

SPF 5540: Introduction to Spiritual Formation
ASHLAND THEOLOGICAL SEMINARY – *Ashland - DLS*
Fall 2020 (August 31 – December 17, 2020)

Meeting Three Weekends via Zoom

Dates: September 11-12 (Sept. 12 at Ashland) , September 25-26, October 23-24, 2020
Time: Fridays 6:00PM-9:00PM, Saturdays 8:00AM-4:00PM

Please note September 12

On Campus Retreat Day (Ashland)

Saturday, September 12, 2020: 9:30 am - 2:00 pm ET

Other Required Zoom meetings:

Tuesday September 1, 2020 from 6:00 – 8:00 pm ET,

Monday October 12, 2020 from 6:00 – 8:00 pm ET

Meeting ONE Saturday via Zoom:

November 14, 2020 Time: 8:00 am – 4:00 pm ET

Rev. Dr. Brenda Buckwell

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I. Course Description

This course introduces students to the nature and processes of spiritual formation and its goal of the formation of believers into the image of Christ for the sake of the church and the world. Students will practice a variety of individual and corporate spiritual disciplines, with an in-depth focus on prayer, for growth in personal and social holiness.

Format of Course:

This class will include:

- Readings and reflection papers *to be completed before* attending the respective weekend classes.
- **First Virtual Class meeting on zoom for orientation and to set up your RULE OF LIFE for this semester, Tuesday September 1st from 6:00 – 8:00 pm ET**
 - ⇒ Your attendance shows financial aid that you began the class at the beginning of the semester. You will find the zoom link for this on the Blackboard. *The student will need a strong reliable Internet connection. If possible, please have a camera enabled computer.*
 - ⇒ To prepare for this virtual class meeting:
 1. Please access the syllabus for easy review during our virtual class time.
 2. Prepare a 3-minute introduction of yourself. This is to include but not limited to:
 - Name
 - Where in the world you are located, or if on Ashland Campus where is your home prior to coming to Ashland.
 - What is your experience with spiritual discipline?
 3. Please bring TWO specific questions you have regarding spiritual disciplines that you would like addressed during this class.
 4. ALL virtual class meeting will be held through zoom video conference For instruction on Zoom please view video at <https://www.youtube.com/watch?v=vFhAEoCF7jg&feature=youtu.be>
 5. For ALL virtual class meetings, you will need to download Zoom. This is free and easily done by going to Zoom.us at <https://zoom.us/>

- **Onsite at Ashland** 1 Saturday for spiritual life retreat day. **All** students will drive to Ashland campus for this retreat date. This is a required face to face time for all students.
- During class times, in face to face class via zoom students will:
 - Experience various prayers, both classical and contemporary.
 - Discuss the spiritual discipline of Rule of Life
 - Honor and Discuss the Washington book prayer reflection papers.
 - Discussions on African American/ Black Spirituality
- Blackboard discussion forums and prerecorded lectures.
 - Students will post and respond to all discussion forums.
- Practice three approved disciplines for Rule of Life assessment beginning September 8, 2020.
- **Zoom class October 12, 2020 at 6:00 pm for Mid-Semester check in for the Rule of Life project.**
- A research paper on three spiritual disciplines, *different* than those practiced for your Rule of Life.
- Leading a small group in one (1) spiritual discipline.

II. Student Learning Outcomes

This course format consistently meets the same quality, assessment, learning outcomes, and requirements of the traditional face-to-face semester offering of this course. For fall 2020, the sessions for this class may be offered 100% face-to-face in a physical classroom (with remote access for pre-scheduled students) 100% face-to-face virtually using technologies such as Zoom or Collaborate, as a combination of face-to-face sessions and digital activities/lectures (virtually or in-person), or as a combination of any of these elements. In the event of extended disruptions of normal classroom activities due to the pandemic, the format for this course may be modified to utilize 100% face-to-face virtual/digital classroom sessions.

As a result of this course, students will be able to:

1. Not assessed in this course.
2. Establish communal and personal disciplines that nourish Christian spiritual and moral formation.
 - a. Articulate the biblical, theological, historical and moral foundations for Christian spiritual formation.
 - b. Reflect on a variety of exercises from the classical spiritual disciplines, especially prayer for personal life and ministry vocation
 - c. Develop practices that will aid in students' spiritual growth in their personal and ministry contexts.
3. Not assessed in this course.
4. No assessed in this course.
5. Not assessed in this course.
6. Not assessed in this course.

