

VOLUME 2, ISSUE 2

APRIL 2005

**MIN 571 – INTRODUCTION TO THE SPIRITUAL LIFE
Spring 2005**

Professor: Katherine E. Amos
E-Mail: amoske@wfu.edu

Professor: Samuel F. Weber, O.S.B.
E-Mail: webersf@wfu.edu

Professor: Sam Stevenson

OBJECTIVES OF THE COURSE

- A. To introduce the student to the basic elements, ideas and practices of Christian Spirituality as expressed in the tradition, practice, story and ritual of the Roman Catholic Church and the Benedictine monastic tradition and in the Protestant tradition.
- B. To give thoughtful consideration to our own spiritual lives and the way they have developed.
- C. To draw upon the richness of insight and practice the students and guest speakers bring to the class from their own religious traditions and personal experience.
- D. To learn about spirituality from the African American and Feminist perspective.

TEXTS

Required:

- A. Casey, Michael. *Sacred Reading: The Ancient Art of Lectio Divina*. Liguori, Missouri: Liguori/Triumph, 1996. ISBN 0-89243-891-6
- B. Nouwen, Henri J.M. *Lifesigns: Intimacy, Fecundity, and Ecstasy in Christian Perspective*. Garden City, New York: Doubleday, 1986. ISBN 0-385-23627-1
- E. Steindl-Rast, David. *Gratefulness, the Heart of Prayer*. Ramsey, New Jersey: Paulist Press, 1984. ISBN 0-8091-2628-1

Note: Permissions to use this material must be obtained directly from the author.

- F. Paris, Peter J. *The Spirituality of African Peoples: The search for a common Moral Discourse*. Minneapolis, MN: Fortress Press, 1995. ISBN 0-8006-2854-3
- G. Swan, Laura. *The Forgotten Desert Mothers: Sayings, Lives, and Stories of Early Christian Women*. New York: Paulist Press, 2001. ISBN 0-8091-4016-0
- H. Tilden, Edwards. *Living in the Presence: Spiritual Exercises to Open Our Lives to the Awareness of God*. San Francisco: Harper, 1989, 1995. ISBN 0-06-062127-3
- I. Student choice – from a list provided by the professors

III. REQUIREMENTS OF THE COURSE

Attendance: Students are required to attend all classes. Since student participation in class is a vital part of the experience, and the class meets but once a week for three periods, no absences are allowed. In case of serious illness or other unforeseen circumstances, the student should consult with the professors at the first possible moment. A substantial research paper may be required in the event a session is missed. Missing a session may have an effect on the final grade, at the discretion of the professors.

REFLECTION PAPERS

10 reflection papers are required. Subject: **one point** the student selects from the assigned reading. These papers are two pages in length, double-spaced, more if the student wishes. Quality is more of an issue than quantity. The students may be asked to make presentations in class or in small group sessions based on the papers they have prepared.

Preparation: At the top of your paper state the **one point** you are treating in your paper. This **one point** is a quotation from the assigned writing. Give the book and page number. Then compose your paper, treating this **one point**.

LIFE MAP

Each student is required to complete a spiritual life map that will be submitted as part of class assignments. The student will also make a 10 minute “spiritual life map” presentation in class. More information will be provided in writing and distributed and discussed in class related to this assignment.

FINAL GRADE

The final grade will be:

- 40% average of 10 two-page papers
- 40% class attendance and participation
- 20% on Life Map and Life Map Presentation

Note: Permissions to use this material must be obtained directly from the author.

Throughout the semester, the professors are available to meet with students to discuss how the semester is going and to provide feedback regarding the grade.

NOTE

Syllabus may be changed at the discretion of the professors.

CLASS TOPICS

Class topics and vocabulary will be drawn from this list. Not every item will necessarily be covered this semester. The students are expected to complete the required reading in the course for the semester.

