DS9201W  Art of Contemplative Practice

This unit explores the foundational principles of contemplation and its relevance to our life, work and ministry contexts. The formation program will draw on the various contemplative elements of inner silence, solitude, Sabbath, prayer, listening, discernment and the human experience of God. Participants will be invited to reflect on these aspects of contemplation and their impact on their developing awareness of God in their everyday life experience.

Upon successful completion of this unit, it is expected that students will be able to:
1. Demonstrate an informed and critical appreciation of contemplation
2. Articulate an understanding of various experiences of contemplation.
3. Assess models of prayer, listening and action that relate to everyday life experience.
4. Compare and contrast various approaches to contemplative practices as they relate to vocational engagement.
5. Systematically evaluate the lectio divina approach to contemplative practice.
6. Creatively apply the principles of contemplative practice to discernment processes in life decisions

Pre-requisites: Nil

Class Time: Intensive: 3 x 2 day blocks, including a live-in retreat and a field trip

Assessment:
- One essay or ministry project (2,500 words) (50%)
- One field-trip report (1,500 words) (30%)
- One journal (2,000 words) (20%)

Faculty: Peter Bentley

Offered: 2016: Intensive January-February (through WellSpring)

Select Bibliography:
* = set texts recommended for purchase