III. Course Requirements

A. (Required) Textbooks and Other Materials

Calhoun, Adele Ahlberg. 2015. *Spiritual Disciplines Handbook: Practices that Transform Us*. 2nd edition. Downer's Grove, InterVarsity Press. ISBN 978-0830846054

Foster, Richard, J. 2003. *Prayer: Finding the Heart's True Home*. New York: HarperCollins. ISBN: 0060628464

Photocopies on blackboard from Maas, Robin and Gabriel O'Donnell, editors.1990. *Spiritual Traditions for the Contemporary Church*. Nashville: Abingdon Press. ISBN 0-687-39233-0.

Thompson, Marjorie J. 2014. *Soul Feast: An Invitation to the Christian Spiritual Life*. 3rd edition. Louisville: Westminster/John Knox. ISBN 978-0664239244

Washington, J.M., ed. 2014, *Conversations with God: Two Centuries of Prayers by African Americans*. New York: HarperCollins. ISBN 0060926570.

Recommended:

Brueggemann, Walter. 2014. *Sabbath as Resistance: Saying NO to the Culture of Now*. Louisville: Westminster John Knox Press. ISBN 978-0-664-23928-2.

Blythe, Teresa A. 2006. *50 Ways to Pray: Practices from Many Traditions and Times*. Nashville: Abingdon Press, ISBN 0-687-33104-8

Nouwen, Henri. 1981. *The Way of the Heart: Connecting with God Through Prayer, Wisdom, and Silence*. New York: Balantine Books. ISBN-13: 9780345463357

Foster, Richard, J. 1998. *Celebration of Discipline: The Path of Spiritual Growth*. Revised edition. New York: Harper SanFrancisco. ISBN 0-06-062839-1

Attendance Statement:

According to the Student Handbook, attendance at all class sessions is expected, unless the professor has been notified in advance and has approved the absence. Students should be on time and should stay through the duration of all classes. Any student missing more than six class hours will be required to do additional work, receive a lower grade, audit or withdraw from the class, or be penalized otherwise at the discretion of the professor.

B. Assignments

1. **On Site Retreat Day – Ashland campus, ALL students meet face to face. 5%** This is scheduled for **Saturday September 12, 2020 from 9:30 am – 2:00 pm**. Rain date will be determined. Social distancing will be observed. Masks are required. Please bring:
 - a. Packed bag lunch for self, including drink.
 - b. Lawn chair, sunscreen, necessary items to spend the day OUTSIDE.
 - c. Cell phone with camera.
 - d. Notebook and pen or pencil.
 - e. **THIS EVENT IS REQUIRED FOR ALL STUDENTS**. We will be practicing several spiritual disciplines.
2. **Blackboard Discussion forums and Prerecorded lectures on Blackboard. 5%**
For two weeks following the onsite Retreat at Ashland Campus there are discussion board and prerecorded lectures.
 - #1 for Readings and online lectures
(There are TWO original entries on this One discussion forum
First is for READINGS and Second is for POWER POINTS)For discussion forum the student has two kinds of post:

- #1 the student's original work
- #2 peer response posts to at least *two* other students.
- **Original post always due on Wednesday and peer responses by Friday.**

3. Research Paper 35%

Please select three spiritual disciplines from the categories below. You need a combination of classic and contemporary disciplines. Write a 12 page (maximum 15 pages), double-spaced, with regular 1-inch margins. This is an academic research paper. *Approval of your three spiritual disciplines must be secured through email with the instructor September 28, 2020.*

The paper is divided into three sections, one section for each discipline. For each discipline include:

- ¾ research for each prayer discipline: includes biblical, theological and historical experience of early Christians.
- ¼ Theological practical reflection on each discipline. What effect could each discipline make for God's Kingdom coming upon earth?) ***This is a theological reflection as well as practical application.***
- Relevant material from the textbooks and other outside reading material supporting research of the spiritual disciplines. **You must have at least 10 different sources. Only one may be from the Internet.** *The student may use two textbooks, and 7 research books.*
- **Citation** must be used for each direct quote. In body citations follow the format (author's last name publication date, page number). Quotes over 45 words in length must be indented and single spaced. Only directed quoted material can be listed in the bibliography.

