

**DM 742 Spiritual Practice**  
**June 14 – June 18, 2021**  
**9:00 a.m. to 4:30 p.m. CDST**

**Rev. Dr. Karla M. Kincannon, Instructor**  
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**Course Description:** This class focuses on the varieties of Christian ancient and contemporary spiritual practices, experience with those practices, and the process of Christian formation. In addition, shared perspectives in pastoral counseling and spiritual direction offer the practitioner various frames of reference for addressing the dilemmas and disorders that arise from the human condition.

The instructor reserves the right to make changes to the syllabus as needed, throughout the progression of the course.

**Students will be given the opportunity to:**

- Explore case studies in which both spiritual and clinical perspectives are informative.
- Take part in a variety of ancient and contemporary spiritual practices.
- Lead the class in a spiritual practice with another classmate.
- Engage in theological reflection related to spiritual direction and pastoral care through case studies.
- Participate the dialogue between spiritual direction and pastoral care as partners in shaping and forming the Christian community.
- Consider varied texts, methods and norms for identifying and understanding health, well-being and wholeness in the individual and the community.
- Analyze ministry setting with regard to the presence of anxiety.
- Meet virtually, three times with a classmate to practice spiritual direction.

**Learning Goals:**

- Articulate various theories of Christian formation.
- Understand the foundation of Christian spiritual practices.
- Participate in a variety of historic and contemporary Christian spiritual practices and consider applications for the contemporary Church (whether that is a congregation or beyond the walls of the congregation).
- Explore pastoral care issues in conjunction with ancient Christian practices of formation in order to further the work of spiritual direction.
- Understand the differences and similarities between spiritual direction, pastoral counseling and psychotherapy and when to make appropriate referrals for treatment as needed.
- Understand the cycle of trauma and its role in health/un-health in spiritual growth.
- Explore issues of congregations and other ministry settings through lens of family systems.
- Understand personality types as they relate to spiritual practices.

- Develop skills in guiding people into making meaning through imagery, symbol, prayer, dreamwork and artwork.

### **Pre-Class Instructions:**

1. Sign up for dates on Moodle for leading a spiritual practice with the classmate of your choosing. If you have not chosen a partner or spiritual practice from Pretchel by **June 7**, the instructor will pair you with another classmate and assign a spiritual practice from Pretchel, *Where Two or Three are Gathered: Spiritual Direction for Small Groups*.
2. Sign up for dates on Moodle prior to **June 11** for presenting your case study.
3. Bring a Bible and personal journal to class each day.
4. Analyze the presence of anxiety in your ministry setting. See instructions below. **Due on Monday, June 14.**
5. Create a **time line** of YOUR life, noting major events and significant moments in your life (e.g., graduated from college, birth of first child, entered seminary, moved to a new part of the country, surgery). Identify spiritual and emotional “hot spots,” based on class readings. In addition, **write a 4-5-page**, double-spaced, reflection on what was happening (or not) on your spiritual journey, including any spiritual practices that you may have used, the state of your emotional health and the meaning you make of it. This exercise needs to demonstrate that you have done serious reflection on your life. The time line and reflection are due **Monday, June 14. ( See Rubric on Moodle. )**
6. Bring a dream or dream fragment to class, and be prepared to share it, on **Thursday.**
7. Present a case study to the class. The case should be focused on a parishioner, client or directee for whom you are providing spiritual care or serving as spiritual director – a case in which both spiritual and clinical perspectives might be informative. Aim for a 15-minute class presentation. Your classmates will be given an opportunity to respond at the end of your presentation to offer their questions and wisdom. (At the close of the class you will write a paper expanding on your case study.)
8. Identify an inner or outer conflict in which you are involved, that you are willing to explore in class on **Thursday.**

### **Guidelines:**

It is expected that all class participants will adhere to the following guidelines throughout the course:

- Maintain confidentiality.

Be physically and spiritually present. Attend each class from start to finish, and be on time. Turn off cell phones. Limit use of personal technology while in session to class- and subject-related issues/topics. Four or more hours of absence this week will result in failing the course.

