

ST. MARY'S ECUMENICAL INSTITUTE
Spring 2022

Tuesday 6:00 – 8:30 pm

Dr. Pat Fosarelli

SP605 Spiritual Disciplines & Traditions

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:** 8-page paper on disciplines encouraged by one's traditions and those not mentioned (30%); 2-page paper on practicing a new discipline as part of this class (15%); 12-page research paper (40%)
- **Other:** Class participation 15%

Required Texts:

1. Calhoun, Adele: *Spiritual Disciplines* (IVP, 2015); 978-0830846054
2. Foster, Richard: *Celebration of Discipline* (Harper SanFrancisco, 1998); 978-0060628390
3. Foster, Richard: *Celebration of Disciplines Workbook* (HarperOne, 1992); 978-0060698676
4. Hinson, Glenn: *Spirituality in Ecumenical Perspective*. 978-0664253851