This research paper is **due Monday November 23, 2020 at 8:00 am. No incompletes or extensions will be given.** Grammar and spelling will influence the grading. **Please send the paper as a Word.doc through the blackboard.** Paper will be submitted online for grading. *For every day late, the student's grade will be reduced by one letter grade.*

Classic Disciplines:

Fasting	Labyrinth	Silence & Solitude
Sabbath	Icon gazing	Simplicity/Frugality
Lectio Divina	Daily Examen	Lord's Prayer used as Examen
Confession	Obedience/Submission	Mantra
Daily Hours of Prayer (The Prayer Offices)		Centering Prayer
Breath Prayer	Midrash Storytelling	Spiritual Direction

Contemporary Disciplines:

Rosary/ praying with beads	Generosity	Meditation
Confession	Praying the Ordinary	Simplicity/ Frugality
Fellowship/hospitality	Service/Work of Mercy	Gratitude & Blessing
Praying in Color	Daily Hours of Prayer	Unplugging/electronic fast
<i>Audio Divina</i>	<i>Visio Divina</i>	<i>Lectio on Life</i>
▪ The research aspect of all three of these is Lectio Divina	This could be with movie clips, icons, pictures, photography,	This is gaining a contemplative view of life, non-dualistic

- This is with music nature

*If you choose to practice and research a discipline not listed, it must be approved by the instructor. Please use inclusive language in written work. Follow all guidelines as presented in the *Ashland Theological Seminary Writing Handbook*.*

4. Rule of Life 25% (10 pages)

Students will create a Rule of Life for his/her own personal spiritual formation practice. **Please note there are THREE progressive due dates for this project.**

- Draft** for approval of disciplines via email by **Monday September 7th by 8:00 am.**
- Mid-Semester check-in, email draft by 8:00 am. Monday October 12th.** This is emailed directly to the instructor **AND zoom meeting Monday October 12th 6:00 pm** to discuss process thus far.
- Final project due, Monday November 30, 2020 at 8:00 am.**

Please select three spiritual disciplines from the categories above and practice each discipline for the next 15 weeks, for the duration of this class. *These are DIFFERENT spiritual disciplines than the ones for the student's research paper.*

- The first draft outline of this Rule of Life is due **Tuesday September 7, 2020. Please send as a Word.doc to bbuckwel@ashland.edu** This first draft will include:
 1. What three disciplines you are committing to practice.
 2. How often you plan to practice each discipline, where, how and if necessary, with whom will you do this. Please be specific. (example: Monday, Wednesday, Friday Lectio Divina for 30 minutes at 6:00 am, Tuesday, Thursday Silence for 30 minutes at 6:00 am, Saturday Photo pilgrimage from 9- 11.)
 3. What process you will use for each discipline.
 4. Why you are drawn to this discipline.
 5. What your hypothesis is about how each discipline will impact your life and ministry.
- A mid semester check in on this Rule of Life assessment is due **October 12, 2020 at 8:00 am ET** via email sent to bbuckwel@Ashland.edu AND this will be discussed on zoom, October 12th at 6:00 pm. This is to include your progress made thus far in expanded awareness of God through your practice. A few ideas to consider including:
 - Your actual frequency of practice for each discipline
 - Notations on the differences each discipline makes in you, in relationship to others and in relationship to God.
 - What trends are you noticing?
 - What if any, roadblocks have you encountered?
 - How have you adjusted your practice to overcome these roadblocks?
 - How you are holding yourself accountable to these disciplines.
- The Final narrative version of your Rule of Life is due **November 30, 2020 at 8:00 am**, email your final version of your Rule of Life to the instructor as a Word.doc at bbuckwel@ashland.edu

A sample of a completed Rule of Life is on the blackboard.

There are three distinct parts to your Rule of Life:

1. **Short** Biblical foundation for each specific discipline. You will do this for each discipline you are practicing for your Rule. (a paragraph at the most). This biblical foundation sets the groundwork for your practice. If you use any quotes for this section, please cite source. A Rule of Life is about your experience of practicing these disciplines for the duration of this class. This is NOT a research paper, although to set the biblical foundation you may need research and citation of sources. The student will need theological resources for point #3 below. For these few resources you will need a bibliography.
2. Give an **annotated** reflection on your experience for each discipline you are practicing for your Rule. ($\frac{3}{4}$ for each discipline, maybe more)
 - a. Why were you drawn to this specific discipline?
 - b. **How were you experiencing this discipline prior to this course?**
 - c. In your experience, since beginning regularly to practice this spiritual discipline: **What has shifted in you thus far with each practice?**
 - How have you noticed the presence and whispers of God's word, or if you haven't noticed God's presence what was that like for you?
How did this shift from before doing this spiritual discipline?
 - Were you able to remain faithful to the practice of each discipline?
Why or why not? How has this changed since beginning this Rule?
 - How did your experience and your hypothesis match?
 - d. How has the practice effected and affected your private personal life? How has this changed from the beginning of class to the end of this project?
 - e. What influence has this discipline had on your ministry life? How has this changed from the beginning of class to the end of this project?
3. **Theologically what have you experienced with each discipline?**
4. What are your hopes for going forward with this discipline, projected out over the next 6 – 12 months? (a concluding paragraph)