- Maintain an environment where it is safe to raise difficult questions. Respect others and their belief systems. Be respectful of others when engaging complicated or controversial issues. Engage in civil discourse at all times.
- Be willing to make the most of our time together.
- Read all materials, on Moodle and required reading, prior to our week together.

### **Grading:**

Students are expected to turn in all assignments on time and to participate in class discussions and interactions. Final paper should reflect comprehensive study of assigned course readings and integrate readings with discussion of selected topic. Grade is determined as: 20% Spiritual Autobiography; 10% Book Report; 20% Final Case Study Paper; 50% Class participation including topical assignments and discussions.

All written papers and essays must follow accepted guidelines of scholarship, including appropriate citation of any and all sources utilized, including handouts, lectures and websites as well as books and articles. For a full description of plagiarism and how to avoid it, see the current Academic Handbook.

Any written assignment not received by July 30 will receive an "F." No extensions. Whether you are taking the course for a Letter Grade or Pass/Fail, a passing grade is contingent on completion of all required work, that is, completion of *every* required assignment 1 through 8.

### **Materials for Class:**

In addition to assigned books and articles, participants are to bring the following to class:

- Bible
- Personal Journal
- Optional: colored pencils, markers, crayons, etc. for journaling
- Two or more picture magazines,
- Glue stick
- Scissors
- Paper towels
- One or two 18" x 24" sheet of paper

### **Required Assignments:**

Articles, rubrics and other materials will be available on Moodle by April 30, **depending on the availability of the Moodle page to the instructor prior to class.**

1. **Analysis of Ministry Setting**  
Before the first day of class, analyze the presence of anxiety and conflict in your ministry. See Rubric on Moodle for details. **Post on Moodle by first day of class, June 14.**
  
2. **Spiritual Autobiography with Timeline**  
Before the first day of class, create a time line of YOUR life and write a 3-to-4 page, double-spaced (no more than 4 pages, please), reflection of on your spiritual journey. **See Rubric on Moodle.** Send both the timeline and the 3-4-page paper to karlakincannon@garrett.edu **by June 11.**
  
3. **Spiritual Practice**  
Lead one 20-minute experience of a spiritual practice for the class with a classmate, drawing on Daniel Prechtel, *Where Two or Three Are Gathered*. **Sign up on Moodle before June 11.**
  
4. **Case Study Class Presentation - Sign up on Moodle before June 11.**  
The case should be focused on a parishioner, client or directee for whom you are providing spiritual care or serving as spiritual director – a case in which both spiritual and clinical perspectives might be informative. Please protect the identity of those in the case study. Present a rough outline of your case study to the instructor on the day of you class presentation. **See Rubric on Moodle.**
  
5. **Dream Fragment-** Bring a dream fragment to class for discussion on Thursday.
  
6. **Identify an inner or outer conflict in which you are involved, that you are willing to explore in class on Thursday.**
  
7. **Choose a book from the optional reading list, or propose another book to the instructor that will support your final project and write a 1-2-page book report. Due July 30.**
  
8. **Case Study Final Paper-See Guidelines on Moodle**  
Expand on the case you presented in class, and write a 10-page double-spaced reflection, referencing class readings and discussions. **More information on this assignment will be posted on Moodle.** The case write-up is **due Mon, July 30.**

## DAILY SCHEDULE

Rubrics, worksheets and articles are posted on Moodle under the day they will be used.  
Additional materials will be posted as the Instructor deems necessary.

### MONDAY, JUNE 14

**Topics:** Personal introductions using both the spiritual autobiography and analysis of anxiety in your ministry setting due at the start of class. Overview. Your questions as we begin. Definitions. Foundations and models of early Christian spiritual formation and practices. Desert wisdom. Roots of contemporary spiritual practices. Anxiety and Scrupulosity. Spiritual Types.

