

**United Theological Seminary of the Twin Cities**  
**CL482: Nurturing Your Spiritual Life as a Religious Leader**  
January 2006

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**Course schedule**

1:00 p.m. to 4:15 p.m. Jan 9 M, 10 T, 12 Th, 13 F, 17 T, 18 W, 19 Th, 20 F  
Thursday, January 26th (11:00 a.m.) to Friday, January 27th (11:30 a.m.)  
Retreat at ARC (Cambridge, MN)

**Course description**

The purpose of this course is to engage students in a variety of practices in the spiritual life that will encourage a deepening of their relationship with God. This elective will be taught from a Christian perspective, and will include readings, presentations, discussions, papers, and practices of spiritual disciplines. Using primary texts and contemporary materials, the course will explore historical roots and current practices of the spiritual life within the Christian tradition. Students will engage in spiritual disciplines that are both familiar and new, preparing them to nurture both their spiritual lives and lives of others.

**Course objectives**

The course is being taught around the themes of *prayer, discernment* and *call*.

By the end of the course, students will

- have examined their own understandings of the spiritual life
- have begun to develop their theology of prayer
- have examined their own spiritual autobiography
- have explored their sense of call through the lenses of prayer and discernment

**Required texts**

- Patricia Brown, *Paths to Prayer*
- Daniel Homan and Lonni Collins Pratt, *Radical Hospitality*
- Amy Mandelker and Elizabeth Powers, editors, *Pilgrim Souls*
- Gerald May, *Dark Night of the Soul*
- Marjorie Suchocki, *In God's Presence*

**Requirements**

*The course is offered as pass-no credit, only.* Martha will read all papers, but Barbara Anne will be doing all the course evaluation and grading. All written assignments must be completed to pass course. Papers must be double-spaced, typed, and properly footnoted, following Student Handbook guidelines; in addition, note the definition of "plagiarism." We will not read or grade material that has not been properly prepared and edited. Evaluation will be based on:

1. Attendance and class participation, engagement in discussions, full participation in course retreat. Assigned readings are discussed on date assigned; expect to be

involved in discussions of readings and course material. More than 2 absences from class will affect your course evaluation; the whole retreat must be attended.

2. Each person will share a spiritual pilgrim at the beginning of a class. (5 minutes)  
The pilgrim you present must be out of *Pilgrim Souls*. In preparing your “introduction” of the pilgrim, consider these questions:
  - Do you see aspects of prayer, discernment or call in this person’s life??
  - What makes the person a spiritual pilgrim?
  - Can you describe a moment of or process of the pilgrim’s conversion?Also, you are expected to read a pilgrim a day; please do not read the ones that will be presented. We will draw upon these readings at the retreat.
3. Using *Pathways to Prayer*, practice 3 ways of prayer. Week one, practice one that is familiar and is in one of your stronger approaches to prayer. Week two, practice one that is unfamiliar and is in one of your weaker approaches to prayer. Practice each one at least 4 times during the week, and then write a one-page reflection on the experience of that practice of prayer. (These 2 reflections will be handed in at the retreat. ) For the third week, practice *examen* 3 times before our retreat; you may want to journal as you do this practice, but no written assignment will be submitted. Bring the reflections to the retreat, as well as any thoughts you have on examen. Sharing our experiences of these spiritual practices will be part of the retreat.
4. Following our discussion of Brown and Suchocki, write a 3-page paper presenting your personal theology of prayer. This is due Tuesday, January 17<sup>th</sup>.
5. Write your own spiritual autobiography, focusing on prayer, discernment and call. This 6-7-page paper is due at the beginning of the retreat on January 26<sup>rd</sup>, where you will share parts of what you have written.

**Daily class assignments:**

Monday, January 9                      Introductions to each other and course; what do we mean by ‘spirituality’?

*Spiritual pilgrims:*                      *Kathleen Norris (Barbara Anne)*

Tuesday, January 10                      Practice of prayer

*Spiritual pilgrim:*                      *Dag H (Martha)*

*Reading:*                      Brown, *Paths to Prayer*

Thursday, January 12                      Theology of prayer

*Spiritual pilgrims:*                      \_\_\_\_\_

*Reading:*                      Suchocki, *In God’s Presence*

