North Park Theological Seminary SPFM 5202 Spiritual Practices One Credit Spring Semester 2013 Monday 6:30-8:45 p.m.

**Instructor:** Ellen Kogstad <u>ekogstad@northpark.edu</u> 773.244.5216

#### I. COURSE DESCRIPTION

Spiritual Practices introduces students to a variety of practices that are meant to invite the student into a deeper sense of God's presence in their interior lives and in the world around them. The biblical and historical contexts for spiritual practices will be explored and discussed in and out of class sessions. The intent of the course is practical, experiential and formational. Included in the course will be both a teaching component and formation group sessions facilitated by a formation leader.

Each two-hour session will include a **presentation**, followed by **formation groups**. The **presentation** will focus on a specific practice, often including a guided experience. The course instructor and various guest speakers will present.

The **formation groups** are composed of class members and an assigned leader. The group meeting will normally include prayer and personal reflection on the issues raised in the presentation and your experience of a particular practice. Students receive their group assignments at the first class session.

#### II. COURSE OBJECTIVES

- Become familiar with a variety of spiritual practices used in the Christian tradition.
- Experimentally engage in one or more *new* spiritual practices throughout the term.
- Share experiences of spiritual development through one's personal practice with the members of your formation group.
- Broaden and deepen one's engagement with God through the practice of new prayer forms.
- Develop a rule of life that nurtures your personal life and sustains you in ministry.
- Become prepared to assist others in expanding their prayer experiences through the use of new prayer practices.

#### III. TEXT: There is no specific text for the course.

4 books highly recommended as reference tools are:

Adele Ahlberg Calhoun, <u>Spiritual Disciplines Handbook: Practices that Transform Us.</u> Richard Foster, <u>Celebration of Discipline: The Path to Spiritual Growth.</u>
Tony Jones, <u>The Sacred Way: Spiritual Practices for Everyday Life.</u>
Marjorie Thompson, <u>Soul Feast: An Invitation to the Christian Spiritual Life.</u>

Books on specific spiritual practices are listed below in the course schedule.

#### IV. COURSE REQUIREMENTS

- a. Class attendance and promptness is a normative expectation.
- b. Active participation in one's weekly formation group.
- c. This class is designed to be *experiential*, that is, the spiritual practices are meant to be *practiced*. This can be done in two ways: (1) students can choose one spiritual practice from the course schedule below and practice it faithfully throughout the semester or (2) students can experiment with the weekly practice thereby experiencing a wide variety of prayer forms.
- (1) Regardless of which option is chosen, students must inform their formation group leader of their choice by the second class session.
- (2) In addition to faithful practice, 150 pages of reading on one's topic or 150 pages total on several topics is required. A signed statement that you have done the reading is due **April 29.**
- (3) A reflection paper of 300-400 words is due to the formation group leader on **April 29**. The paper should reference both the readings and personal formation growth (and frustration) from the spiritual practice(s).

#### V. GRADING is PASS / FAIL

Completion of all above assignments and faithful attendance will result in a grade of **PASS**.

Due to the nature of this course, you are expected to be present and prompt for all presentations and formation groups. Attendance is taken weekly. Absences are strongly discouraged. If there is an **emergency** and you must miss class, *contact your formation group leader and the course instructor*. Whenever a class is missed, a make-up assignment of reading and a 1-page reflection paper on the theme from the missed class must be emailed to your formation group members and your formation group leader before the following Monday class session. This is not license to miss class or group. Students with more than 2 absences will need to withdraw and retake the course. The last day to drop a course with permission is April 12.

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Seminary office, 773-244-6219. For further information please review the following website: www.northpark.edu/Home/index.cfm?northpark=ada.ada\_main.

### VI. COURSE SCHEDULE

January 14	Introduction to the Course THE CHURCH YEAR by Ellen Kogstad The Liturgical Year: The Spiraling Adventure of the Spiritual Life by Joan Chittister
January 21	NO CLASS-Martin Luther King Jr. Holiday
January 28	LECTIO DIVINA by Sue Braun  Opening To God by David Benner
February 4	NO CLASS—ECC Mid-Winter Conference
February 11	CENTERING PRAYER by Grace Nelson <u>Centering Prayer and Inner Awakening</u> by Cynthia Bourgeault
February 18	PILGRIMAGE by Tim Bowyer <u>Explorations in a Christian Theology of Pilgrimage</u> Ed.C. Bartholomew and F. Hughes
February 25	TAIZE PRAYER by Barbara Kudrika <u>A Community Called Taize: A Story of Prayer, Worship and Reconciliation</u> Jason Brian Santos
March 4	TRANSFORMATIVE POWER of DREAMS by Mel Ryley <u>Dreams: A Way to Listen to God</u> by Morton Kelsey
March 11	NO CLASS—Spring Break
March 18	PRAYER and the ARTS by Francisco and Stephanie Ramos Concerning the Spiritual in Art by Wassily Kandinski
March 25	FASTING by Marva Watts God's Chosen Fast by Arthur Wallis
April 1	NO CLASS-EASTER MONDAY
April 8	HONORING THE BODY by Mary Chase Ziolek  Honoring the Body by Stephanie Paulsell
April 15	SPIRITUAL AUTOBIOGRAPHY by Norma Sutton  Memories of God: Theological Reflections on a Life by Roberta Bondi
April 22	CELTIC PRAYER by Ellen Kogstad <u>Anam Cara: Spiritual Wisdom From the Celtic World</u> by John O'Donohue
April 29	RULE of LIFE by Eva Sullivan-Knoff At Home in the World by Margaret Guenther and Living the Christian Year by Bobby Gross
May 7	CELEBRATION

## **Submissions to be given to your Formation Group Leader:**

# On April 22, 2013 sign and submit your reading log:

I read 150 pages from the following book(s):
1.
2.
3.
4.
Signature
***************
On January 28, 2013 sign and submit your spiritual practices plan.
I plan to consistently practice throughout the semester.
Give some details. For example: I will fast once a week at dinner.
I plan to practice each topic presented in class during the week.
Signature