**Spiritual Practices:** *Lectio Divina & The Jesus Prayer*

**Case study presentation #1.**

#### **Reading:**

- Michael and Norrisey, *Prayer and Temperament*
- Joseph W. Ciarrocchi, *A Minister's Handbook of Mental Disorders*, Chapter 4.
- Nouwen, Henri J.M., Michael J. Christensen and Rebecca J. Laird. *Spiritual Formation: Following the Movements of the Spirit*.
- *SoulFeast: An Invitation to the Christian Spiritual Life*, chs. 1-3.
- Daniel Prechtel, *Where Two or Three are Gathered: Spiritual Direction for Small Groups*.
- Gilbert, Roberta M. *The Eight Concepts of Bowen Theory* or Craig Gilliam. *Where Angels Dare to Dance*

#### **Optional Reading:**

- Merton, Thomas. *The Wisdom of the Desert*.
- Bondi, Roberta C. *To Pray & To Love*.

### TUESDAY, JUNE 15

**Topics:** The First Psychologists. Differences in pastoral care, spiritual direction and psychotherapy. The Human Condition & Consciousness. The task of the faith. Childhood Trauma, the Trauma Cycle and the development of the false self. Attachment theory and disorders.

**Spiritual Practices:** Journaling

Case study presentations #2 & #3 & 4

**Student-led Spiritual Practices** from Pretchel #1 & #2.

**Reading:**

- May, Gerald. *Care of Mind/Care of Spirit: A Psychiatrist Explores Spiritual Direction*. HarperOne, 1992.
- Nouwen, Henri J.M., Michael J. Christensen and Rebecca J. Laird. *Spiritual Formation: Following the Movements of the Spirit*.
- Attachment Issues in Children.pdf (available on Moodle)
- Attachment disorder blog (available on Moodle)
- Yoder, Carolyn. *The Little Book of Trauma Healing*.
- Judy, "Rediscovering Christ, the Healer," ch. 2 in *Modern Psychology and Ancient Wisdom*, ed. S. G. Mijares, provided on Moodle.

**Optional reading:**

- Thomas Keating, *Open Mind, Open Heart*

**WEDNESDAY, JUNE 16**

**Topics: Prayer, Centering Prayer, Cloud of Unknowing, Discussion on *Addiction and Grace* by Gerald May, John of the Cross & the Dark Night of the Soul, Depression. Teresa of Avila's Life and Spirituality.**

**Spiritual Practices: Centering Prayer, Hagiography**

**Case study presentations #5, #6, #7**

**Student-led Spiritual Practices** from Pretchel #3 & #4.

**Reading:**

- Ciarrocchi, Joseph W. *A Minister's Handbook of Mental Disorders*, Chapter 6.
- Judy, Dwight. *Embracing God: Praying with Teresa of Avila*.
- Judy, Dwight. *Christian Meditation and Inner Healing*, ch. 7. (Available on Moodle)
- Kidd, Sue Monk. *When the Heart Waits: Spiritual Direction for Life's Sacred Questions*
- May, Gerald. *Care of Mind/Care of Spirit*, excerpt from ch. 5 posted on Moodle; diagnostic criteria for bipolar: depression and dysthymia (available on Moodle)
- May, Gerald. *Addiction and Grace: Love and Spirituality in the Healing of Addictions*.

**Optional resources & reading:**

- Gerald May, *The Dark Night of the Soul: A Psychiatrist Explores the Connection between Darkness and Spiritual Growth*
- Kenneth L Bakken, *The Journey into God: Healing and Christian Faith.*

**THURSDAY, JUNE 17**

**Topics: Ignatius of Loyola & the Examen. Discernment. Teresa of Avila's Interior Castle: Prayer of Recollection, Prayer of Quiet, Prayer of Union. Conflict. Peacemaking. Personality Disorders. Dreams. Contemplative creative expression.**

**Spiritual Practices: Contemplative creative expression in peacemaking. Dream work.**

**Case study presentations #8 & #9**

**Student-led Spiritual Practices from Pretchel #5, # 6**

**Bring a dream fragment to class for discussion.**

**Reading:**

- Ciarrocchi, Joseph W. *A Minister's Handbook of Mental Disorders*, Chapter 9.
- Gilliam, Craig. *Where Angels Dare to Dance*
- Kincannon, Karla M. *The Art of Conflict Transformation: A Way to Healing and Peace.*(Available on Moodle)
- Linn, Dennis; Sheilah Linn et al. *Sleeping With Bread: Holding What Gives Your Life.* Mahwah, New York, Paulist Press, 1995. 0-8091-3579-5. \$13.71. Taylor, Jeremy. "Dreams and Dreaming," *The New Westminster Dictionary of Christian Spirituality*, Philip Sheldrake, ed. Westminster John Knox Press, 2005.( On Moodle)
- Reimagining the Examen App  
<https://www.ignatianspirituality.com/23542/reimagining-examen-app>

