



WALSH UNIVERSITY

SCHOOL *for* PROFESSIONAL STUDIES

THEO 206

Christian Lifestyles and Spirituality

PREREQUISITE: THEO 103

Assignment due the first night, see page 2

Rev: 9/04

Christian Lifestyles and Spirituality

Theology 206

3 Semester Hours

Required Texts:

Crossing the Threshold of Hope by Pope John Paul II
Heaven Begins Within You by Anselm Gruen, O.S.B.
The Courage To Be Chaste by Benedict Groeschel, C.F.R.
Celebration of Discipline by Richard Foster

Course Description: The study of the options for Christian vocation and lifestyles and spiritualities appropriate to them. Special attention to Christian marriage. *Prerequisite: THEO 103.*

Course Objectives: :

1. Students will be made aware of various Catholic Spiritualities and Lifestyles within an ecumenical context
2. Students will be introduced to the experiential dimension of various Christian prayer forms. Workshops may begin with and/or end with a diversity of Prayer Forms (students may on occasion be asked to volunteer to lead prayer as they feel comfortable doing so)
3. Students will learn the practical implications of key Christian principles of spirituality as they are applied to their particular lifestyle (single, married, divorced, etc.), their family life, and work place.

Course Procedures: For every workshop, there will be assigned reading(s) to be done. To gain the most from this class, it is important that all assigned readings be completed before the designated workshop. Usually, you will be asked to write a brief 2-3 page reflection paper. A reflection paper should incorporate your thoughts, ideas, reflections, questions and challenges concerning the contents of the assigned readings. A portion of time will be allotted for small and/or large group discussion on the assigned readings. While what you share will certainly be up to you, the real value for everyone will be in the sharing of ideas. Periodically scheduled quizzes at the discretion of the instructor.

Course Activities: Reading Assignments and Reflection Papers (Refer to Module on 1st Reading Assignment and Paper to be done before Workshop 1), small group discussion, class discussion, lecture, videos with Qs and/or handouts, possible guest speakers, possible quizzes, Internet searches and brief reports, prayer experiences.

Course Content and Schedule:

Workshop 1: Faith and Spirituality

Assignments: Read *Crossing the Threshold of Hope* by Pope John Paul II
Introduction, Pages 1-83

Write a 2-3 page Reflection Paper on “Your personal view of God, Christ, the Church (or your experience of church life), religion, faith and spirituality. Due at the beginning of Workshop 1 (25 points) .

Workshop 2: Prayer: Encountering God in the Present Moment

Assignment: Read Introduction & Chapters 1-4 in *Heaven Begins Within You*
and write a 2-3 page Reflection Paper

Read *Celebration of Discipline* Chapters 2 & 3 on Meditation and Prayer
(for Class Discussion)

Workshop 3: Life in Christ

Assignment: Read Chapters 5-8 in *Heaven Begins Within You* and write a 2-3 page
Reflection Paper

Read *Celebration of Discipline* Chapter 9 (for Class Discussion)

Workshop 4: Worship

Assignment: Read Chapters 9 - 11 and conclusion in *Heaven Begins Within You*
and write a 2-3 page Reflection Paper.

Read articles “*How Men Find God*” and “*Come to the Banquet*”
or *Celebration of Discipline* Chapter 11 (for Class Discussion)

Workshop 5: Vocations or “Lifestyles”

Assignment: Read Article “**What is a Vocation**” and write a 2-3 page Reflection Paper
on the Introduction and Part I in *The Courage To Be Chaste* (for Class
Discussion)

Workshop 6: The Sacrament of Holy Matrimony

Assignments: Read Article “*Christian Marriage: Christ and Human Love*”

Highlight (type) 10 key points and be prepared to discuss them in class
(assignment to be turned in after Class Discussion)

Read *Catechism of the Catholic Church* nos. 1601-1666 on Marriage
from Handout (for Class Discussion)

Workshop 7: When Marriages Breakdown: A Need To Heal

Assignment: Read Article “*Fresh Approaches to Real Marriage Problems*”

and Read DOY Tribunal Brochure on “*The Annulment Procedure*”

Highlight 5 key points (for each) for Class Discussion (To be turned in)

Workshop 8: Special Questions: Human Sexuality as Gift

Assignment: Read Part 2 in **The Courage To Be Chaste** and Highlight 10 key points for Class Discussion (To be turned in).

