

**College of Arts and Sciences
 Graduate Program in Pastoral Ministries
 Spirituality 224 Prayer and Prayer Methods
 Fall 2023**

Instructor: Sarah Bonini
Course Meeting: Tuesdays, 6 - 8 p.m. on Zoom
Saturdays 9/16, 10/14, 11/18, 9 a.m. - 3 p.m.
 Diocesan Pastoral Center,
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 San Diego, CA 92117
Email: sbonini@scu.edu,
Office Hours: By Appointment

Message to Interested Students:

This syllabus is in a draft form and most of what you will see will be in the final form of the syllabus. There may be some changes to the Camino readings, though the required texts and session dates and course requirements will probably remain the same.

Course Description: This is an on-site and online course which will consider various forms of prayer and spiritual practice with a focus on both personal and ministerial growth. We will explore the relationship between personality and spiritual growth, ways of discernment, approaches to prayer and other spiritual practices that support our growth. Students will also explore various ways to incorporate prayer practices into practical ministerial areas such as retreats, both online and in person, and developing other faith sharing opportunities that will be useful for students' areas of ministry.

Learning Outcomes: GPPM has four learning outcomes, one or more of which are linked with every course in the Program. For Prayer and Prayer Methods, we pay special Attention to these two learning outcomes.

This course will develop students' knowledge of or skills with...	Learning Outcome#
Pastoral Proficiency Familiarity with ministerial practices in various manifestations of church life, expressed in concrete pastoral applications which include discernment,	2

compassion, and ministries of accompaniment.	
Diversity Fluency Awareness of and critical engagement with how one’s own culture influences ministry, and then to engage in ministries that build the community of Christ and are sensitive to and respectful of all cultures and traditions, and individuals who vary by race, ethnicity, gender, sexual orientation, and dynamics of wealth, poverty, and power.	4

Required Texts and Course Materials

- 1) Bieber, Nancy L., *Decision Making and Spiritual Discernment*
- 2) Kirsch, Sandra Krebs and Jane A.G. Kise, *Looking at Type and Spirituality*
- 3) Thibodeaux, SJ, *Reimagining The Ignatian Examen*. Loyola Press, (2015). OR download the app on your phone.



Reimagining the Examen

- 4) Thompson, Marjorie J. *Soul Feast: An Invitation to the Christian Spiritual Life* (newly revised edition, 2014)
- 5) Journal of your choice for class and home prayer work.

Course Requirements/Assignments: We accomplish the learning objectives above through various activities in the course. The most important is **student participation**. That requires presence; our meetings will take place on three Saturdays (9 a.m.-3 p.m., Diocesan Pastoral Center, 3888 Paducah Drive San Diego, CA 92117), and six Thursday evening Zoom sessions (6p.m. - 8pm). Please note the dates and times in the schedule below. Each class session is important and students are expected to attend each class. Please prioritize the Saturday session, if you anticipate needing to miss any

or part of one of the Saturday sessions, I encourage you to find another course. The same applies for if you need to miss more than one Tuesday class.

Schedule of the classes:

Saturday 9/14

Thursday 9/21

Thursday 9/28

Thursday 10/12

Saturday 10/14

Thursday 10/19

Thursday 11/16

Saturday 11/18

Thursday 11/30

Flow of Class and Prayer work: Since one of the goals of this course is to learn practical ways to incorporate prayer practices into ministerial experiences, classes will be run retreat style. Prayer practices will be experienced as well as learned through readings, journaling and small group and partner discussions which will be a part of every class meeting. These will be presented by the instructor (me) and students (you!). In addition to readings during the week, new prayer practices experienced and learned in class as well as journaling will be a part of your daily prayer time during the week away from class. You should expect about 20 minutes of prayer work each day to be a part of the class. Although you won't be graded on this, fully entering into this practice will enhance not only your own spirituality, but it will allow you to become more comfortable with these prayer practices so you can share them with others.

