

## SPIRITUAL PRACTICES FOR THESE TIMES Spring 2016 Syllabus



*This is not a time to live without a practice. It is a time when all of us will need the most faithful, self-generated enthusiasm (enthusiasm: to be filled with god) in order to survive in human fashion. Whether we reach this inner state of recognized divinity through prayer, meditation, dancing, swimming, walking, feeding the hungry or enriching the impoverished is immaterial. We will be doubly bereft without some kind of practice that connects us, in a caring way, to what begins to feel like a dissolving world. – Alice Walker, We Are the Ones We Have Been Waiting For (2006)*

**Course Description:** In this semester-long, on-line course, students will explore, develop and deepen their spiritual practice and support others in doing the same. The class will be experiential and multi-faith, drawing on some of the wisdom and practices of Judaism, Christianity, Islam, Buddhism, and earth-based traditions, as well as on neuroscience, poetry, positive psychology and deep ecology. The course will focus on practices for becoming mindful, keeping a Sabbath, cultivating gratitude, as well as practices involving the body, prayer, use of the arts, and spending time in nature.

### **Course Requirements:**

- Students are expected to participate in class, on-line, weekly.
- They will need to engage with the texts related to that week's theme, doing at least 1 post and commenting on a classmate's post.
- They will also be asked to do one spiritual practice exercise and comment on at least one classmate's practice post each week.
- In order to deepen their understanding and practice of one or more spiritual practices, students will be encouraged to read/watch and post reflections on 3 of the suggested books or 6 of the suggested films or some combination thereof. OR students may do a project related to a particular spiritual practice (e.g., taking a dance class, doing outdoor photography, creating Sabbath rituals, giving a sermon, or teaching children a spiritual practice, meditating with a small group, etc.).
- By the fifth week of class, students will commit to doing a particular spiritual practice regularly each week for the duration of the semester. They will post weekly reflections on their experiences, struggles, and joys.

**Course Objectives:** By the end of the semester, it is expected that students will have (1) developed, deepened and/or begun some form of personal spiritual practice; (2) created a caring and collaborative learning community; (3) sampled a variety of spiritual practice exercises; and (4) be able to cite and discuss how practices such as mindfulness, gratitude, movement, the arts and Sabbath rest promote health and well-being, counter oppressions and help build joyful, just and sustainable communities and ministries.

**Course Texts:** There will be no required course text(s). Each week there will be a selection of short readings, video clips, and poetry. Books and films related to the week's theme will also be suggested.

**Course Instructor:** The class will be taught by Rev. Christine Fry, an ordained Unitarian Universalist minister. Chris has been teaching at Starr King for the Ministry for over twelve years offering classes on Forgiveness; Spiritual Practices for These Times; Compassion; and Illness, Health & Healing. 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 as a student at Starr King School for the Ministry. She is now living in Brooklyn and working as a registered nurse at NYU Medical Center.

## SPRING 2016 CALENDAR

*Please Note: The books and films listed below are NOT required reading or watching. You may read 3 of the books, watch 6 of the films, or some combination thereof. OR you can do a project (with the instructor's approval) instead. Prices listed are from Amazon, lower prices may be available from other sellers.*

February 1- February 7, 2016

### **SPIRITUAL PRACTICES FOR THESE TIMES**

#### **Suggested Books:**

Scott, Alexander, Ed. Everyday Spiritual Practice: Simple Pathways for Enriching Your Life (1999). \$16.00, ASIN: B004Q&CI4E

Rahman, Imam Jamal. Spiritual Gems of Islam: Insights & Practices from the Qur'an, Hadith, Rumi & Muslim Teaching Stories to Enlighten the Heart and Mind. (2010) \$14.81, ISBN-10: 1954734305

Taylor, Barbara Brown. An Altar in the World: A Geography of Faith (2009). \$7.17, ASIN: BOOBP0M570