No incompletes or extensions will be given. Grammar and spelling will influence the grading. For every day late, the student's grade will be reduced by one letter grade.

5. 6 Two-page written reflections on the Washington prayers. (1 5 %)

This is one reflection paper from each part of the book, that totals 6 reflection papers. **Please write out the prayer you are reflecting on at the top of your page.** Following the verbatim prayer, then begin your reflection which includes contextualization, biblical, and theological perspectives and African/ Black Spirituality themes. Please read this book as a prayer honoring those that have lived and loved God before us in history, with a heart looking forward toward the potential influence of these prayers in our current historical period. **Please email your papers to instructor at bbuckwel@ashland.edu.** *Come to the zoom class prepared to discuss your paper.*

For example: One prayer reflection from part 1, 1 prayer reflection from part 2, 1 prayer reflection from part 3 etc. for each section. These will be discussed in class. Papers are not be read but the student will present the concepts.

Due Dates: Weekend 2 September 25-26th : parts 1 &2. Weekend 3 October 23-24th parts 3 & 4. Final Saturday November 14th: parts 5 & 6.

6. At-home leadership presentation (15%)

The student will lead a spiritual discipline / prayer practice for at least one hour in the student's ministry context. Please prepare a 3-page annotated teaching lesson plan due October 5th. Send as a word.doc to bbuckwel@ashland.edu . Instructor will review and make suggestions.

1. This is 3-page lesson plan includes:
 - a. What you are teaching. Name the prayer practice.
 - b. To whom you will teach.
 - c. Where you are holding the small group experience.
 - d. Why you will teach this to this specific group.
 - e. How you will teach. [This is both information (explanation of the prayer practice) and formation (at least 30 minutes to lead the experience)].
 - f. This is a point by point lesson plan of what you will say on each part of the lesson plan. For an example of how to lead the small group see EXAMPLE below.
2. Once the lesson plan is approved, then students may schedule and implement small group leadership at home to lead a group through the experience.
3. Following completion of your leadership for this small group:
 - a. Write an additional two- page reflection of your experience of leadership. This is ADDED to the 3-page lesson plan as you presented it with any modifications from previous submission.
 - b. The leadership reflection after presenting includes but not limited to:
 - i. What worked well.
 - ii. What didn't work.
 - iii. What do you name as success of this experience?
 - iv. What would you improve upon next time?
 - v. **The total paper length is 5 pages. DUE Monday November 9th.**

EXAMPLE of a small group lesson plan:

- Have a group of participants numbering 6-12.
- The duration of the assignment is 1 hour
- Your prayer experience should include:
 - Simple Opening Ritual
 - Check -in Time
 - Group Focus – your teaching time (information) and (formation) your actual experience
 - Sharing Reflections and Response
 - Process Review
 - Closing Ritual

(This order is modified for small group experiences from: Prechtel, Daniel L. 2012. *Where Two or Three Are Gathered: Spiritual Direction for Small Groups*. Harrisburg, PA: Morehouse Publishing. page. 37.)

D. Calculation of Grade and Connection of Learning Outcomes

<i>Assignments</i>	<i>Learning Outcomes</i>	<i>Percent of Final Grade</i>	<i>Assignment Due Date</i>
Washington (6) Two-page reflection papers	2 a,b	15%	September 25-26 th : parts 1 & 2. October 23-24 th parts 3 & 4. November 14 th : parts 5 & 6.
Teaching outline reflection for at home assignment	2 a,b,c,	15%	Teaching lesson plan due (3 pages) October 5 th After completion of teaching assignment final 5-page paper due November 9 th
Rule of Life Assessment	2 a,b,c,	25%	4. Written draft due September 7 th 5. Written Mid semester check-in October 12 th 8:00 am 6. Zoom wisdom sharing October 12 th 6:00 pm. 7. FINAL Narration Assessment DUE November 30 th at 8:00 am
Research and Reflection Paper	2 a,b,c	35%	Topic approval by September 28 th PAPER DUE Nov 23 rd by 8:00 am
Onsite retreat day at ASHLAND campus	2 b,c	5%	September 12 from 9:30 am -2:00 pm Meeting at the fountain
Discussion Forums	2 a,b,c	5%	Two weeks Sept 14-18 & Sept 28 – Oct 2

