

North Park Theological Seminary  
**SPFM 6303 Embodiment** One credit  
Spring 2013

Note: Syllabus posted as of January 3, 2013. The professor reserves the right to make small revisions.

**Faculty:**

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**Time:            Tuesday, 9:30-10:45 Full Class**  
**11:00-noon Small Groups**

**Location:    N-25**

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**Course Description:**

This spiritual formation topics course is designed to develop self-awareness as to how persons inhabit their longings. The focus of this study will be discernment as to how the body might experience and express longings for personal health, relational intimacy, sexual integrity, and vocational satisfactions, in ways that embody the expression, “The body is for the Lord and the Lord is for the body.” I Cor 6:13

**Course Objectives:**

1. To grow in appreciation for the gift of the body which God has given to us for the enjoyment of human life.
2. To explore the interrelationships between spirituality, health and sexuality from a personal perspective.
3. To explore the stewardship of one’s personal being as embodied in gender, culture and in relationships.
4. To become familiar with biblical foundations for the stewardship of the body and its sexual expression.
5. To discern the extent by which contemporary culture obscures God’s purposes for embodiment.
6. To be able to identify what are life affirming and life denying habits of being and becoming.
7. To practice praying the attractions and resistances which inhabit our intimacy so that we may honor the body.
8. To explore the meaning of embodiment in relationship to the natural environment and the communal life of the church.

**Text:**

Rodney Clapp, Tortured Wonders (Grand Rapids: Brazos Press, 2004). ISBN: 158743184X  
Additional readings as assigned will be available on the Moodle course sight.  
Other readings as assigned will be available on the course site in Moodle.

**Course requirements (Grading is pass/fail)**

***To successfully pass the class, students must complete all the following:***

## **1. Attendance and participation in group discussion**

The small formation groups (of 3-5 students) for this class will be announced at the first class and posted on Moodle. Weekly assignments will be given by course instructor but group leadership will rotate within the small group and meeting time will follow the class time **unless a different arrangement is approved by instructors**. Each assignment given will relate to the primary topic of the class session.

Each week students must post 2 or more questions in Moodle related to the week's readings which will be used to guide that week's small group discussion. The questions will be seen by the instructor only. This activity is part of the participation grade.

Following the small group discussion, the person who facilitated the discussion will post a brief summary of the discussion in Moodle. These will be seen only by the group and instructor.

The following policies and procedures are built on the convictions that small group process and mutual accountability are core educational values for this course. We hope you will all be well this semester and not need to miss class, but the points below will help clarify your responsibilities in case of absence.

- 1) Class attendance and participation is essential to the desired learning outcomes for this class. Students are expected to attend each class and to be prepared to discuss any assigned readings. Keep in mind that both presentation *and* small group meeting times of the class *are required*.

For any and all absences (including seminary sponsored courses and mission trips) class members will be responsible to:

- a. **Inform** both small group leader and the group as to the reason for the absence.
  - b. **Write** a response to the discussion questions for the day and post them in Moodle within a week following the absence.
- 2) Students whose absences exceed two will be referred to the professor. Since participation is the primary requirement for successfully completing the class, it may be necessary to repeat the class.

## **2. Self-Care Discipline with journaling**

Students will identify an area for personal growth related to their health, set a realistic goal and commit to a minimum of one hour a week for the semester. Students will reflect on this discipline in a weekly journal entry as they seek to identify the personal spiritual dimensions in addressing this issue. While the journal will not be turned in it may comprise a portion of the weekly small group sharing as well as the integrative paper.

## **3. Theology of Self Care Due: Tuesday March 4, 2013**

Reflecting on the readings and discussions thus far begin to develop your theology of self-care. This 1-2 page paper is designed to help you reflect about the reasons, theologically, self-care matters as a person in ministry and follower of Jesus. It is expected that you will use scripture as well as your readings and class discussions to argue for your theology of self-care.

**4. Integrative Reflection Paper Due: Tuesday, April 30, 2013** *Papers submitted late, without prior permission from the professor, may receive a failing grade which would result in failing the class.*

In light of what you have learned in this class write a 3 page reflection paper on the current state of your well-being and identify plans for how you might grow in life-affirming behavior in the future. The dimensions of physical, mental and relational health, which includes sexual well-being, should each be addressed. Please submit the paper electronically to Dean Auger ([dauger@northpark.edu](mailto:dauger@northpark.edu)) .

