

Please Note: This class is only open to students who took the Fall 2014 Illness, Health & Healing class.

## **Starr King School for the Ministry**

### **ILLNESS, HEALTH & HEALING**

**Spring 2015**



**Course Description:** "Illness, Health & Healing" is a two-semester on-line class (1.5 units each semester). Last fall we focused on listening to the voices of those who are ill and those who care for them. This spring we will continue this practice by looking at the kind of spiritual challenges and support needed by those who face illness and loss at different stages of their lives. We will also focus on what congregations can do to promote health and facilitate healing within and/or outside their faith communities. Students will develop their own personal healing and health practice this semester.

## **Course Requirements:**

- Students are expected to participate on-line in class weekly.
- They will need to read or watch the texts related to that week's theme.
- They will discuss the texts through on-line posts and/or off-line conversations with classmates via skype, phone or in person.
- They will be asked to do one practice exercise per week and comment on a classmate's practice post.
- Students will be asked by the third week to select a focus for their personal healing and health practice and then work on it each week thereafter.
- Finally, students will be expected to read 3 of the recommended books and/or watch 6 films related to the class to deepen their understanding and practice of health and healing. Other books, films and/or activities (e.g., workshops, CPE, research, seeing a healer, etc. ) may be substituted for this in-depth learning with the instructor's prior approval.

**Course Objectives:** By the end of spring semester students should be able to: (1) Cite examples of ways congregations can – and do – promote health and facilitate healing within and/or outside their faith communities; (2) Discuss the kind of spiritual support and rituals they might – or do - offer to people experiencing different kinds of illnesses and losses, at different stages in their lives; and (3) Share the joys and struggles they experienced in developing and sustaining their own health and healing practice.

**Course Instructor:** The class will be taught by Rev. Christine Fry, an ordained Unitarian Universalist minister and cancer survivor. Chris has been teaching at Starr King for the Ministry for over ten years offering classes on Forgiveness; Spiritual Practices; and Poetry, Illness & Pastoral Care. She facilitated writing groups for health and healing for more than twenty years in a variety of settings including hospitals, jails,

recovery programs, homeless programs, and churches. She lives in Davis, California with her husband, Isao Fujimoto, a retired UC Davis professor and long-time community activist. Their daughter - Esumi - was born during Chris' second year at Starr King School for the Ministry and is now a senior at New York University.

## **Spring 2015 Calendar**

### **February 2: Healing Rituals**

*Recommended:*

Clarke, Jim. Creating Rituals: A New Way of Healing for Everyday Life (2011).

Eulert, Don. Ritual & Healing: Stories of Ordinary and Extraordinary Transformation (2013). \$16.82. ISBN-10: 1628650265.

### **February 9: Being Mortal: Facing the End of Life**

*Recommended:*

Gawande, Atul. Being Mortal: Medicine and What Matters in the End (2014). \$15.60. ISBN-10: 0805095152.

Speerstra, Karen et. Al. The Divine Art of Dying: How to Live Well While Dying (2014). \$14.47. ISBN-10: 16112502234.

## February 16: **Getting Older**

### *Recommended:*

Richmond, Lewis. Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser (2012). #13.83. ISBN-10: 1592407471.

Schlacter-Shalomi, Zalman and Ronald Miller. From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older (2014). \$12.34. ISBN-10: 1455530603.

## February 23: **The Anatomy of Hope**

### *Recommended:*

Cohen, Richard. Strong at the Broken Places: Voices of Illness, a Chorus of Hope (2009). \$12.89. ISBN-10: 0060763124.

Groopman, Jerome. The Anatomy of Hope: How People Prevail in the Face of Illness (2005). \$12.16. ISBN-10: 0375757759.

## March 2: **Healing Bodies & Souls**

### *Recommended:*

Chase-Ziolek, Mary. Health, Healing & Wholeness: Engaging Congregations in Ministries of Health (2005). \$18.70. ISBN-10: 0829816526

Hale, W. and Harold Koenig. Healing Bodies and Souls: A Practical Guide for Congregations (2003). \$15.37. ISBN-10: 0800636295

## March 9: **An Empty Cradle**

*Recommended:*

Eshleman, Melissa. Always Within: Grieving the Loss of Your Infant (2011). \$14.50. ISBN-10: 0982469241.

Kittel, Kelly et. al. Three Minus One: Stories of Parents' Love and Loss (2014). \$13.83. ISBN-10: 1938314808.

## March 16: **Healing Energy & Touch**

*Recommended:*

Chiasson, Anne Marie. Energy Healing: The Essentials of Self-Care (2013). \$12.07. ISBN-10: 1604078928.

Wardell, Diane et. al. Healing Touch: Enhancing Life Through Energy Therapy (2014). \$22,35. ISBN-10: 149173633X.

## March 23: **SPRING RECESS**

## March 30: **Hannah's Gift: When Children Get Sick.**

*Recommended:*

Housden, Maria. Hannah's Gift: Lessons from a Life Fully Lived (2002). \$10.15. ISBN-10: 0553381221.

Philo, Jolene. A Different Dream for My Child: Meditations for Parents of Critically or Chronically Ill Children (2009). \$7.67. ISBN-10: 1572933070.

## April 6: **Healing Movement**

### *Recommended:*

Keeney, Bradford. Shaking Medicine: The Healing Power of Ecstatic Movement (2007). \$14.72. ISBN-10: 1594771499.

Kortge, Carolyn. Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body & Get Your Life Back (2010). \$12.85. ISBN-10: 1590307402.

## April 13: **Healing Trauma**

### *Recommended:*

Levine, Peter. In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness (2010). \$11.79. ISBN-10: 1556439431.

Van der Kolk, Bernard. The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma (2014). \$18.94. ISBN-10: 0670785938.

## April 20: **Rx for Anxious Living**

### *Recommended:*

Orsillo, Susan et. al. The Mindful Way Through Anxiety: Break Free From Chronic Anxiety & Reclaim Your Life (2011). \$14.01. ISBN-10: 1606234641.

Stossel, Scott. My Age of Anxiety: Fear, Hope, Dread & the Search for Peace of Mind (2014). \$2.14. ISBN-10: 0307269876.

## April 27: **Healing Foods & Mindful Eating**

### *Recommended:*

Bays, Jan Chozen. Mindful Eating: A Guide to Rediscovering a Healthy & Joyful Relationship with Food (2009). \$12.88. ISBN-10: 1590305310.

Roth, Geneen. Women, Food & God: An Unexpected Path to Almost Everything (2011). \$9.85. ISBN-10: 1416543082.

## May 4: **Healing Herbs & Gardens**

### *Recommended:*

Goldman, Connie. Tending the Earth, Mending the Spirit: The Healing Gifts of Gardening (2012). \$17.96. ISBN-10: 1932472460.

Sommer, Markus. Healing Plants: Herbal Remedies from Traditional to Anthroposophical (2014). \$24.81. ISBN-10: 178250057X.

May 11: **Reflections & Celebration**