Introduction; definition of spirituality; the spiritual life and the Word of God
sacrifice, abandonment, letting go, detachment

Union with God in prayer; asceticism: the Imitation of Christ, the way of the Cross
intimacy, quiet, silence

lectio, oratio, meditatio; psalmody
brokenness, addiction, burnout, boundaries

Union with one another, a communion in truth and love: the gift of community
accepting ourselves, caretaking, focus

Death to Life; darkness to light; the four last things; death of a Christian
becoming, grief, goodbye

New life in Christ: baptism, childlikeness, child within, perfection
Source and summit of life: eucharist, remembering, sadness, peace
Life treasured and shared, ways of living the Christian life: holy, matrimony, monastic and
religious life; the single life
masks, security, work, time alone

Cycle of life: Advent, time of expectation
loneliness, perspective, stress

Cycle of life: Christmas and Epiphany, time of receiving
receiving, play, touch

Cycle of life: Baptism of the Lord, time of commitment
purpose, pruning, rejection

Cycle of life: Lent, time of repentance
humility, forgiveness, making amends

Cycle of life: Holy Week and the Sacred Triduum:
conformed to the sufferings of Christ so as to become partakers in His glory
fear, suffering, heroism

Note: Permissions to use this material must be obtained directly from the author.

Cycle of life: Easter and Pentecost, time of renewal
courage, growth, trade-offs, freedom

Spirituality of the Enneagram (two sessions)

Spirituality and the Arts

Using the Arts to promote spiritual growth, peace, reconciliation, and understanding

Spirituality of Aging

Spirituality in World Religions

VIII. CLASS MEETINGS

JAN 24, 31
FEB 7, 14, 21, 28
MAR 14, 21, 28
APR 4, 11, 18, 25
MAY 2

IX. SELF EVALUATION / CLASS EVALUATION (REQUIRED)

Each student is required to give a self evaluation of his or her work during the semester. A form will be passed out for this purpose. The form is handed in at the last class.

The same holds true for the **CLASS EVALUATION FORM**. Please bring the completed form with you to the last class so that it can be collected and turned in to the Office of the Dean. A grade will not be submitted to the registrar's office for the student until a **CLASS EVALUATION FORM** has been turned in.

NOTES

Students may be asked to assist with the cost of notes distributed in class. Details will be announced.

RECORD OF PRAYERFUL STUDY

Students are required to keep a record of prayerful study. In order to receive the grade A (= excellent in all ways), the students are required to spend five (5) hours each week for 12 weeks in prayerful study and preparation of the assigned reading. This time includes composition and typing of papers and Spiritual Life Map. Total time required = 60 hrs. Please add up and indicate on the Record of Prayerful Study the total hours before handing in the record at the end of the semester.

One copy of the sheet entitled **RECORD OF PRAYERFUL STUDY** is made available to each student. Please consider this an original and make the further copies necessary for the semester.

Example of how to fill out the form:

DATE TIME IN TIME OUT TOTAL AUTHOR WORK PAGES QUOTE

Note: Permissions to use this material must be obtained directly from the author.

08/30 7:30 a.m. 8:15 a.m. 0.45 Nouwen Lifesigns 13-
24 “all are called to intimacy,

fecundity, and ecstasy” 22-23

ORIGINAL WORK

Students are required to do their own work for this class. Papers turned in for this class must be 1) written for this class alone, not “recycled” from work done for another class or situation (e.g., a paper or sermon written either recently or some years ago for another Divinity School class, another school or church; a journal entry from anytime in the past); 2) be entirely and only the work of the student turning in the paper

CLASSROOM CONSIDERATION

All are required to turn off pagers, cell phones and all electronic and noise making devices of whatever kind before the class begins. These will not be tolerated during class time. Disruptions resulting from such devices may be reflected in the final grade.

Those using laptops may use them only for taking notes in class. During class time students may not “surf the net,” work on papers for this or other classes, check and/or send email, play games, etc. Such activities may be reflected in the final grade.

XIV. UNIVERSITY CONCERNS :

Students are expected to govern themselves by the University’s Honor Code. For more information, cf. p. 45 of the 2003-2004 Divinity School *Bulletin*.

Students who have a documented disability that may require an accommodation may choose to contact the Learning Assistance Center for an appointment during the first two weeks of the course (758-5929).

OFFICE HOURS

By appointment. Please send an email or leave a voicemail message for an appointment.
Dr. Amos (x3534); Fr. Samuel (x4289), Dr. Stevenson – 767-7530

FINAL DATE FOR COMPLETION OF COURSE

All work must be completed and handed in *by the end of the last class (6.30 p.m.) on Monday, May 2, 2005*. At this time the class is officially over. No work will be accepted after this time and date. Please plan ahead and mark your calendars.

Note: Permissions to use this material must be obtained directly from the author.