Read Article “*Marriage Preparation and Cohabiting Couples: Information Report*” by the NCCB Marriage and Family Committee, 1999. (for Class Discussion)

Course Policies:

Grades:

The University’s plus - minus grading system will be used to evaluate assignments and quizzes.

All Reflection Papers, Written Assignments, Reports - 25 points each

Final Reflection Paper - 50 points each

Quizzes - 20 points each

Business/ IDEAL Business Course Enrollment: See page 43 of the current *Walsh University Undergraduate Catalog*

Attendance: Attendance is mandatory for all workshops in the course. See IDEAL program *Student Handbook* for more information.

Academic Integrity: The IDEAL program subscribes to the academic integrity policy stated in the most recent version of the *Walsh University Undergraduate Catalog* and The SPS program *Student Handbook*. Plagiarism and other forms of cheating or dishonesty may result in a failing grade for the assignment or course grade, or suspension.

Additional Bibliography:

St. Teresa of Avila. *Interior Castle*.

Herbert Benson, M.D. *The Wellness Book*.

Benedict Groeschel, C.F.R. “*Spirituality For Beginners*” (cassette tape set)

C.S. Lewis. *Mere Christianity*.

Thomas Merton. *Life and Holiness*.

The Seven Storey Mountain

Thomas Moore. *Care of the Soul*.

Susan Muto. *John of the Cross For Today: The Dark Night*.

Kathleen Norris. *The Cloister Walk*.

USCCB. *Catechism of the Catholic Church*.

Theology 206

Christian Lifestyles and Spirituality

Workshop 1 Faith and Spirituality

Assignments: Read *Crossing the Threshold of Hope* by Pope John Paul II
Introduction, Pages 1-83
Write a 2-3 page Reflection Paper on “Your personal view of God, Christ, the Church (or your experience of church life), religion, faith and spirituality. Due at the beginning of Workshop 1 (25 points) .

Objectives:

1. To contemplate the mystery of the human person created (designed) in the image and likeness of the Triune God
2. To understand the meaning of Revelation, Faith (as a response, a virtue, and content of doctrine, as a gift), and the complementarity between faith and reason.
3. To investigate if the contemporary distinction between “being religious” and “ being spiritual” are valid and necessarily opposing concepts.
4. To learn about Vatican II’s universal call to an authentic Christian life of holiness.

Class Activities:

1. In small groups, share reflections from the first paper. Each group will share at least one key point with the class.
2. Presentation on the human person, faith and spirituality.
3. Video: *Internalizing the Faith* by William J. O’Malley, S.J. (from DOY Library)
(Segments 1 & 2 -- approx. 40 minutes)
Complete Handout and discuss in class (25 points)
4. Video: *What Catholics Believe About the New Age Movement* (DOY Library)
hosted by Fr. Michael Tueth, S.J. (25 minutes)
Discussion on key concepts of the New Age Movement and the Christian Response
5. Read in class and discuss article “*The Spiritual Side: CEOs Speak Up*”
Class Discussion to follow

Workshop 2
Prayer: Encountering God in the Present Moment

Assignment: Read Introduction & Chapters 1-4 in *Heaven Begins Within You* and write a 2-3 page Reflection Paper
Read *Celebration of Discipline* Chapters 2 & 3 on Meditation and Prayer (for Class Discussion)

Objectives:

1. To appreciate more deeply the Triune God's presence in our lives
2. To investigate the stages of the spiritual life.
3. To explore different prayer forms:
Options: Eucharistic Adoration, Rosary, Jesus Prayer, Jesuit Examen, Novena, sacred hymns, charismatic prayer, lectio divina, meditate on the mythology of J.R.R. Tolkien as an authentic Christian Myth, ponder the specific dimensions of C.S. Lewis' Chronicles of Narnia as authentic Christian Allegory of the Gospel message
4. To reflect on the Lord's Prayer utilizing key points from the *Catechism of the Catholic Church*

Class Activities:

