

## DS9207W Leading Contemplative Groups: Exploring the Work of Parker J. Palmer

**Offered:** 2018: Intensive – July / August (through WellSpring Centre, Ashburton)

This unit will explore both the principles and practice of inner spiritual growth through the model of Parker Palmer's *Hidden Wholeness* and contemplative group reflection through story, poem, art and reflection. Participants will learn through lectures, discussion, contemplative group work and a retreat experience.

Upon successful completion of this unit, it is expected that students will be able to:

1. Examine and evaluate their personal approach to exploring the inner spiritual landscape
2. Demonstrate both an understanding and integration of Parker Palmer's approach to the spiritual life
3. Establish and design a contemplative circle
4. Lead a contemplative group
5. Integrate personal spiritual experience with ancient and contemporary contemplative knowledge through the group process

**Pre-requisites:** Nil

**Class Time:** 5 days plus one residential weekend retreat  
(Contact WellSpring for additional costs applicable to residential component)

**Assessment:** One essay (3,000 words) (50%)  
One tutorial paper (1,500 words) (25%)  
One report on a Contemplative Circle (1,500 words) (25%)

**Faculty:** Christopher Page

### Recommended Reading:

\* = set texts recommended for purchase

Belden, Lane. *The Solace of Fierce Landscapes: Exploring Desert and Mountain Spirituality*. New York: Oxford University Press, 1998.

May, Gerald G. *Pilgrimage Home: The Conduct of Contemplative Practice in Groups*. New York: Paulist Press, 1979.

\*O'Donohue, John. *Benedictus: A Book of Blessings*. United Kingdom: Bantam Press, 2007.

\*Palmer, Parker J. *A Hidden Wholeness: The Journey Toward an Undivided Life*. San Francisco: Jossey-Bass, 2004.  
\_\_\_\_\_. *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit*. San Francisco. Jossey-Bass, 2011.

\*\_\_\_\_\_. *The Active Life: A Spirituality of Work, Creativity and Caring*. San Francisco: Jossey-Bass, 1990.

\_\_\_\_\_. *The Promise of Paradox: A Celebration of Contradictions in the Christian Life*. San Francisco: Jossey-Bass, 2008.

\_\_\_\_\_. *The Courage to Teach: Exploring the Inner Landscape of a Teacher's Life*. San Francisco: Jossey-Bass, 2007.

\_\_\_\_\_. *Community, Knowing and Spirituality in Education*. [www.infed.org/thinkers/palmer.htm](http://www.infed.org/thinkers/palmer.htm)

Rohr, Richard. *The Naked Now: Learning to See as the Mystics See*. New York: The Crossroad Publishing Co., 2009.

Vennard, Jane E. *Be Still: Designing and Leading Contemplative Retreats*. Washington: Alban Institute, 2000.

Whyte, David. *Where Many Rivers Meet*. Washington: Many Rivers Press, 2004.