#### **Suggested Films:**

Man on Wire, 2008 (Netflix streaming, Amazon Instant) \$8.99, ASIN: B001E5FYS8

Poetry, 2011 (Netflix DVD, Amazon Instant) \$16.49, ASIN: B0053TWWUU

Young@Heart, 2007 (Netflix streaming/DVD)\$2.99 rental, B001BBVKQ

February 8 – February 14, 2016

### **MINDFULNESS**

#### **Suggested Books:**

Bays, Jan Chozen. How to Train a Wild Elephant: Simple Daily Mindfulness Practices for Living Life More Fully and Joyfully (2011). \$13.41, ISBN-10: 1590308172

Hanh, Thich Nhat. Peace is Every Step: The Path of Mindfulness in Everyday Life (1991). \$8.82, ISBN-10: 0553351387

Stahl, Bob and Elisha Goldstein. A Mindfulness-Based Stress Reduction Workbook with CD (2009). \$15.26, ASIN: B00465Z7C6

**Suggested Films:**

The Castle, 1999, (Netflix streaming), \$10.79, ASIN: B00001U0DW

Crouching Tiger, Hidden Dragon, 2000, (Netflix DVD, Amazon Instant), \$9.99, ASIN: B00198X0UY

The Sweet Scent of Papaya, 1994, (Netflix Streaming, Amazon Instant), \$2.99 rental, ASIN: 6160818791

February 15 – February 21, 2016

**GRATITUDE**

**Suggested Books:**

Emmons, Robert. Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity (2013). \$14.58, ISBN-10: 1118131290

Lisowitz, Nina and Mary Beth Sammons. Living Life as a Thank You: The Transformative Power of Daily Gratitude (2009). \$13.97, ASIN: B0045SNPS45

Steindel-Rast, Brother David. Gratefulness, the Heart of Prayer: An Approach to Life in Fullness (1984). \$11.67, ISBN-10: 6809126281

**Suggested Films:**

May I Be Frank? (Amazon Instant), \$10.39, ASIN: B00AIZ21WZ

Strangers in Good Company (Netflix DVD), \$18.61, ASIN: B0000296R6

Café Gratitude, 2014, (Amazon Instant), \$4.99

February 22 – February 28, 2016

## **KEEPING THE SABBATH**

### **Suggested Books:**

Brueggeman, Walter. Sabbath as Resistance: Saying No to the Culture of Now (2014), \$11.77, ISBN-10: 0664239285

Schaper, Donna. Sabbath Sense: A Spiritual Antidote for the Overworked (2005). \$10.89, ASIN: B0036S4DB0

Shulevitz, Judith. The Sabbath World: Glimpses of a Different Order of Time (2010). \$13.17, ASIN: B002BDU85G

### **Suggested Films:**

Chariots of Fire, 2011, (Amazon Instant, Netflix DVD), \$8.01, ASIN: B004FQX5AZ

Shabbat Dinner (YouTube)

Shabbat: A Day of Rest & Rejuvenation (Jewish TV)

February 29 – March 6, 2016

## **OUR BODIES IN SPIRITUAL PRACTICE**

### **Suggested Books:**

Michaelson, Jay. God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice (2008). \$17.01, ISBN-10: 158023304X

Sweeney, Jon. Praying with Our Hands: 21 Practices of Embodied Prayer from the World's Spiritual Traditions (2000). \$16.95, ISBN-10: 1893361160

Winton-Henry, Cynthia. Dance – The Sacred Art: The Joy of Movement as a Spiritual Practice (2009). \$14.81, ISBN-10: 159473268X

### **Suggested Films:**

The Adventists (CF)

Yoga Is: A Transformational Journey, 2012, (Netflix streaming, Amazon Instant), \$7.77, ASIN: B008B9JTXG

Sacred Dance, 2009, (Amazon Video), \$7.99

March 7 – March 13, 2016

## **MAKING ART**

### **Suggested Books:**

Azara, Nancy. Spirit Taking Form: Making a Spiritual Practice of Making Art (2002). \$17.25, ISBN-10: 1590030168

SoulCollage Evolving: An Intuitive Collage Process for Self-Discovery and Community (2010). \$21.82, ISBN-10: 1592750214