1. Small Group and/or Class Discussion on Reflection Papers and assigned readings.
2. Brief Lecture on the Stages of the Spiritual Life and the distinction between: "Prayer," "meditation," and "contemplation."
Option A. Investigate the nine stages of the spiritual Life according to St. Teresa of Avila
Option B. The three classic stages: Purgative, Illuminative and Unitive
3. Video: *What Catholics Believe About Prayer* (DOY Library) hosted by Fr. Michael Tueth, S.J. (28 minutes)
Class Discussion on key points
4. Group Prayer experience (instructor's choice of prayer form) at the beginning, middle or end of workshop

Workshop 3 Life in Christ

Assignment: Read Chapters 5-8 in *Heaven Begins Within You* and write a 2-3 page Reflection Paper
Read *Celebration of Discipline* Chapter 9 (for Class Discussion)

Objectives:

1. To ponder what it means to live the life of Christ in “the world” today.
2. To be more familiar with the fundamental principles of the Christian Moral Life

Activities:

1. Small Group and/or Class Discussion on Reflection Papers and Chp. 9 in *Celebration of Discipline*.
2. Brief presentation and discussion on the Catholic - Lutheran Dialogue concerning “Faith and Works” and salvation.
3. Brief Presentation on: faith, Christian Spirituality, the proper formation conscience, sources for an authentic Christian morality, moral methodologies and “Christian Personalism.” *** Prepare for a Quiz on Presentation next workshop.
4. Video and handout with Qs: *Catholic Morality* - segments 1 & 4 (DOY Library)
Class Discussion using handout (40 minutes)
5. In class viewing of Jesus of Nazareth Video (the crucifixion segment) and written reflection (1 page maximum) and discussion.

Workshop 4 Worship

Assignment: Read Chapters 9 - 11 and conclusion in *Heaven Begins Within You* and write a 2-3 page Reflection Paper.

Read articles “*How Men Find God*” and “*Come to the Banquet*”
or *Celebration of Discipline* Chapter 11 (for Class Discussion)

Objectives:

1. To distinguish “worship” of the Triune God from the “veneration” of the Blessed Virgin Mary, angels and saints.
2. To appreciate the mystery of the Sacraments and “sacramentals.”
3. To make the connection that worship leads to the contemplation of the Triune God and the service of our fellow human beings.
4. To recognize the distinct and similar spiritual needs of both genders

Class Activities:

1. Small Group and/or Class Discussion on Reflection Papers.
2. Presentation on the Mystery of Catholic Worship:
Discuss the Roman Catholic Mass and/or Divine Liturgy from the Eastern Catholic Churches (Byzantine or Maronite).
Option: Ecumenical Dimension - Discuss aspects of worship from other Christian Churches
3. Video: *What Are They Saying About The Mass* (DOY Library)
hosted by Fr. Michael Tueth, S.J. (30 minutes)
Class Discussion on key points.
4. A Biblical Reflection on interrelating male and female spirituality: Ephesians 5 and Proverbs 31 Read both the Scripture passages for a class discussion on key points.
5. Class Discussion over the assigned readings.

Workshop 5 Vocations or “Lifestyles”

Assignment: Read Article “**What is a Vocation**” and write a 2-3 page Reflection Paper on the Introduction and Part I in *The Courage To Be Chaste* (for Class Discussion)

Objectives:

1. To understand the nature of vocation (a calling from God) as rooted in Baptism within the Christian context.
2. To learn key points about different vocations: single, married, deacon, priest, sister, brother, monk, hermit, consecrated virgin, secular institutes, societies of apostolic life, missionary, etc.
3. To distinguish “vocation” (or Lifestyle) and “ministry”

Class Activities:

1. Presentation and Class Discussion on the immense variety of vocations within the Catholic Church
Option: Address vocations and ministries in other Church traditions
2. Option A. Guest Speaker Panel : Priest, Sister, Deacon, etc. or Video: *What Catholics Believe About Lifestyles* (DOY Library - 30 minutes)
Option B. Video: *Answering God’s Call: The Experience of the Priesthood* (DOY Library - 57 minutes)
Option C. Video: *The Mystery of Faith: Sacraments of Vocation* (DOY Library - 24 minutes) Deals with Holy Matrimony and Holy Orders
Option D. Video: *Trappist* (DOY Library - 58 minutes) Deals with the contemporary monastic vocation and experience.
Option E. Diocesan (Youngstown or Cleveland) Vocations Director as a Guest Speaker
3. Internet Reports on various male and/or female Religious Communities: Franciscan Friars of the Renewal, Jesuits, Franciscan Capuchins, Ursulines, Dominicans, Trappists, Trappistines, Carthusians, Camodolese Hermits, etc. Refer to Handout.
4. Class Discussion on the assigned readings.

