

**NORTH PARK THEOLOGICAL SEMINARY**  
**SPFM 7190: Journaling as a Spiritual Practice**  
**SemConnect: Spring 2010**  
**Rev. Helen Cepero, Instructor**

**COURSE OBJECTIVES:**

1. Learn and practice specific journaling techniques that help the writer encounter God's presence in his/her writing
2. Learn safe way to share writing and respond to others' writing on-line
3. Develop a practical Rule of Life for this season in the student's life

**REQUIREMENTS:**

1. Journaling practice from exercises in assigned chapters of *Journaling as a Spiritual Practice*.
2. One weekly sharing on or from my journaling practice
3. Responding to at least two postings by other students in your small group
4. Read assigned texts
5. Complete a Rule of Life **due May 3**

**Please note:** This is an internet course and requires an ability to post assignments and make weekly check-ins and responses on Blackboard. If you are new to Blackboard, you will be required to take a Blackboard orientation course.

**TEXTS**

Cepero, Helen. *Journaling as a Spiritual Practice: Encountering God through Attentive Writing*. Downers Grove, IL: InterVarsity Press, 2008.

Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove, IL: InterVarsity Press, 2006.

**GRADING**

1. Grading in this course is Pass/Fail
2. Following through with assignments and postings on Blackboard are criteria for the grade of Pass. If for some reason the student is not able to be with the assigned group or complete assignments he/she is required to inform the instructor Helen Cepero by e-mail [hcepero@northpark.edu](mailto:hcepero@northpark.edu) or telephone: 773.765.4656 or 907.602.5915

February 1-5 Starting Out: Discovering a Journaling Practice  
Introduction and Chapter One  
Beginning Again: Staying in my True Calling  
Chapter Two

February 8-12 Looking Intently: Paying Attention to my Life  
Chapter Three

February 15-19 Claiming Significance: Honoring our own Story  
Chapter Four

February 22-26 Naming the Landscape: Mining Below the Surface  
Chapter Five

March 3-7 Listening Beyond Words: Blessing the Body  
Chapter Six

March 8-12 **SPRING BREAK: no journaling**

March 15-19 Looking Backward: Reflecting on the Past  
Chapter Seven

March 22-26 Looking Forward: Where Does This Lead?  
Chapter Eight

March 29-April 2 Re-orienting in the Present: Where Am I Now?  
Chapter Nine

April 5-9-12-1 Talking Back: Dialogue Journaling  
Chapter Ten

April 12-16 Embracing the Cross: Finding a Way through a Suffering  
Chapter Eleven

April 19-23 Discovering Life: Writing for Healing  
Chapter Twelve

April 25-30 Seeing the Holy in the Ordinary: Noticing God in the Everyday  
Chapter Thirteen

May 3-7 Facing Resistances: Finding the Pathway Home  
Chapter Fourteen

**No Posting and Responding required**