Reflection papers are a dialogue between you *and* the class material, *including* required readings, class presentations, lectures and experiential classes. This is not a report or an evaluation of the class. Discuss *your own* thoughts and feelings that this material has evoked in you as well as any issue(s) that it has raised for you personally. Failure to write a thoughtful, integrated paper may be returned and the student asked to repeat the assignment. There is no prescribed outline for the paper but the following guiding questions may be used to help to stimulate your thinking as you write. They *do not* all need to be addressed explicitly but students must interact thoughtfully with the class material:

- How are you currently experiencing your body? How is your experience of your body related to your spirituality and your relationship with God?
- What in this class did you find thought provoking or challenging, and why?
- What was your personal experience with the self-care and journaling discipline? What did you learn about yourself and your relationship with your physical self from this experience?
- What is the current status of the care of your physical, mental, relational and sexual well-being, and was there anything in the class that stimulated or challenged your thinking in these areas?
- In what areas might self-care be challenging for you as you contemplate continued seminary studies and/or moving into ministry?
- What in your life contributes or challenges your sexual health?

**Students with disabilities** who believe that they may need accommodations in this class are encouraged to contact seminary academic services at 773-244-6217. Please do so as soon as possible to better ensure that such accommodations are implemented in a timely manner. If needed, appointments can be relocated. For further information please review the following website: <http://www.northpark.edu/Current-Students/Student-Development/Disability-Resources/Resources-for-Students.aspx>

## Class Schedule

Additional readings may be given in class or posted in Moodle.

### *THE BODY HEALTHY*

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|------|--|
| 1/15 | Flesh and Faith<br>Reading: Flora Slossom Wuellner, <i>Prayer and Our Bodies</i> . (Nashville: Upper Room, 1987). Ch.2, "Reconciling and Celebrating With our Bodies."<br>Syllabus   |
| 1/22 | Breathing and Being<br>Reading: Clapp, chapter 11<br>Thomas Ryan, <i>Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice</i> , (New York: Paulist Press, 1995).<br>Thomas Ryan article in Moodle |

Meet at Helwig Recreation Center, Mezzanine

- 1/29 A Healthy Body is Whole: An Old Testament Perspective  
Bruckner, Jim. *Healthy Human Life*, Ch. 4 and 5 posted in Moodle  
Guest presenter: Jim Bruckner
- 2/2-8 Midwinter Conference-No class
- 2/12 Emotional and Mental Health  
Presenter: Robert J. Auger, M.A. LMFT  
Readings: *Mental Health Issues Among Clergy and Other Religious Professionals: A Review of Research*, by Weaver et al.  
*Pastors and Pornography Addictive Behavior*, by Amy Frykholm  
*Pastoral Burnout: A View from the Seminary*, by Harbaugh and Rogers
- 2/19 Preventative Action: Food and Faith  
Guest lecturer: Dr. Mary Chase -Ziolek  
“The Pleasures of Eating by Wendell Berry,” available online at  
<http://www.ecoliteracy.org/publications/rsl/wendell-berry.html> and on Moodle  
in resources
- 2/26 Singleness and Sexuality  
Presenter: Sue Braun  
Reading: tba

*THE BODY VULNERABLE*

- 3/5 When the Body Fails/Disabilities  
Reading: Clapp, chapter 9  
Guest presenters: Tim and Sherrie Lowly

3/11-15 Spring Break/ Reading Week-No Class

- 3/19 Aging, and Death  
Reading: Clapp, chapter 8  
Guest presenter: Rev. Sarah Hillabrant, chaplain, Covenant Methodist Homes

3/21 Faith and spirituality embodied in different faith traditions. Office of Diversity,  
Caroline Hall. 5p.m. *If students have a class conflict contact D. Auger to make  
arrangements to make up this session.*

3/26 Class time allotted for required event 3/21

- 4/2 Pornography and Addictions  
Reading: Gerald May, *Addiction and Grace*, Ch.1, p.1-20 “Desire”

*THE BODY ENCULTURED*

- 4/9 Color, Culture and the Body  
Reading: Clapp, chapter 3  
Guest presenters: Velda Love and Carlos Ruiz