Workshop 6

The Sacrament of Holy Matrimony

Assignments: Read Article “*Christian Marriage: Christ and Human Love*”
Highlight (type) 10 key points and be prepared to discuss them in class
(assignment to be turned in after Class Discussion)
Read *Catechism of the Catholic Church* nos. 1601-1666 on Marriage
from Handout (for Class Discussion)

Objectives:

1. To understand Christian Marriage as a Sacrament.
2. To recognize the difference between marriage as a sacred covenant and a civil contract.
3. To learn some practical ways to strengthen the marital bond.

Class Activities:

1. Class Discussion on reading assignment.
2. Class Presentation on: Marriage as a Sacrament, Covenant, & Permanent Commitment; inter-religious marriages and inter-racial marriages, etc.
3. Option A: Video: *How To Become Best Friends With Your Mate and Family* by Gary Smalley (DOY Library 24 minutes) Class Discussion to follow.

Option B: Video: *4 Essential Elements To Every Relationship Needs Daily to Succeed and Grow* by Gary Smalley (DOY Library - 60 minutes)
Class Discussion to follow.

Workshop 7
When Marriages Breakdown:
A Need To Heal

Assignment: Read Article “*Fresh Approaches to Real Marriage Problems*”
and Read DOY Tribunal Brochure on “*The Annulment Procedure*”
Highlight 5 key points (from each) for Class Discussion (To be turned in)

Objectives:

1. To discover some very practical ways to help build a marriage through healthy patterns of communication and conflict resolution.
2. To identify ways of preserving the permanence of marriage (e.g.. the Marriage Encounter Movement).
3. To become aware of organizations that help troubled marriages (e.g.. Retrouvaille)
- 4.. To recognize the difference between a civil divorce and a Church Annulment.

Class Activities:

1. Class Discussion on assigned readings.
2. Video: *Marriage in A Broken World* by the DOY Department of Canonical Services (DOY Library - 38 minutes)
3. Internet Reports on Marriage Encounter, Retrouvaille Weekends and Special Ministries to Separated and Divorced Persons. Class Discussion
- 4.Video: *Divorce - Proofing Your Marriage* by Gary Smalley (DOY Library - 48 minutes) Class Discussion to follow

Workshop 8
Special Questions:
Human Sexuality as Gift

Assignment: Read Part 2 in **The Courage To Be Chaste** and Highlight 10 key points for Class Discussion (To be turned in).

Read Article “*Marriage Preparation and Cohabiting Couples: Information Report*” by the NCCB Marriage and Family Committee, 1999. (for Class Discussion)

***** **Final Reflection Paper due.**

Objectives:

1. To appreciate the interconnection between the unitive (love) and procreative (life) dimensions of marital sexuality
2. To see both the distinction and complementarity between the spiritual needs of men and women.
3. To study the Catholic Church’s Teachings on, premarital sex, cohabitation, the transmission of human life, procreative technologies and homosexuality.

Class Activities:

1. Share key points from Reflection Papers.
2. Discuss Article “*Marriage Preparation and Cohabiting Couples: Information Report*” by the NCCB, 1999.
3. Presentation on Church’s teaching on the inseparability of the unitive and procreative dimensions of marriage as applied to specific moral issues.
4. Video: NFP Video: *Diocese of Youngstown* DOY Library - 15 minutes) or *The Gift of Love For Life: An NFP Introduction* (DOY Library - 29 minutes) Class Discussion to follow.
5. Video: *Mutually Fulfilling Sexual Intimacy* by Gary Smalley (DOY Library - approx.. 42 minutes) Class Discussion to follow.
6. Internet investigation into the Catholic Church’s Ministry to Homosexual persons Website - “*Courage*” and class discussion

Final Reflection Paper: The Final Reflection paper is meant to be an opportunity to

synthesize your thoughts - "to pull it all together." It should be 4-6 typed pages and address the following questions:

1. What do you think are the essential elements, practices and values of an authentic Christian spirituality ?
2. What is the application of the above (answers to Q. 1) to your work situation and your specific lifestyle (vocation) ?
3. What is the most important concept, belief, or conviction that you will take from this class?