**Optional reading:**

- Barry, William J. *Finding God in All Things: A Companion to the Spiritual Exercises of St. Ignatius*
- Kelsey, Morton. *Dreams: A Way to Listen to God.* Mahwah, NJ: Paulist Press, 1978. 080910204601 \$8.95 Amazon
- Kincannon, Karla M. *Creativity and Divine Surprise: Finding the Place of your Resurrection.*
- Lederach, John Paul. *The Little Book of Conflict Transformation*

**FRIDAY, JUNE 18**

**Topics: Pilgrimage, Evaluation and take-away's.**

**Case study presentations #10, #11, #12, #13, #14**  
**Student-led Spiritual Practices from Pretchel #7**

**Required Reading:**

- Thompson, Marjorie J. *Soul Feast, An Invitation to the Christian Spiritual Life, Chapt. 4-9.*

**Required Reading**

Ciarrocchi, Joseph W. *A Minister's Handbook of Mental Disorders.* Integration Books, 1993. ISBN 0-8091-3403-9. Used from \$ 2.96 Amazon.

**Choose One of Two:**

Gilbert, Roberta M. *The Eight Concepts of Bowen Theory.* Lake Frederick, VA: Leading Systems Press 2004. \$ 14.37 Amazon.

**OR**

Gilliam, Craig. *Where Angels Dare to Dance* (available through JustPeace, Center for Mediation and Conflict Transformation of the United Methodist Church. SKU: 2017WADDEBOOK e-book \$5.00 <https://justpeaceumc.org/product/where-angels-dare-to-dance-e-book/>)

Judy, Dwight H. *Embracing God: Praying with Teresa of Avila.* Nashville: Abingdon, 1996. 0-687-01000-4 \$20.68

Kidd, Sue Monk. *When the Heart Waits: Spiritual Direction for Life's Sacred Questions.* HarperOne, 2006. 0-0611-4489-4. \$11.99 Amazon.

Linn, Dennis; Sheilah Linn et al. *Sleeping With Bread: Holding What Gives Your Life.* Mahwah, New York, Paulist Press, 1995. 0-8091-3579-5. \$13.71.

May, Gerald. *Addiction and Grace: Love and Spirituality in the Healing of Addictions.* San Francisco: HarperOne, 1988, 2007. 978-0061122439 \$12.29 Amazon

May, Gerald. *Care of Mind/Care of Spirit: A Psychiatrist Explores Spiritual Direction.* HarperOne, 1992. ISBN 0-0606-5567-4. \$11.99 on Amazon.

Pretchel, Daniel. *Where Two or Three are Gathered: Spiritual Direction for Small Groups.* New York: Morehouse, 2012. 9780819227720 \$24.00 Amazon

Thibodeaux, SJ, Father Mark. E. *Reimagining the Examen APP*  
<http://reimaginingexamen.ignatianspirituality.com> Free.



Thompson, Marjorie J. *Soul Feast, An Invitation to the Christian Spiritual Life*. Louisville, KY: Westminster John Knox Press, 1995, 2005, 2014. 978-0664239244 \$14.29 Amazon.

Underhill, Evelyn *Mysticism: The Nature and Development of Spiritual Consciousness*, Part II, "The Mystic Way." Dover Publications, 2002. 978-0486422381 \$19.99 Amazon

Yoder, Carolyn. *The Little Book of Trauma Healing*. Intercourse, PA: Good Books, 2005. 1-56148-507 \$5.99.

**Required Reading Available on Moodle:**

Attachment Disorder blog from <http://emergingmama.com> by Rev. Monica Reynolds

Attachment Issues in Children.pdf by Sara Borgtede [www.theholymess.com](http://www.theholymess.com)

Judy, Dwight H. *Christian Meditation and Inner Healing*. ch. 7. (on Moodle)  
West Sulfur Springs, W VA: OSL Publications, 2001, 2010. 978-1-878009-38-8 \$13.01 Amazon.

