

DS9201W Art of Contemplative Practice

Offered: 2018: Intensive – January / February / March (through WellSpring)

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

Each candidate is required to complete a WellSpring registration form prior to enrolling in this unit. The form is available at:

<https://www.wellspringcentre.org.au/accredited-courses/art-of-contemplative-practice/>.

Class Time: Intensive: 3 x 2 day blocks, including a residential retreat and a field trip
(Contact WellSpring for additional costs applicable to residential component)

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

Recommended Reading:

* = set texts recommended for purchase

Ahlgren, G. *Entering Teresa of Avila's Interior Castle*, New York: Paulist Press, 2005.

De Mello, A. *Awareness*, London: Harper Collins, 1990.

Delio, I. *The Humility of God: a Franciscan Perspective*, Cincinnati: St Anthony's Messenger Press, 2005.

Edwards, D. *How God Acts: Creation, Redemption and Special Divine Action*, Minneapolis: Fortress, 2010.

Heschel, A J. *The Sabbath*, New York: Farrar, Straus and Giroux, 2005.

Holt, Simon Carey. *God Next Door: Spirituality & Mission in the Neighbourhood*. Melbourne: Acorn Press, 2007.

*Laird M S. *Into the Silent Land: A Guide to the Christian Practice of Contemplation*. New York: Oxford Press, 2006.

Palmer, Parker J. *Let Your Life Speak: Listening for the Voice of Vocation*, San Francisco: Jossey-Bass, 1999.

_____. *A Hidden Wholeness: The Journey Toward An Undivided Life*. San Francisco: Jossey-Bass, 2004.

Pitchford, S. *The Sacred Gaze: Contemplation and the Healing of the Self*. Collegeville, Minnesota: Liturgical Press, 2014.

Rohr, R. *The Naked Now: Learning to See as the Mystics See*. Mulgrave: John Garratt, 2009.

Tacey, D. *The Spirituality Revolution: The Emergence of Contemporary Spirituality*. Sydney: Harper Collins, 2003

Yaconelli, M. *Contemplative Youth Ministry: Practicing the Presence of Jesus*, Grand Rapids: Zondervan, 2006.

_____. *Growing Souls: Experiments in Contemplative Youth Ministry*. Grand Rapids: Zondervan, 2007.