Apportionment of credit:

Assignment		Assessment Value
1	Attendance and class participation	25%
2	3 mini projects or reflection papers Due dates: Oct. 5, Oct. 26, Nov. 9.	30%

3	Prayer Presentation	10%
4	Final Project	35%

1. Class Attendance and participation: (25%)

We will be meeting on Zoom on six Thursdays and in person three times in San Diego. Being present in class, being on time to class, and participating in class is vital to your learning and to the learning of others. For that reason, please make arrangements to attend and be on time for all classes as scheduled for the quarter. Extenuating circumstances may result in the need for a class absence or tardiness. If there is an emergency that precludes you from attending class, please notify me by email or phone BEFORE class. If there is an emergency and it is not possible to contact me prior to class, you are responsible for contacting me within 24 hours by email or phone to let me know why you were absent from class. Please be sure to review all course materials in the Module on Camino for the missed class date.

Excessive tardiness may also result in a grade penalty and it may affect class participation as well.

Three Mini Projects or Reflection Papers (30%): Due Dates: Oct. 5, Oct. 26, Nov. 9. These will be submitted on Camino in the Discussion Post section. Upload your paper, powerpoint, video etc. **You must respond to at least TWO posted projects of other students by the time the next project is due.**

1. Mini Project - create a guided reflection using one of the prayer practices discussed in class - this can be written, presented as a powerpoint or other creative medium. This can also be incorporated more fully into your class presentation or final project. **At least ONE of your submissions must be a mini project.**
2. Reflection Paper - 3-4 pages; double spaced, 12 point font. The purpose of these reflections is to articulate and integrate insights and practices from your reading and class discussion. Questions for your consideration will be posed in class sessions. Feel free to incorporate poetry, art, etc., as well as prose in your reflection paper. **At least ONE of your submissions must be a reflection paper.**

Prayer Presentation: Due Date (10%): Saturday, Nov. 18

Our final Saturday class will be a student led retreat. Students will be choosing and presenting some kind of prayer practice to present to the class. You will sign up for your date at the first class session. Your prayer can be one we talked about in class or a different kind of prayer practice. The prayer experience should be about 10-12 minutes followed by 2-3 reflection questions for the class to discuss

either in pairs, small groups, or as a large group. You will be leading the discussion. The entire presentation should be about 20 minutes.

Final Paper: (35%) Due Date Dec. 7 This assignment may be one of the following:

1. Written paper to accompany your class presentation (6-8 pages)
2. Final Integrative paper (6-8 pages)
3. Creative project with brief accompanying paper (3-4 pages)

All assignments are expected to be submitted by their due dates through Camino. Unless we have made arrangements beforehand, assignments should not be submitted at other times, or in other formats.

Instructor Feedback reaches students through written comments on papers and course projects. I'm also happy to meet students on Zoom for "office hours." Please email me and we will find a convenient time for us both to meet.

Responsible Use of Technology. Cell phones should be turned off during the on-site classes, and laptops may only be used for authorized collaborations or for viewing course readings. The Student Handbook prohibits video or audio-recording or streaming of private, non-public conversations and/or meetings inclusive of the classroom setting, without the knowledge and consent of all recorded parties. If you require the recording of classroom lectures, discussions, simulations, and other course-related activities for a documented disability, please make arrangements through Disabilities Resources and discuss this with the instructor (me). If for some reason other than disability you would like to record the class, please seek the permission of the instructor (me) first, and then of the class.

Academic integrity: Santa Clara University insists on honesty and integrity from all members of its community; see www.scu.edu/academic-integrity for details. Students are expected to do their own work and to cite any sources they use. A student who is guilty of dishonest acts in an examination, paper, or other required work for a course, or who assists others in such acts, will receive a grade of F/NP for the course. In addition, a student guilty of dishonest acts will be immediately dismissed from the University. Students that violate copyright laws, including those covering the copying of software programs, or who knowingly alter official academic records from this or any other institution, are subject to disciplinary action (SECP Graduate Bulletin, 2017-2018 <https://www.scu.edu/media/ecp-media/-/ecp-media-2018/pdfs/Final---SECP-17-18.pdf>).