Judy, "Rediscovering Christ, the Healer," ch. 2 in *Modern Psychology and Ancient Wisdom*, ed. S. G. Mijares, provided on Moodle.

Kincannon, Karla M. *The Art of Conflict Transformation: A Way to Healing and Peace*.  
Unpublished doctoral project, available on Moodle.

Lommasson, Sandra. "Tending the Communal Soul in A Congregational Setting," from *Still Listening: New Horizons in Spiritual Direction*. Norvene Vest. Harrisburg: Morehouse Publishing, 2000. \$26.00 Amazon

Shea, John. "Spirituality, Psychology and Psychotherapy," *The New Westminster Dictionary of Christian Spirituality*, Philip Sheldrake, ed. Westminster John Knox Press, 2005. (Moodle)

Taylor, Jeremy. "Dreams and Dreaming," *The New Westminster Dictionary of Christian Spirituality*, Philip Sheldrake, ed. Westminster John Knox Press, 2005.

**Websites to explore:**

<http://www.nimh.nih.gov/index.shtml>

<http://prayer-center.upperroom.org/resources/resources-methods>

<https://www.spiritualityandpractice.com/>

<https://www.sdiworld.org>

## Suggested Optional Resources:

### Historical Sources

Guigo II, The Ladder of Monks in *The Ladder of Monks and Twelve Meditations*, trans. with intro. by Edmund College and James Walsh. Cistercian Publications, 1981. 978-0879077488 \$18.95

(available used) Teresa of Avila, *The Interior Castle*, trans. Kavanaugh and Rodriguez. New York: Paulist Press, 1980. 978-0809122271

*The Spiritual Exercises of St. Ignatius*, trans. Anthony Mottola. New York: Image Doubleday, 1964, 1989. 978-0385024365 \$9.14

Abraham Joshua Heschel, *The Sabbath: its meaning for modern man*. New York: Farrer, Strauss and Giroux, 1951, 2005. 978-0374529758 \$8.63

*The Cloud of Unknowing and Book of Privy Counseling*, trans. William Johnston. New York: Image reissue, 1996. 978-0385030977 \$9.41

*The Way of a Pilgrim and the Pilgrim Continues his Way*, trans. R. M. French. New York: HarperOne, 2010. 978-0060630171 \$10.33

Benedict of Nursia, *The Rule of St. Benedict*, trans. and intro. by Anthony C. Meisel and M. L. del Mastro. New York: Image Doubleday, 1975. 978-0385009485 \$9.99

### Other Optional Resources

Bakken, Kenneth L. *The Journey into God: Healing and Christian Faith*. Minneapolis: Augsburg, 2000. 0806640480 \$32.00

Barry, William J. *Finding God in All Things: A Companion to the Spiritual Exercises of St. Ignatius*. Notre Dame, IN: Ave Maria, 1991, 2009. 978-0877934608 \$13.95

Bondi, Roberta C. *To Pray & to Love*. Minneapolis: Fortress Press, 1991. 0-8006-25111-0. \$19.00 Amazon

Brown, Patricia D. *Paths to Prayer: Finding Your Own Way to the Presence of God*. San Francisco: Jossey Bass, 2003. 9780787965655 \$21.95

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices That Transform Us*, Revised and Expanded Edition. Downers Grove, IL: IVP Books, 2015. 978-0830846054 \$14.66

Cousineau, Phil. *The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*. Berkeley, CA: Conari Press, 1998, 2012. 978-1573245937 \$14.05

Dawn, Marva J. *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting*. Grand Rapids, MI: Eerdmans, 1989, 2002. 978-0802804570 \$14.82

Dossey, Larry. *Healing Words: The Power of Prayer and the Practice of Medicine*. New York: HarperPaperbacks, 1997. 0061043834 \$13.48

Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Boston: Cowley, 1992. 1-56101-056-1 \$14.95

out-of-print (available used) Groff, Kent Ira. *The Soul of Tomorrow's Church: Weaving Spiritual Practices in Ministry Together*. Nashville: Upper Room, 2000. 0-8358-0927-7

Hall, R.C, Thelma. *Too Deep For Words: Rediscovering Lectio Divina*. New York: Paulist Press, 1988. 0-8091-2959-0. \$9.95 Amazon

Fowler, James K. *Faith Development and Pastoral Care*. Editor, Don. S. Browning, Philadelphia: Fortress Press, 1987. 0800617398 \$17.05 Amazon.

