reserve.

Saint Ethelwolda

11th century abbess of Romsey Abbey, took a nightly dip in the river Test to say her prayers. One winter the queen caught a cold just from watching. She always went in 'nude', as the author of her life mentions - repeatedly.



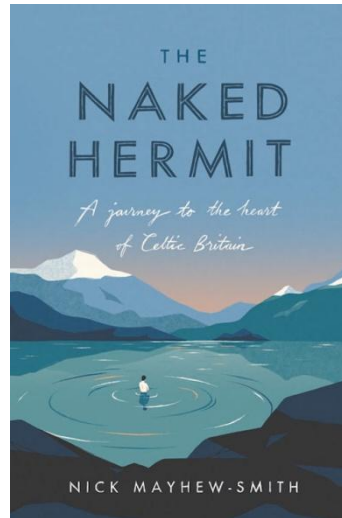
from www.angelicarts.co.uk

Are there Christian Naturists?

There certainly are and they believe that it deepens their relationship with God. Christian naturists number in the thousands and are located all around the world.

Visit any large church congregation in the United Kingdom and there's a good chance you have naturists within it, although like most naturists they may keep their naturism private.

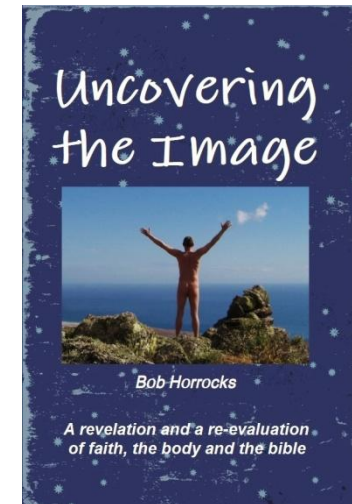
There is a strong historical precedent for Christians being naked in devotional practices. This bestselling book from a leading Christian Naturist in the UK makes fascinating reading.



Social Naturism affirms and reinforces the fact that there's nothing shameful about the way God made us. It offers a tangible way for Christians to embrace God's view of the human body. In fact, it gives us an opportunity to literally be God's image bearers!

I thought Christians were prudish?

Many are, as they have got sucked into the cultural attitudes of the day and often aren't clear on what God has to say about all this in the Bible. This really helpful book on the topic can be downloaded for free from the website of Christian Naturist Fellowship:



Christian Naturists can sometimes get a rough ride from those who are meant to be their brothers and sisters in the worldwide Christian family, but Christians aren't perfect. One of the first steps in becoming a Christian is to realize that very fact. We all mess up, often, and need to understand God's unconditional love and forgiveness. This is where Jesus comes in.

We believe that we have a fullness of life in and through Jesus that most people only dream of. We believe that in a restored relationship with God we re-experience something of that paradise which was lost. As Christian Naturists we experience a whole new depth of that relationship with nothing to hide.



Want to know more?

It is impossible to give all the answers in this small tract and you probably have lot more questions. The best way to enquire is to make contact directly with the Leadership Team or one of our Area Ambassadors; you can't beat talking to a real person!



Joint leaders of CNF: Peter and Siobhan.

Christian Naturist Fellowship

There are many groups all over the world of Christians who are naturists. The CNF is an inter-denominational fellowship of Christians in the UK, but with an international following.

This is what we do:

- Online clothes-optional Bible Study every Sunday at 4.30pm (UK time).
- Bi-monthly newsletter with interviews and references.
- Annual face-to-face meetings at venues around the UK.

Perhaps if God had intended us to be naked we would have been born that way!

Jesus, it's not for me?

That is often said when people don't really understand what Christianity is all about. They have a wrong impression based on comedy sketches or outdated stereotypes of church – and, let's be honest, a tiny minority of Christians who have badly let the side down.

But there is a God out there and the way to God is through Jesus. As a Naturist, you have a head start in understanding the spirituality evident in God's creation.

Contact Us: Admin@cnfellowship.com

Why do we feel so good...



when we wander around outdoors without clothes?



It feels so natural perhaps that's how it should be....

cnfellowship.org