- 4/16            Being Gendered: Femaleness  
 Reading: Reuther, Rosemary. *Sexim and God-Talk*. "Woman, Body and Nature: Sexism and the Theology of Creation" p.72-92.  
 Calles Barger, Lilian. *Eve's Revenge. Women and a Spirituality of the Body*. (Grand Rapids: Brazos press, 2003) Ch.7. "The Not-Always-Virgin Mary" p.143-161.
- 4/23            Being Gendered: Maleness  
 Reading: David C. James, *What are They Saying about Masculine Spirituality*. Clapp, Chapter 10; Dale S. Kuehne, *Sex and the iWorld*. "Introduction", p.19-29 and Ch.8 "r-Sex" p.147-171.
- 4/30            The Spirituality of Created Beings: Dust to Dust  
 Reading: Marjory Zoet Bankson, *This is My Body: Creativity, Clay and Change*. (San Diego: Luramedia, 1993.) Chapter 1, "Grounding"  
**Assignment Due: Integrative Reflection**

#### THE BODY RESTORING

- 5/7            The Body and Worship  
 Reading: Clapp, chapter 5, 6

#### Selected Bibliography

- Judith Balswick & Jack Balswick, *Authentic Human Sexuality: An Integrated Christian Approach*. (Downers Grove, IL: InterVarsity Press, 1999).
- Marjory Zoet Bankson, *This is My Body: Creativity, Clay and Change*. (San Diego: Luramedia, 1993.)
- Lilian Calles Barger, *Eve's Revenge: Women and a Spirituality of the Body*. (Grand Rapids, MI: Brazos, 2003).
- Pamela Cooper-White. *The Cry of Tamar: Violence Against Women and the Church's Response*. (Minneapolis, Fortress, 1995).
- Jean Denton, ed. *Good is the Flesh*. (Harrisburg, PA, Morehouse, 2005).
- Kelly Brown Douglas, *Sexuality and the Black Church: A Womanist Perspective*. (Maryknoll, NY: Orbis, 1999).
- Tom Hafer, *Faith & Fitness* (Minneapolis, Augsburg, 2007).
- Gwen Wagstrom Halaas, *The Right Road: Life Choices for Clergy* (Minneapolis: Fortress, 2004).
- David C. James, *What Are They Saying About Masculine Spirituality?* (Mahwah, N.J.: Paulist Press, 1996).

- Kirk Byron Jones, *Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers* (Valley Forge, PA: Judson Press, 2001).
- L. Shannon Jung, *Food for Life: The Spirituality and Ethics of Eating* (Minneapolis: Augsburg, 2004).
- L. Shannon Jung, *We are Home: A Spirituality of the Environment* (New York: Paulist Press, 1993).
- Dale S. Kuehne, *Sex and the i World: Rethinking Relationship beyond an Age of Individualism*, Baker Academic, Grand Rapids, MI, 2009.
- Rochelle Melander and Harold Eppley, *The Spiritual Leader's Guide to Self-Care*, (Herndon, VA: Alban Institute, 2004).
- Elisabeth Moltmann-Wendel, *I am My Body: A Theology of Embodiment*, (New York: Continuum, 1995).
- James B. Nelson, *Thirst: God and the Alcoholic Experience*, (Louisville: Westminster/John Knox Press, 2004).
- James B. Nelson, *Body Theology* (Louisville: Westminster John Knox press, 1992).
- James B. Nelson, *The Intimate Connection: Male Sexuality, Masculine Spirituality*, (Louisville: Westminster John Knox Press, 1988).
- James B. Nelson & Sandra Longfellow, ed. *Sexuality and the Sacred: Sources for Theological Reflection*, (Louisville: Westminster/John Knox Press, 1994).
- Stephanie Paulsell, *Honoring the Body*, (San Francisco: Jossey-Bass, 2002).
- Ann Raber, *A Life of Wholeness*, (Scottsdale, PA: Herald Press, 1993).
- Thomas Ryan, *Reclaiming the Body in Christian Spirituality*, (New York: Paulist Press, 2004).
- Thomas Ryan, *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*, (New York: Paulist Press, 1995).
- Jane E. Vennard, *Praying with Body and Soul*, (Minneapolis: Augsburg, 1998).
- Walter Wink, *Homosexuality and Christian Faith: Questions of Conscience for the Churches*, (Minneapolis: Fortress, 1999).
- Lauren Winner, *Real Sex the Naked Truth About Chastity*, (Grand Rapids, MI: Brazos, 2005).
- Flora Slosson Wuellner, *Prayer and Our Bodies*, (Nashville: Upper Room, 1987).
- Philip Yancey & Paul Brand, *Fearfully and Wonderfully Made* (Grand Rapids, MI: Zondervan, 1980).