VI. Tentative Course Schedule

<i>Day#</i>	<i>Date(s)</i>	<i>Lecture/Topics</i>	<i>Readings/ Assignments</i>
Week 1	August 31 – September 4 TUESDAY September 1st REQUIRED ZOOM	Orientation, review syllabus. Set up for Rule of Life	Zoom conference video class. Check blackboard for links.
Week 2 WEEKEND ONE Via ZOOM	September 7-12 No class September 7 th Labor Day Friday Class Sept 11th	Prepare for weekend class. Check in for questions on the three spiritual disciplines for the Rule of Life Assessment “Laying the Foundation” Introduction to Spiritual disciplines and prayer. Biblical foundation, Simple prayer, prayer of the forsaken, prayer of tears. Prayer experience: <i>Daily Examen</i> Class Discussion Begin practicing your three spiritual disciplines for your Rule of Life	Readings Photocopies from Maas ch 11, practicum 11 Thompson, Introduction & ch. 1 Foster, <i>Prayer</i> , intro, Chaps 1-4. Washington Introduction, Calhoun pages through 17. Assignment Due Draft Rule of Life Sept 7 th
Week 2 ONSITE ASHLAND CAMPUS	Saturday September 12 th	Retreat ON ASHLAND CAMPUS all student Experience: labyrinth, prayer garden, photo pilgrimage, lectio divina	9:30 am – 2:00 pm

<p>Week3 BLACKBOARD</p>	<p>September 14-18 Discussion Forum</p>	<p>Power Point lecture: “Opening the Door: A Light Shining in Darkness” Theology and spiritual disciplines, Meditation and Spiritual Reading, Rule of Life, Poverty & Prayer Reading and practice spiritual disciplines for Rule of Life. Preparing Washington Paper sections 1&2</p>	<p>Readings: Thompson, ch. 2, 10 (chewing the bread of the Word, Developing a rule of Life) Calhoun, part 2 Foster, <i>Prayer</i>, chapters 5-7 (Relinquishment, Formation, and Covenant prayers) Assignments: Discussion forum # 1 for readings and lecture post and response. Discussion forum #2 Prayer of Reliquishment</p>
<p>Week 4 WEEKEND CLASS #2 Via Zoom</p>	<p>September 21 - 26 Friday Evening Class meeting via ZOOM 6:00 pm – 9:00 pm.</p>	<p>“Into the Desert: Stages of Awakening and Rule of Life for Ordinary Living” Obedience, Ignatian Spirituality, Daily Examen, Monastic influence: Silence as foundation to all disciplines.</p> <ul style="list-style-type: none"> ▪ Optional Video on Martin Luther found at https://www.youtube.com/watch?v=fp77mcJKslk ▪ When viewing this video, you may choose to outline the stages of awakening during the time of Martin Luther. <p>Class Discussion – all readings Prayer Experience: Silence: Mantra, breath prayers, centering prayer</p>	<p>Readings: Thompson, ch. 3, 4, Washington, Part 1 & 2 Calhoun part 3 Assignments Due: <u>Extra credit</u> brief 3-page reflection on the stages of awakening from Martin Luther video number of points 2. This may be completed any time before November 30th.</p>