Holmes, Barbara A. *Joy Unspeakable: Contemplative Practices of the Black Church*. Minneapolis: Fortress Press, 2004. 9780800636432 \$24.65 Amazon.

Hirsh, Sandra Krebs and Jane A. G. Kise. *SoulTypes: Matching Your Personality and Spiritual Path*. Minneapolis: Augsburg Fortress, 2006. 978-0806651460 \$14.99

John of the Cross, *Dark Night of the Soul*, trans. Mirabai Starr. New York: Riverhead, 2003. 9781573222051

Judy, Dwight H. *A Quiet Pentecost: Inviting the Spirit into Congregational Life*. Nashville: Upper Room Books, February, 2013. 978-0835811996 \$16.00

Keating, Thomas. *Open Mind, Open Heart 20th Anniversary Edition* 2006. New York: Continuum, 2006. 978-0826418890 \$20.43

Kelsey, Morton. *Dreams: A Way to Listen to God*. Mahwah, NJ: Paulist Press, 1978. 080910204601 \$8.95 Amazon

Kincannon, Karla M. *Creativity and Divine Surprise: Finding the Place of your Resurrection*. Nashville: Upper Room Books, 2005. 978-0835898126 \$8.99 Amazon.

Lederach, John Paul. *The Little Book of Conflict Transformation*. Intercourse, PA: Good Books, 2003. 1-56148390-7 \$4.95.

May, Gerald G. *The Dark Night of the Soul: A Psychiatrist Explores the Connection between Darkness and Spiritual Growth*. New York: HarperCollins, 2004. 9780060750558 \$12.33

Merton, Thomas. *The Wisdom of the Desert*. New York: New Directions Books, 1960. 10-0-8112-0102-3 \$12.95.

Muller, Wayne. *Sabbath: finding rest, renewal, and delight in our busy lives*. New York: Bantam, 1999, 2000. 978-0553380118 \$18.37

Paintner, Christine Valters and Betsey Beckman, *Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*. New York: Morehouse, 2010. 978-0819223715 \$18.23

Pennington, Basil. *Centering Prayer: Renewing an Ancient Christian Prayer Form*. New York: Image, 1982, 2001. 978-0385181792 \$10.42

Pak, Lee, Kim, Cho, *Singing the Lord's Song in a New Land: Korean American Practices of Faith*. Louisville, KY: Westminster John Knox Press, 2005. 978-0664228781 \$22.00

Park, Andrew Sung. *The Wounded Heart of God: The Asian Concept of Han and the Christian Doctrine of Sin*. Nashville: Abingdon, 1993. 978-0687385362 \$25.99

Schrock, Daniel P. *The Dark Night: A Gift of God*. Scottdale, PA: Herald Press, 2009. 9780836194258 \$16.99

Smith, Carol Ann and Eugene F. Merz, *Moment by Moment: a retreat in everyday life*. Notre Dame, IN: Ave Maria Press, 2000. 978-0877939450 \$15.95

Thurman, Howard. *Disciplines of the Spirit*. Richmond, IN: Friends United Press, 1963. 978-0913408353 \$13.00

Vest, Norvene. *Gathered in the Word: Praying the Scripture in Small Groups*. Nashville: Upper Room Books, 1998. 978-0835808064 \$9.00

Vest, Norvene. (ed.), *Still Listening: New Horizons in Spiritual Direction*. Harrisonburg, PA: Morehouse Publishing, 2000. 0-8192-1814-6 \$22.10

Ware, Corinne. *Discover Your Spiritual Type: A Guide to Individual and Congregational Growth*. New York: The Alban Institute, 1995. 1566991498 \$18.99