Paintner, Christine Valters with Betsey Beckman. Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction (2010). \$16.80, ASIN: B00C1QVBAY

### **Suggested Films:**

Preaching from Pictures: A Japanese Mandala, 2006, (Amazon Instant), \$1.99 rental

Global Spirit, Season 1, Episode 4, 2012, (Amazon Instant), \$1.99 rental

Waste Land, 2010, (Netflix streaming/DVD, Amazon Instant), \$1.99 rental, ASIN: B004CJQVQC

March 14 – March 20, 2015

## **MINDFULNESS & PRAYER**

### **Suggested Books:**

Paintner, Christine Valters. Lectio Divina – the Sacred Art: Transforming Words & Images into Heart-Centered Prayer (2011). \$10.49, ASIN: B00546N174

Wikstrom, Erik Walker. Simply Pray: A Modern Spiritual Practice to Deepen Your Life (2011). \$11.94, ASIN: B008MPCQN4

Winston, Kimberly. Bead One, Pray Too: A Guide to Making & Using Prayer Beads (2008). \$19.27, ASIN: B00DE0WWA4

**Suggested Films:**

Be Still & Know That I Am God, 2006, (Amazon, CF), \$7.49, ASIN: B000E6

Praying with Lior, 2009, (Netflix Streaming, Amazon Prime), \$15.54, ASIN: B001NJ914I

With One Voice, 2009, (Netflix Streaming, Amazon Prime), \$20.05, ASIN: B0025F9450

March 21 – March 27, 2016

**READING WEEK**

March 28 – April 3, 2016

**MINDFUL EATING****Suggested Books:**

Bays, Jan Chozen. Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (2009). \$15.54, ISBN-10: 1590305310

Farraje, Ibrahim and Katherin George Golitzen. Queen of Months: An Eco-Halal Sufi Vegan/Vegetarian Cookbook for Ramadan and Beyond, kindle (2013). \$6.99, ASIN: B00E193490

Loring, Sasha. Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight (2010). \$11.70, ASIN: B004G5Z7D0

**Suggested Films:**

The Hundred-Foot Journey (Amazon Instant), \$11.99, ASIN: B00MI56VI6

Babette's Feast, 2014, (Amazon Instant, Netflix DVD), \$2.99 rental, ASIN: B00MRKX9AE

How to Cook Your Life (Amazon Instant, Netflix DVD), \$2.99 rental, ASIN: B0014BQR74

April 4 – April 10, 2016

## **LIVING MINDFULLY WITH OTHERS**

### **Suggested Books:**

Lucas, Marshall. Rewire Your Brain for Love: Creating Vibrant Relationships Using the Science of Mindfulness (2013). \$12.55, ASIN: B006I1LBPS

Roy, Denise. Momfulness: Mothering with Mindfulness, Compassion and Grace (2007). \$14.44, ASIN: B001IA0012

Walser, Robyn and Darrah Westrup. The Mindful Couple: How Acceptance and Mindfulness Can Lead You to the Love You Want (2009). \$12.51, ASIN: B0058JOYHO

### **Suggested Films:**

Monsieur Ibrahim, 2003, (Netflix DVD), \$16.99, ASIN: B00H1BI2

Samsara (Amazon Instant, Netflix DVD), \$2.99 rental, ASIN: B008N9AASC

Spring Forward (Netflix streaming, Amazon Instant), \$2.99 rental, ASIN: B00006CHX1

April 11 – April 17, 2016

## **NATURE AS A SPIRITUAL PRACTICE**

### **Suggested Books:**

Chase, Steven. Nature as Spiritual Practice and/or A Field Guide to Nature as Spiritual Practice (2011). \$14.69, ISBN-10: 0802840108

Eisenramer, Rabbi Eric and Rev. Michael Attay. Fly Fishing – the Sacred Art: Casting a Fly as Spiritual Practice (2012). \$19.99, ISBN-10: 159473299X

Green, John Michael. The Druidry Handbook: Spiritual Practice Rooted in the Living Earth (2006). \$16.62, ASIN: B007L4SUPU