Department of Education and University Resources

Academic Action Plan Students who are struggling to meet course expectations will be placed on an Academic Action Plan (AAP). The purpose of the AAP is to document the areas of difficulty, the support to be provided, and the time frame in which the student must improve performance. More information about the AAP is available in the MATTC Handbook.

Incomplete Grades Under certain extenuating circumstances, a student may request an Incomplete. If you have any concerns about your ability to fulfill the course requirements by the due dates, contact me right away to explain your situation.

Writing Support The HUB Writing Center (Benson Center 22 and Library Annex) offers a variety of services, such as peer tutoring. For more details, please visit: <http://www.scu.edu/provost/writingcenter/>.

Disability Accommodations If you have a disability for which accommodations may be required in this class, please contact Disabilities Resources <http://www.scu.edu/disabilities>, Benson 216, as soon as possible to discuss your needs and register for accommodations with the University. If you have already arranged accommodations through Disabilities Resources, please discuss them with us outside of class. Students who have medical needs related to pregnancy may also be eligible for accommodations.

While We are happy to assist you, we are unable to provide accommodations until I have received verification from Disabilities Resources. The Disabilities Resources office will work with students and faculty to arrange proctored exams for students whose accommodations include double time for exams and/or assisted technology. (Students with approved accommodations of time-and-a-half should talk with me as soon as possible). Disabilities Resources must be contacted in advance to schedule proctored examinations or to arrange other accommodations. The Disabilities Resources office would be grateful for advance notice of at least two weeks. For more information, you may contact Disabilities Resources at 408-554-4109.

Accommodations for Pregnancy and Parenting In alignment with Title IX of the Education Amendments of 1972, and with the California Education Code, Section 66281.7, Santa Clara University provides reasonable accommodations to students who are pregnant, have recently experienced childbirth, and/or have medically related needs. Pregnant and parenting students can often arrange accommodations by working directly with their instructors, supervisors, or departments. Alternatively, a pregnant or parenting student experiencing related medical conditions may request accommodations through Disability Resources.

Title IX Santa Clara University upholds a zero-tolerance policy for discrimination, harassment and sexual misconduct. If you (or someone you know) have experienced discrimination or harassment, including sexual assault, domestic/dating violence, or stalking, we encourage you to tell someone promptly. For more information, please consult the University's Gender-Based Discrimination and Sexual Misconduct Policy at <http://bit.ly/2ce1hBb> or contact the University's EEO and Title IX Coordinator, Belinda Guthrie, at 408-554-3043 or by email at bguthrie@scu.edu. Reports may be submitted online through <https://www.scu.edu/osl/report/> or anonymously through Ethicspoint <https://www.scu.edu/hr/quick-links/ethicspoint/>.

Reporting Practices While we want you to feel comfortable coming to us with issues you may be struggling with or concerns you may be having, please be aware that there are some reporting requirements that are part of our job at Santa Clara University. For example, if you inform us of an issue of harassment, sexual violence, or discrimination, we will keep the information as private as possible, but we are required to bring it to the attention of the institution's EEO and Title IX Coordinator. If you inform us that you are struggling with an issue that may be resulting in, or caused by, traumatic or unusual stress, we will likely inform the campus Student Care Team (SCU CARE).

If you would like to reach out directly to the Student Care Team for assistance, you can contact them at www.scu.edu/osl/report. If you would like to talk to the Office of EEO and Title IX directly, they can be reached at 408-554-3043 or by email at bguthrie@scu.edu. Reports may be submitted online through www.scu.edu/osl/report or anonymously through Ethicspoint: <https://www.scu.edu/hr/quick-links/ethicspoint/>. Additionally, you can report incidents or complaints to the Office of Student Life (OSL), Campus Safety Services, and local law enforcement. For confidential support, contact the Counseling and Psychological Services office (CAPS), the YWCA, or a member of the clergy (for example, a priest or minister).

