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Spirituality Expressed
SPELMAN COLLEGE
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Spelman's Mission is designed to give you a comprehensive liberal arts background through study in the fine arts, humanities, social sciences, and natural sciences.

It seeks to develop you, the total person by:

- 1) strengthening and encouraging you to think critically, logically, and creatively
- 2) encouraging you to develop competence in decision making and problem solving
- 3) assisting you in improving your use of communicative and quantitative skills
- 4) enabling you to become self-confident and assertive and
- 5) enriching your background in the field of religion as presented within an academic setting.

In conjunction with the mission of Spelman College, this course is designed to enable you to explore the many dimensions of spirituality. It will also seek to build cultural and spiritual self-esteem, and self-understanding in you, bolster your confidence, and enhance your learning.

As a central activity of humankind, this course will seek to help you to develop an appreciation for the his/herstorical and contemporary spiritual experiences of others. It will also seek to help you to develop an appreciation for the spiritual experiences of yourself and your colleagues.

COURSE RATIONALE

Religion has been a pervasive social phenomenon from earliest times. It is important to everyone because people's lives are shaped by critical events that confront them in their individual lives and in corporate/communal settings and experiences. Religion has been a source of economic, political, social, educational, and spiritual strength for

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decades. This course will focus upon the academic study of religion as it promotes a lively awareness of the diversity of religious beliefs, practices, and experiences of people.

JUSTIFICATION for 4 credit

A. Students will be required to utilize the Web to interact with persons of authority, for purposes of securing data of focused or centralized subject matter .

B. Students will possibly be required to travel to off-campus locations for lectures, seminars, discussions

C. Students are required to journal during spiritual exercises and share entries in class

D. Students are to utilize the skill of critical thinking without being deconstructive

COURSE DESCRIPTION

This course is an academic exploration of the nature of spirituality and its expression from ancient to present times. It will offer opportunities for you to engage in the activities of early and contemporary Christians through readings, video, and personal appearances. It is designed to offer you both an academic and a devotional approach. Academically it will require and encourage open-minded acceptance of others beliefs, practices, and experiences. Devotionally it will provide opportunities for you and your colleagues to express spirituality.

PROCEDURES

The class begins @ 14:25{2:25 ?3:40). It is scheduled for one hour, fifteen minutes.

1) The first five minutes will be designated for meditation-prayer, designed to get spiritually focused for the day. The activity is not designed to proselytize nor persuade. Students are encouraged but not required to be present for this activity.

2) The format of the course will consist of lectures, guest lecturers, multi-media presentations, outside/inside readings, and discussions

3) There will be short quizzes on materials from lectures and assigned readings

4) Presentations {Rituals} are to be delivered on the assigned date.

In the event that you have issues that you feel take priority over this class, such as scheduled job interviews, job work schedules, other course work, family situations, etc., it will be your responsibility to arrange with your colleagues to switch dates with you. Missed presentations forfeit your opportunity to earn 10% of your grade.

5) All assignments are to be submitted when due. Late assignments will not be accepted.

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COURSE OBJECTIVES

- *To provide you with opportunities to investigate the meaning of the spiritual life
- *To reflect upon humankind's restlessness for God
- *To consider the elements of spirituality
- *To equip further your skills in writing, verbal expression, research, and creative design
- *bolster your confidence and enhance your learning.

COURSE REQUIREMENTS

To complete this course successfully, you must attend class, take notes and review them regularly, complete assigned readings and spiritual exercise entries, deliver an oral presentation, {ritual of choice} submit written reports when due, participate in discussions, take required exams, submit a creative design [altar]

EXPECTED OUTCOMES

- 1) Ability to think critically, logically, and creatively
- 2) Developed competence in decision making and problem solving
- 3) Improvement in usage of communicative and quantitative skills
- 4) Emergence of self-confidence and assertiveness
- 5) Enriched in the background of religious practices/principles

EXAMINATIONS AND GRADING

Missed exams/QUIZZES will normally count as zero. Students having a valid excuse, i.e., letter from the Academic Dean's office, will be allowed to complete an assigned project at a level of credit comparable to the missed exam. All such projects must be completed by the deadline set by the instructor.

· The research: Design an altar to serve as focus for sacred space reading. Meditation, etc. Sacred space can be anywhere you choose; however; because it is physically impossible for us to visit your choice of space, you are asked to design a physical altar, symbolic and representative of your sacred space.

· !!!!Signage required!!!! {why you've placed selected objects and what are they representative of} Feel free to have fun in the process.

As you design your altar, include in your signage what scholars might say about spirituality, ritual and symbolism, think also what your family would say about you and your right to the practice of it (spirituality)

Diagram (8 1/2 x 11 sheet) must be submitted to Professor by October 10. Begin thinking today! Altar design due November 19 in class. NO EXCEPTIONS!

THE FINAL GRADE FOR

| Due Dates | | |
|---------------------|------|-------------------------|
| Ritual | 10 % | Beginning 9/19 |
| Spiritual Exercises | 15% | 5@3 pts |
| Altar Design | 25% | |
| Midterm | 20% | |

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Critiques 20% [4@5 pts](#)
Video
or Guest Lecturers

Spiritual Autobiography 10%
A 100 - 90
B 80 - 90
C 79 - 70
D 69 - 60
F 59 - Below

Required Texts:

Stages of Faith, The Psychology of Human Development and The Quest For
Meaning, James W. Fowler

Spiritual Traditions for the Contemporary Church, Robin Maas & Gabriel 'O
Donnell, O.P.

Midterm October 17-18
Thanksgiving November 28-29
Last Day of Class December 3

COURSE READING & SPIRITUAL EXERCISES

August -September

Stages of Faith

Part I Human Faith pp 1 ?34

Part IV Stages of Faith 117 ? 199

Part V Structural Stages and the Contents of Faith 274 ? 291
Faith on Earth 292

Introduction to Spirituality

October - December

Chapter I The Spirituality of the Early Church: Patristic Sources, 25

Chapter II Monastic Life and the Search For God, 55

Chapter III Mendicant Spirituality, 83

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Chapter IV Devotio Moderna, 109

Chapter V Lutheran Spirituality

Chapter VI Ignatian Spirituality

Praying the rosary

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Spirituality in Higher Education Newsletter-April 2005 • Volume 2, Issue 2 • Page 5