

Spirituality Synthesis
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Hunthausen Hall Room 110
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Course description:

This 3 credit course assists students to synthesize, articulate, and integrate their own spirituality. The approach is interdisciplinary and includes reflection on ministerial experience, spiritual practice and history, as well as theological background. Students assume leadership roles within the class through facilitating group process, leading prayers and ritual and presenting a synthesis of their spiritual journey, insight and sense of mission.

Goals and objectives:

The overall goal of this course is to enable students to synthesize their spiritual and theological history and learnings in preparation for continued or new directions in ministerial service.

The objectives are:

1. To synthesize one's knowledge/wisdom from course work, ministerial experiences and spiritual practices.
2. To review one's spiritual journey in order to identify key patterns, influences and images in one's spiritual growth.
3. To create a working description of spirituality in light of contemporary holistic spiritualities and one's own experience.
4. To articulate one's sense of call or mission, the image of oneself as a spiritual leader and ways for ongoing nourishment of one's spirituality.
5. To demonstrate the ability to use advanced pastoral skills through small group interaction and facilitation.
6. To describe how one's relationship to Mystery shapes and is shaped by one's relationship with self, others, creation as well as the realities of embodiment, social! justice and compassion.
7. To explore where one is in their transition process, naming and ritualizing this phase of endings and beginnings.

REQUIRED TEXTS:

Bridges, William. *Transitions: Making Sense of Life's Changes* MA: Addison Wesley.2005.
Highly Recommended:

Bridges, William (2001). *The Way of Transition: Embracing Life's Most Difficult Moments*. Cambridge, A: Perseus Publishing.

Pertinent Articles will be distributed and assigned during class sessions.

COURSE REQUIREMENTS:

1. Class Presence and Participation.

Your presence is integral to this unique learning process. In respect for the quality of group sharing please plan to be on time and to attend all session.

Foreseeable absence needs to be negotiated in advance.

2. SPIRITUALITY SYNTHESIS

The synthesis has two phases: class presentation and a follow up reflection paper.

Class presentation:

The key movements in your own spiritual history- You will have 20-30 minutes for presentation and 10-15 minutes for feedback. .

In this phase students will summarize key movements in their spiritual and ministerial history and present these in a creative and visual way. This will be followed by a reflection paper which incorporates the feedback and insights gathered from the experience.

Reflection Paper (2-3 pages)

After the class presentation you will write up a final reflection paper which incorporates the reflections, feedback and any new insights gathered from the experience: This will be turned into Valerie.

3. GROUP FACILITATION AND PRAYER LEADERSHIP

Each person will have an opportunity for prayer leadership and facilitating small group process.

There will be a process for a brief written and/or verbal feedback for the facilitator.

4. SPIRITUALITY INITIATIVE

An initiative for moving forward in ministry and spiritual leadership. This phase consists of discernment of gifts and desires and creative presentation to the class of ways you will move forward in your ministry of spirituality.

Some ideas for initiatives for moving forward in ministry and spiritual leadership:

Spiritual Direction: Put together a brochure and or a marketing plan, contacts, supervision group

Plan a retreat for a parish or its staff, or other groups
Develop a plan for being a “bridge person” bringing spirituality into the workplace
Develop a creative way to use art or music or movement to help people go deeper
Put together a sabbatical of spiritual nurture
Develop a method of discernment for directees/ groups
Other creative ideas are also welcome!

You will share your initiative with the class in a short presentation sharing. PLEASE provide copies describing your initiative for each person in the group as well as any artifacts.

5. TRANSITION CLASS PROCESS

The latter portion of the class will include time for each student to express where they are in their own process of transition from STM into ministry/service using narrative and symbol. We will make this final course offering into a ritual celebratory time together.

Grading Distribution:

25% Class Participation
40% Spirituality/Theological Synthesis (Charts, Presentation, Paper)
25% Spirituality Initiative
10% Transition Process