<p>Week 4 WEEKEND CLASS TWO Via Zoom</p>	<p>September 21 – 25 Saturday morning class via zoom</p>	<p>“Becoming: Learning to Savor” Humility, Prayer of the Heart, Video Richard Rohr https://www.youtube.com/watch?v=ULPINGy2SQU The Class Discussion All reading material Prayer Experience: Daily Examen</p>	<p>Readings: Foster, chs 11, 12, 14 Thompson ch 7 Calhoun selections Assignments: 1. Washington Papers part 1 & 2 2. <u>Extra credit</u> reflection paper on Richard Rohr video. Points 1. All extra credit work due before November 30th.</p>
<p>Week 4 WEEKEND CLASS Via Zoom</p>	<p>September 21 – 25 Saturday Afternoon Class Sept 26 via zoom</p>	<p>“A Light Shinning in Darkness” Simplicity, Solitude, Submission, Sabbath, Fasting Discussion Spirituality in the African/Black Tradition Washington prayers Small group theological reflection on prayers from the Bible: Luke 1:46-55 I Samuel 1:9-18 Psalm 63 Prayer Experience: Lord’s Prayer Examen</p>	<p>Readings: Thompson ch 5 Calhoun Part 3 pages 99 – 138 highlighting silence and solitude, waiting and detachment. Washington part 1&2 Assignment Due: Washington papers section 1 &2, 8:00 am thought email.</p>
<p>Week 5 BLACKBOARD</p>	<p>September 28 – October 2 Discussion Forum</p>	<p>“Hospitality outside of the Box” Service, Hospitality, Worship, Confession, Corporate Disciplines. Distinction between servant and service Video on service https://www.youtube.com/watch?v=j6Hcz4A_3eM Discussion Groups All reading material Prayer Practice: <i>Visio Divina</i></p>	<p>Readings: Thompson, chs.4, 9 Calhoun, selections Assignments: Discussion forum post and response. View Lecture Approval of research paper three disciplines. Send email with 1.2.3. no further explanation required. Sept 28th at 8:00 am.</p>

Week 6	October 5 – October 9	Reading and practicing spiritual disciplines for Rule of Life. Make plans for teaching small group.	Assignment Due: Teaching lesson plan due (3 pages) October 5 th
Week 7 ZOOM CLASS October 12 th	October 12- October 16	Readings and Research. Practice disciplines for Rule of Life. Mid-semester check-in	Assignments Due: Mid-Semester Rule of Life check in WRITTEN Due October 12 th at 8:00 am Rule of Life wisdom sharing ZOOM class October 12 th at 6:00 pm
Week 8 WEEKEND 3 Via ZOOM	October 19 – October 24 Friday Class October 23	“Companions for the Journey” Guidance, Celebration, Rule of Life, Other Disciplines, Spirituality in the African American Prayer Tradition Class Discussion Prayer Experience: Trinitarian blessing and creative arts prayers.	Readings: Thompson, chs. 8 Calhoun Part 4 Foster, <i>Prayer</i> , chs. 16, 17,18
Week 8 WEEKEND 3 Via Zoom	October 19-24 Saturday Class October 24	“Suffering, Mourning and Dancing” Healing Prayer, Petitionary Prayer, Radical Prayer Transformation Prayer, “Formational Prayer and Contemplation” The contemplative pathway, the Third Eye, seeing beyond the circumference, Spiritual Formation and Prayer, Praying the Ordinary, Debrief at home teaching experience. Class Discussion Prayer Experience: Prayer Postures, Prayer Practice: Listening Lectio, Lectio on Nature	Weekend Readings: Foster, <i>Prayer</i> , chs. 19, 20, 21 Thompson, chapter 3 Washington 3 & 4 Assignments Due: 1. Washington papers sections 3 & 4 due At 8:00 am through email.

Week 8 WEEKEND CLASS 3 Via ZOOM	October 19-24 Saturday Class October 24	Discussion Groups "Integration Spiritual Disciplines and Prayer in Contextual Ministry" Moving Upward Intimacy in Prayer. Class Discussion	Readings: Thompson, chs.4, 9 Calhoun, selections
Week 9	October 26 – October 30	Washington Papers Practicing Rule of Life. Complete Teaching small group. Research paper: complete research	
Week 10	November 2-6	Reading and practicing spiritual disciplines for Rule of Life. Write small group teaching reflection. Begin writing Research paper.	
Week 11 WEEKEND CLASS SATURDAY ONLY Via Zoom	November 9 – 14 Saturday Nov. 14 class Morning	Contemporary spiritual disciplines for the 21 st century. Discussion final Research paper Visio Divina	Assignments Due: After completion of teaching assignment final 5-page paper due November 9 th Washington Papers 5&6 8:00 am Nov. 14 th .
Week 11 WEEKEND CLASS SATURDAY ONLY Via Zoom	November 9 – 14 Saturday Nov. 14 Afternoon	Final rap up discussion Review of all readings	
Week 12	November 16 - 20	Practice spiritual Disciplines for Rule of Life. Write research paper. Write Rule of Life narrative.	
Week 13	November 23-27 THANKSGIVING BREAK NO CLASSES Nov 24-27	Conclusion of writing research paper.	Assignment Due: Research paper DUE Monday November 23 at 8:00 am submit through Blackboard