Finally, please be aware that if, for some reason, our interaction involves disruptive behavior, a concern about your safety or the safety of others, or potential violation of University policy, I will inform the Office of Student Life. The purpose of this is to keep OSL apprised of incidents of concern, and to ensure that students can receive or stay connected to the academic support and student wellness services they need.


Spir 224 Class Schedule and Course Outline

Subject to change. Changes will be communicated via in-class announcement, Camino, and/or email.

Course Session	Date	Topic(s)	Assignments Due
1	In Person and online - San Diego Sept. 16 9 a.m. - 3 p.m.	<p>Morning</p> <ul style="list-style-type: none"> ● Introductions ● Course Syllabus Review ● Class orientation and Context: Ministry, Prayer, Spiritual Practice ● Creating a Prayer Space ● Developing Prayer Experiences in Your Ministry ● Lectio Divina <p>Afternoon</p> <ul style="list-style-type: none"> ● Spiritual Practices ● Approaches to Prayer ● Putting it into practice ● Visio Divina ● Praying with poetry, art and music 	<p>Please prepare the following readings for Sept. 16</p> <p>Texts: Thompson, <i>Soul Feast Forward</i>, Introduction and Chapters 1- 3</p> <p>Camino: Rupp, Joyce. “Rediscovering God in the Midst of our Work” (<i>Handbook of Spirituality for Ministers, vol. 1</i>, ed. Robert J. Wicks)</p> <p>Houdek, Frank SJ, “The Mystery of Prayer” in “Prayer and Spiritual Discernment” (<i>Guided by the Spirit</i>)</p> <p>O’Brien, Kevin SJ, “Preparing for the Adventure”, (<i>The Ignatian Adventure</i>)</p> <p>Bonini, Sarah, “Make Room for Wonder: Creating Sacred Spaces in the Classroom and at Home.” (non-published)</p> <p>Supplemental:</p>

			<p>Painter, Christine Valters & Lucy Wynkoop, "What is Lectio Divina?" (<i>Lectio Divina</i>)</p> <p>Blythe, Teresa A., "Lectio Divinas," <i>50 Ways to Pray: Practices from Many Traditions and Times</i>)</p>
2	<p>Zoom Thursday Sept 21 6 - 8 p.m.</p>	<ul style="list-style-type: none"> ● Personality Typology (MBTI) ● Praying the Ignatian sensory prayer ● Praying the Examen 	<p>Please prepare the following for class on Sept. 21.</p> <p>Prayer Work: Create a prayer space and take a picture to share with the class on 9/21. Be prepared to share why you set up the space the way you did. Use this space for your prayer time this quarter.</p> <p>Choose one of the prayer practices learned on Saturday and spend 15 minutes with it at least 5 days this week. Journal afterwards for 5 minutes. Prompt: What did God reveal to you during your prayer time?</p> <p>Read:</p> <p>Texts:</p>

			<p>Hirsch & Kise, <i>Looking at Type and Spirituality</i></p> <p>Camino: Faucett, Robert and Carol Ann, "Typology - Some Background (<i>Personality and Spiritual Freedom</i>)</p> <p>"Typology and Prayer"</p> <p>Appendix (excerpts)</p> <p>Pearman, Roger & Albritton, Sarah, "Habits of Mind: Jung and Psychological Type" (<i>I'm not Crazy, I'm Just Not You</i>)</p> <p>"Beyond Patterns and Types: Being True to Ourselves"</p> <p>O'Brien, Kevin SJ, "St. Ignatius's Prayer of Awareness: The Examen (<i>The Ignatian Adventure</i>)"</p>
3	Zoom Thursday Sept. 28 6-8 p.m.	<ul style="list-style-type: none"> ● Ignatian Spirituality <ul style="list-style-type: none"> ○ Spiritual Exercises ○ The Presupposition ○ First Principle and Foundation ○ Imaginative Prayer ● Media for prayer 	<p>Please prepare the following for class on Sept. 28.</p> <p>Prayer Work: Pray the Examen at the end of your day at your prayer space. Choose an Examen from Mark Thibodeaux, SJ's book <i>Reimagining</i></p>

