

ST. MARY'S ECUMENICAL INSTITUTE
Fall 2018

Thursday

6:00 – 8:30 pm

SP605 Spiritual Disciplines & Traditions

Dr. Pat Fosarelli

Course Description

This course will examine various spiritual disciplines in Christianity, linking them to the tradition within Christianity that first promoted them. In terms of timing, the entire Christian era will be explored. Such disciplines as the divine office, *lectio divina*, fasting, spiritual friendship, spiritual guidance, service, silence, solitude, discernment, the examen, spiritual exercises, and other disciplines will be highlighted.

Course Requirements:

- **Reading:** Students should expect to read at most 800 pages of required reading and should come prepared to discuss readings in class.
- **Writing:** Required writing assignments (include type & length of papers; percentage toward final grade that each paper contributes): TBD
- **Other:** Other activities (including class participation) contributing to final grade (with percentages): TBD

Required Texts:

1. Calhoun, Adele: *Spiritual Disciplines* (IVP, 2015); 978-0830846054
2. Foster, Richard: *Celebration of Discipline* (Harper San Francisco, 1998); 978-0060628390
3. Foster, Richard: *Celebration of Disciplines Workbook* (HarperOne, 1992)
4. One additional text TBD