NORTH PARK THEOLOGICAL SEMINARY
SPFM 6220: Journaling as a Spiritual Practice
Rev. Helen Cepero, Instructor
Spring Semester, 2012

COURSE OBJECTIVES:

1. Learn and practice specific journaling techniques that help the writer encounter God's presence in his/her writing or other journaling techniques
2. Learn safe and helpful ways to share writing and respond to writing on-line
3. Develop a deepened sense of self including faith story, emotional, spiritual and physical self

REQUIREMENTS:

1. Read carefully the orientation materials, including the Listening Guidelines and the Welcome Letter
2. Journaling practice from exercises in assigned chapters of *Journaling as a Spiritual Practice*
3. One weekly sharing on or from my journaling practice on these exercises
4. Responding to at least two postings by other students in my small group
5. Read assigned texts
6. Write an autobiographical reflection of 500-700 words expanding on a personal journal entry written during the semester **due May 5**

Please note: This is an internet course and requires an ability to post assignments and make weekly check-ins and responses on Moodle. It is expected that students will be able to navigate on the Moodle platform.

TEXTS

Required

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

Read **one** of these two books:

Buechner, Frederick. *Telling Secrets* San Francisco: HarperSanFrancisco, 1991.

Weems, Renita. *Listening for God: A Minister's Journey Through Doubt*. New York: Simon & Schuster, 2000. ISBN 0684863138

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 or telephone:

907.602.5915 or skype: helen.h.cepero Students with unexcused absences from the weekly group may fail.

January 17-21 Starting Out: Discovering a Journaling Practice:
Introduction/Chapter One
Please introduce yourselves to your class members on-line and read all Listening Guidelines and Welcome Letter.

January 24-28 Beginning Again: Staying in my True Calling: Chapter Two
Journal Tue-Wed; Post and Respond Thur-Sat

January 31-February 4 **Midwinter Break: No journaling, posting or responding**

February 7-11 Looking Intently: Paying Attention to my Life: Chapter Three
Journal Tue-Wed; Post and Respond Thur-Sat

February 14-18 Claiming Significance: Honoring our own Story Chapter Four
Journal Tue-Wed; Post and Respond Thur-Sat

February 21-25 Mining Below the Surface: Naming the Landscape: Chapter Five
Journal Tue-Wed; Post and Respond Thur-Sat

February 28-March 4 Listening Beyond Words: Blessing the Body: Chapter Six
Journal Tue-Wed; Post and Respond Thur-Sat

March 6-10 Looking Backward: Reflecting on the Past: Chapter Seven
Journal Tue-Wed; Post and Respond Thur-Sat

March 13-17 **Reading Week: no journaling, posting or responding**

March 20-24 Looking Backward: Reflecting on the Past: Chapter Eight
Journal Tue-Wed; Post and Respond Thur-Sat

March 27-31 Re-orienting in the Present: Where Am I Now?: Chapter Nine
Journal Tue-Wed; Post and Respond Thur-Sat

April 3-7 Talking Back: Dialogue Journaling: Chapter Ten
Journal Tue-Wed; Post and Respond Thur-Sat

April 10-14 Embracing the Cross: Finding a Way through a Suffering: Chapter Eleven
Journal Tue-Wed; Post and Respond Thur-Sat

April 17-21 Discovering Life: Writing for Healing: Chapter Twelve

Journal Tue-Wed; Post and Respond Thur-Sat

April 24-28 The Holy in the Ordinary: Noticing God in the Everyday: Chapter Thirteen
Journal Tue-Wed; Post and Respond Thur-Sat

May 1-5 Resistance: Finding the Pathway Home: Chapter Fourteen
no posting and responding required

Reflective Essay due May 5