		<ul style="list-style-type: none"> ○ audio ○ video 	<p><i>the Ignatian Examen</i> OR use the App</p>  <p>Reimagining the Examen</p> <p>Pray the Examen for 15 minutes at least 5 days this week. Journal afterwards for 5 minutes. Prompt: How did God surprise you during your prayer time? 5 days a week until our next class on Oct. 12.</p> <p>Read:</p> <p>Camino:</p> <p>Martin, James SJ, “ A way of Proceeding: What is Ignatian Spirituality?” (<i>The Jesuit Guide to (Almost) Everything</i>) read up to pg 21</p> <p>Martin, James SJ, “God Meets You Where You are: Ignatian Traditions of Prayer (<i>The Jesuit Guide to (Almost) Everything</i>) read up to pg 162</p> <p>O’Brien, Kevin SJ, “The Ignatian Adventure” (<i>The Ignatian Adventure</i>)</p>
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			<p>O'Brien, Kevin SJ, "The Presupposition of the Spiritual Exercises" (<i>The Ignatian Adventure</i>)</p> <p>O'Brien, Kevin SJ, "The Principle and Foundation" (<i>The Ignatian Adventure</i>)</p> <p>Please prepare the following for class on Oct 12.</p> <p>Prayer Work: Pray with one of these audio meditations at least 5 days this week. Journal afterwards for 5 minutes. Prompt: How was Jesus present with you during your prayer time?</p> <p>Inner Peace in Friendship with Jesus</p> <p>Sensible</p>
	Oct. 6	First Mini Project or Reflection Paper due. Upload to Camino Discussion and respond to TWO of your classmates' submissions by Thursday, Oct. 26.	<p>Prompt:</p> <p><u>Mini-project</u>: Create a prayer experience from one of the prayer methods you've learned so far. This may be in the form of a</p>

			<p>powerpoint, video, audio, or other creative medium.</p> <p><u>Reflection Paper:</u> From your home prayer practices, reflect on how this has enriched your spirituality. Consider if praying in this new way was difficult or came easily, if you noticed movements in your spirit, and how this might be shared with others in your ministry.</p>
4	<p>Zoom Thursday Oct. 12 6-8 p.m.</p>	<ul style="list-style-type: none"> ● Spiritual Practices: <ul style="list-style-type: none"> ○ Contemplative/Engaged Spirituality ○ Devotional Prayers ○ Prayer in Unsolicited Places 	<p>Texts: <i>Soul Feast</i>,</p> <ul style="list-style-type: none"> ● ch. 9. “Entertaining Angels Unawares: The Spirit of Hospitality” <p>Camino: Nangle, Joseph, “Prayer and Contemplation” (Engaged Spirituality)</p> <p>Ruffing, Janet, “Socially Engaged Contemplation: Living Contemplatively in Chaotic Times” (Wicks. <i>Handbook of Spirituality for Ministers, vol. 2</i>)</p> <p>Supplemental: <i>Soul Feast, ch. 7</i>, “Of Conscience and Consciousness</p> <p>Please prepare the following for class on Oct 19.</p>

			<p>Prayer Work: Continue to pray with one of the previous prayer work experiences at least 5 days during the week. Journal afterwards for 5 minutes. Prompt: How have you felt the Holy Spirit move within you? What do you notice?</p>
5	<p>In Person and online - San Diego Saturday Oct. 14 9 a.m. - 3 p.m.</p>	<p>Morning</p> <ul style="list-style-type: none"> ● Spiritual Practices: <ul style="list-style-type: none"> ○ Sabbath ○ Silence ○ Solitude ○ Leisure <p>Afternoon</p> <ul style="list-style-type: none"> ● Embodied Prayer <ul style="list-style-type: none"> ○ Ignatian Yoga ○ Bibliodrama ● Communal Worship <ul style="list-style-type: none"> ○ Taize ○ Advent ○ The Way of the Cross ○ Celebrations 	<p>Read:</p> <p>Text: <i>Soul Feast</i></p> <ul style="list-style-type: none"> ● ch. 4, "Gathered in the Spirit: Our Common Worship" ● ch. 5, "Reclaiming Sabbath Time: The Sacred Art of Ceasing." <p>Camino: Atkins, Peter, "Looking After Yourself through Leisure Activities," <i>Soul Care Facing Life with God</i></p> <p>Guenther, Margaret, "The Cultivation of Solitude" (<i>At Home in the World</i>)</p> <p>Merton, Thomas, "Silence and Solitude" (from "Creative Silence," <i>Love and Living</i>)</p> <p>Muller, Wayne, "Inner Music" and "Let it Be" (<i>Sabbath</i>)</p>