STUDENT SELF EVALUATION FORM

To be filled out by the student and handed in to the professors at the last class meeting. Space is left for comment. The professors are happy to meet individually with the student to discuss these matters in greater detail.

Note: Permissions to use this material must be obtained directly from the author.

1. I have prayerfully studied all the materials chosen for this class during this semester. YES NO

2. I have spent the required five (5) hours a week in prayerful study for this class. Nothing has been missed, and I have kept an exact accounting of the time. I evaluate the quality of time spent to be in every way excellent. YES NO

Note: Classes run from January 24, 2005 to May 2, 2005 (inclusive). 13 weeks, exclusive of Spring Break and Easter holidays. 60 hours total.

If you have answered YES to # 2, please continue with # 5.

3. I have spent about five hours a week in prayerful study or other required activity for this class. I've missed now and then, and have somewhat kept track of my time. I evaluate the quality of time spent to be above average. YES NO

If you have answered YES to # 3, please continue with # 5.

4. I spent some time now and then in prayerful study or other required activity for this class. I don't keep track of time. I evaluate the quality of time spent to be average. YES NO

5. I affirm that all the work I turn in for this class is entirely and only my own work, done for this class, not "recycled" from work done for another class or situation (e.g., a paper or sermon written some years ago for another school or church; a journal entry from three years ago, etc.). YES NO

6. During class times I have not used my laptop to "surf the net," work on papers for other classes, check and/or send email, play games, etc. YES NO

7. I have attended all classes faithfully and attentively. I have not been late or missed any classes. YES NO

If you have answered YES to # 7, please continue with # 11.

8. I have missed class(es) on the following date or dates:

9. I have done and turned in the necessary make-up work for class(es) missed. YES NO

10. I came late for class(es) on the following date or dates:

11. In my opinion the grade I deserve for this class is: A A- B+ B B- C+ C D F I

Note: Permissions to use this material must be obtained directly from the author.

Signature _____ Date _____

PLEASE NOTE: If the student has not completed all the necessary questions above, and handed in the required work on time, the student cannot receive a passing grade for this class.

**CLASS EVALUATION FOR MIN 571 - INTRODUCTION TO
THE SPIRITUAL LIFE
FOR PROFESSOR SAMUEL F. WEBER,
O.S.B.**

January-May 2005

10 = agree strongly/very helpful 1 = disagree strongly/not helpful

In the space indicated after each statement, please place a number (10 down to 1) to indicate how you agree/disagree with statement. Please add comments if you wish. Reverse side available for further comments.

System for determining the final grade was fair. _____

The required "prayerful reading" assignments were helpful. _____

Student papers/reports were helpful. _____

I found the method of allowing the student to select a portion of the reading list helpful. _____

The professor was available and sensitive to the needs of the students. _____

What were the professor's main strengths ?

Note: Permissions to use this material must be obtained directly from the author.

What were the professor's main weaknesses?

Comment on any other relevant points that you feel have not been adequately covered above.

What is the most significant thing(s) you gained from the class ?

**CLASS EVALUATION FOR MIN 571 - INTRODUCTION TO THE
SPIRITUAL LIFE**

January-May 2005

FOR PROFESSOR KATHERINE E. AMOS

10 = agree strongly/very helpful

1 = disagree strongly/not helpful

In the space indicated after each statement, please place a number (10 down to 1) to indicate how you agree/disagree with statement. Please add comments if you wish. Reverse side available for further comments.

System for determining the final grade was fair. _____

The required "prayerful reading" assignments were helpful. _____

Student papers/reports were helpful. _____

I found the method of allowing the student to select a portion of the reading list helpful. _____

Note: Permissions to use this material must be obtained directly from the author.

The professor was available and sensitive to the needs of the students. _____

What were the professor's main strengths ?

What were the professor's main weaknesses ?

Comment on any other relevant points that you feel have not been adequately covered above.

What is the most significant thing(s) you gained from the class ?

RECORD OF PRAYERFUL READING AND STUDY

PAGE _____

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES

Note: Permissions to use this material must be obtained directly from the author.

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES _____

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

Note: Permissions to use this material must be obtained directly from the author.

AUTHOR _____ WORK _____ PAGES

QUOTE

SESSION _____ TIME IN _____ TIME OUT _____ TOTAL _____

AUTHOR _____ WORK _____ PAGES

QUOTE

Note: Permissions to use this material must be obtained directly from the author.