Week 14	November 30 - December 4	Conclusion of writing Rule of Life narrative	Assignment Due: Rule of Life November 30 th at 8:00 am
Week 15 Zoom Class	December 7 – 11 Rewrite for research paper due. Zoom 6:00 pm Final Review/ Rule of Life		Assignment Due: Rewrites for research paper DUE Dec. 12 th . Submit through Blackboard.
Week 16 Finales week	December 14 - 17		Assignments , any outstanding paper DUE DEC. 14 th .

V. Recommendations for Lifelong Learning

1. Consider a silent prayer retreat.
2. Participate in a small group for prayer.
3. Continue to read resources on prayer and traditions of prayer.
4. Meet regularly with a Spiritual Director. To find a spiritual director go to Spiritual Directors International at www.sdiworld.org or www.livingstreamsflowingwater.com
5. Take one hour a day for prayer, one Sabbath Day a month for prayer and one Sabbath Week a year for retreat with a praying community.

VI. Seminary Guidelines

A. ATS Academic Integrity Policy

Ashland Theological Seminary expects each student to uphold the Seminary's core value of academic excellence by contributing to an environment that is both challenging and supportive. In such an environment a student will neither seek nor offer improper assistance. All students have an obligation to be forthright in their academic endeavors and to respect ethical standards. The work that one submits for academic evaluation must be one's own, unless an instructor expressly permits certain types of collaboration. Academic integrity requires that each student will use one's own capabilities to achieve one's fullest potential and will neither offer nor accept aid that is not in keeping with regularly accepted standards of academic integrity. Failure to conform to this conduct shall constitute academic dishonesty. The full Academic Integrity Policy statement may be found in the *Student Handbook*.

B. Ashland Multiliteracy Center for Writing, Speaking, And Digital Communication

The Ashland Multiliteracy Center Service can help you brainstorm, draft, and revise your writing assignments in your graduate Seminary classes. Masters and doctoral qualified Consultants can advise you online or in person.

To schedule an appointment, visit [Ashland Multiliteracy Center](#) and select “Online and Graduate” from the schedule menu.

C. Accessibility Resources and Accommodations

It is Ashland University’s goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on a disability, please contact the Student Accessibility Center at 419-289-5904, or send an email to dservices@ashland.edu. The Student Accessibility Center office and the course instructor will work together in order to establish accommodations and to meet your learning needs.

D. ATS Grading Scale

Grade	Quality	Percent	Description
A	4.0	97-100	Superior achievement of course objectives, diligence and originality, high degree of freedom from error, outstanding evidence of ability to utilize course knowledge, initiative expressed in preparing and completing assignments, positive contributions verbalized in class.
A-	3.7	92-96	
B+	3.3	89-91	
B	3.0	86-88	Good work submitted, commendable achievement of course objectives, some aspects of the course met with excellence, substantial evidence of ability to utilize course material, positive contributions verbalized in class, consistency and thoroughness of work completed.
B-	2.7	83-85	
C+	2.3	80-82	
C	2.0	77-79	Acceptable work completed, satisfactory achievement of course objectives, demonstrating at least some ability to utilize course knowledge, satisfactory class contribution.
C-	1.7	74-76	
D+	1.3	71-73	
D	1.0	68-70	Passing but minimal work, marginal achievement of course objectives, poor performance in comprehension of work submitted, inadequate class contributions.
D-	0.7	65-67	
F	0.0	Below 65	Unacceptable work resulting in failure to receive class credit, inadequacy of work submitted or of performance and attendance in class.

VII. Selected Bibliography or References

Artress, Lauren. 1995. *Walking A Sacred Path*. New York: The Berkley Publishing Group.

David G. Brenner. 2010. *Opening to God: Lectio Divina and Life as Prayer*. Downers Grove: Intervarsity Press.

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Blythe, Teresa A. and Daniel Wolpert. 2004. *Meeting God in Virtual Reality: Using Spiritual Practices with Media (Convergence Series)*. Nashville, TN: Abingdon Press.

- Boa, Ken. 2001. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids: Zondervan Publishing House.
- Bondi, Roberta C. 1998. *A Place to Pray: Reflections on the Lord's Prayer*. Nashville, TN: Abingdon Press.
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