6	Zoom - Thursday Oct. 19 6-8 p.m.	<ul style="list-style-type: none"> ● Building the Trellis: Rule of Life ● Images of God ● Colloquy 	<p>Read:</p> <p>Texts: <i>Soul Feast</i>,</p> <ul style="list-style-type: none"> ● ch. 8, Companions on the Journey: The Gift of Spiritual Direction” ● ch. 10, “Putting It All Together: Developing a Rule of Life” <p>Camino: Au, Wilkie and Noreen Canan Au, “Images of God and Discernment” (<i>The Discerning Heart: Exploring the Christian Path</i>)</p> <p>Farrington, Debra, “Balancing Life by the Rule”</p> <p>Guenther, Margaret, “Building the Trellis” (<i>At Home in the World</i>)</p> <p>Prayer Work for the remainder of the quarter: Continue to pray with one of the prayer work experiences at least 5 days during the week. You may either stay with one prayer method, or choose a different one each week. Journal afterwards for 5 minutes. Prompt: How have</p>

			you felt the Holy Spirit move within you? What do you notice?
	Oct. 26	Second Mini Project or Reflection Paper due. Upload to Camino Discussion and respond to TWO of your classmates' submissions by Thursday, Nov 9.	Prompt: <u>Mini-project</u> : Create a prayer experience from one of the prayer methods you've learned so far. This may be in the form of a powerpoint, video, audio, or other creative medium. <u>Reflection Paper</u> : From your home prayer practices, reflect on how this has enriched your spirituality. Consider if praying in this new way was difficult or came easily, if you noticed movements in your spirit, and how this might be shared with others in your ministry.
	Nov. 9	Third Mini Project or Reflection Paper due. Upload to Camino Discussion and respond to TWO of your classmates' submissions by Thursday, Nov. 30.	Prompt: <u>Mini-project</u> : Create a prayer experience from one of the prayer methods you've learned so far. This may be in the form of a powerpoint, video, audio, or other creative medium. <u>Reflection Paper</u> : From your home prayer practices, reflect on how this has enriched your spirituality. Consider if praying in this new way was difficult or came easily, if you noticed movements in your spirit, and how this might be shared with others in your ministry.

7	Zoom - Thursday Nov. 16 6 - 8 p.m.	<ul style="list-style-type: none"> ● Discernment: <ul style="list-style-type: none"> ○ Willingness ○ Attentiveness 	<p>Read:</p> <p>Text: Bieber, <i>Decision Making and Spiritual Discernment</i>,</p> <ul style="list-style-type: none"> ● Introduction ● Part 1 - "Willingness" ● Part 2 - "Attentiveness"
8	In Person and online - San Diego Saturday Nov. 18 9 a.m. - 3 p.m.	Student Presentations and Reflections	
9	Zoom Thursday Nov. 30 6-8 p.m.	<ul style="list-style-type: none"> ● Discernment: <ul style="list-style-type: none"> ○ Responsiveness ○ Ignatian Discernment ○ Action and Contemplation 	<p>Read:</p> <p>Text: Bieber, Part III: Responsiveness Richard Rohr</p> <p>Supplemental: Baythe, Teresa A., "Discernment Processes (Ignatian Spiritual Discernment)" (<i>50 Ways to Pray: Practices from Many Traditions and Times</i>)</p>