### **Suggested Films:**

A Man Named Pearl, 2008, (Netflix streaming), \$17.59, ASIN: B001CQ57LU



Force of Nature: The David Suzuki Movie, 2012, (Amazon Instant), \$2.99 rental, ASIN: B006H3KRZU

Rivers & Tides, 2004, (Amazon Instant, Netflix DVD), \$12.60, ASIN: B002JL9N6

April 18 – April 24, 2016

## **WORK AS A SPIRITUAL PRACTICE**

### **Suggested Books:**

Pierce, Gregory Augustine. Spirituality at Work: 10 Ways to Balance Your Life on the Job (2001). \$9.99, ASIN: B0026RIJFS

Richmond, Lewis. Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth & Satisfaction on the Job (2011). \$17.05, ASIN: B003F3PKL8

Vest, Norene. Friend of the Soul: A Benedictine Spirituality of Work (1997). \$17.98, ASIN: B00B6M29BG

### **Suggested Films:**

Raw Faith, 2011, (Netflix Streaming), ASIN: B007IHH4MU

What Remains: The Life & Work of Sally Mann, 2008, (Amazon Instant), \$2.99 rental, ASIN: B0013UQUQE

The Intern, 2015, (Amazon Video), \$14.99, ASIN: B015TGNFQK

April 25 – May 1, 2016

## **LIVING WITH ENOUGH**

### **Suggested Books:**

Hatmaker, Jen. 7: An Experimental Mutiny (2012). \$9.15, ASIN: B006034NKK

Hershey, Terry. The Power of Pause: Becoming More By Doing Less (2009). \$11.82, ASIN: B002MUB7FS

Muller, Wayne. A Life of Being, Having and Doing Enough (2010). \$10.00, ASIN: B003G549NC

### **Suggested Films:**

No Impact Man, 2010, (Netflix streaming/DVD, Amazon Instant), \$3.99 rental, ASIN: B002RX8G5E

Reverend Billy & the Church of Stop Shopping, 2008, (Netflix DVD, Amazon Instant), \$2.99 rental, ASIN: B00197991C

The Lorax, 2012, (Netflix DVD, Amazon Instant), \$2.99 rental, ASIN: B005LAIH4A

May 2 – May 8, 2016

### **PILGRIMAGE AS A SPIRITUAL PRACTICE**

#### **Suggested Books:**

Cousineau, Phil. The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred (2012). \$13.35, ASIN: B0096Q25BI

Kujawa-Holbrook, Sheryl. Pilgrimage – the Sacred Art: Journey to the Center of the Heart. \$14.81, ISBN-10: 1594734720

Paintner, Christine Valters. The Soul of a Pilgrim: Eight Practices for the Journey Within (2015). \$14.08, ASIN: B00WTAARKM

#### **Suggested Films:**

Sacred Journeys with Bruce Feiler, 2015, Season One (six episodes), \$21.13, ASIN: B00LLQ6IDU

The Way with Martin Sheen, 2012, (Amazon Instant), \$1.99 rental, ASIN: B0062VL4QA

May 9 – May 15, 2016

### **MAKING MUSIC**

#### **Suggested Books:**

Gass, Robert. Chanting: Discovering Spirit in Sound (2000) and/or Chant: Spirit in Sound the Best of World Chant (audio CD). \$2.77, ISBN-A0: 0767903234

Helm, Russell Buddy. Drumming the Spirit to Life (2000). \$11.04, ASIN: B008TCG99C

Sallers, Don and Emily Sallers. A Song to Sing, A Life to Live: Reflections on Music as Spritual Practice (2006). \$15.46, ISBN-10: 0787983772

**Suggested Films:**

The Drummer, 2007, (Netflix DVD), \$13.07, ASIN: B002MQM4F4

Gospel According to Al Green, 2009, (Netflix DVD), \$9.91, ASIN: B001H24K8K

Youssou n'Dour: I Bring What I Love, 2010, (Amazon Instant, Netflix DVD), \$3.99 rental, ASIN: B0032IYJ72

May 16 – May 20, 2016

**CELEBRATING WHAT WE HAVE LEARNED**