

## Way of the Spirit MINI-COURSES 2020-2021

Prayer, Retreats and Learning for Compassionate Action • Curriculum Overview

→ PROGRAM FOCUS ↓ MINI-COURSES	Personal Development <i>Hopes for spiritual growth</i>	Spiritual Practices <i>Individual and group prayer</i>	Study Content <i>Readings, presentations, spiritual exercises</i>
<p><b>LISTEN—Personal Spiritual Awareness and Discernment</b></p> <p><i>Nov 21, Dec 5, 12, 2020</i></p>	<p><i>Individual:</i> Recognize and articulate unique personal spiritual awareness Grow in capacity to sort inner Divine Guidance from other influences.</p> <p><i>In Group:</i> Reflect on your inner life and share authentically in the Spirit Listen and discern on behalf of another</p>	<p>Daily personal prayer practice of choice Examen of consciousness Contemplative openness and release</p> <p>Contemplative listening and response</p> <ul style="list-style-type: none"> <li>• Uphold others in the Holy</li> <li>• Notice, affirm signs of Life</li> <li>• Offer open, honest, evoking questions</li> </ul>	<p>Spiritual discernment:</p> <ul style="list-style-type: none"> <li>• Models of self, God &amp; transformation</li> <li>• Discerning with thoughts and feelings: desert monastics and Ignatius Loyola</li> <li>• Quaker “leadings” and everyday mysticism</li> </ul> <p>Group processes for spiritual accompaniment</p> <ul style="list-style-type: none"> <li>• Quaker clearness</li> <li>• Koinonia groups</li> </ul> <p><i>Written reflection:</i> personal growing edge in spiritual discernment</p> <p><i>Scripture:</i> inner journey, discernment</p>
<p><b>FORGIVE—Relationships in the Holy</b></p> <p><i>Jan 16, 30, Feb 13, 2021</i></p>	<p><i>Individual:</i> Reflect on self in community Set intentions for daily prayer Sense the Holy in relationship Release old pain Forgive self, others and God</p> <p><i>In Group:</i> Reflect on your inner life and share authentically in the Spirit Listen and discern on behalf of another</p>	<p>Daily personal prayer practice of choice</p> <p>Prayer on behalf of others, “intercessory prayer” approaches and forms.</p> <p>Contemplative listening and response</p> <ul style="list-style-type: none"> <li>• Uphold others in the Holy</li> <li>• Notice, affirm signs of Life</li> <li>• Offer open, honest, evoking questions</li> </ul>	<p>Relational spirituality (God between/among) Forgiveness Gifts of Christian monastic models Intercessory prayer—Quaker “holding in the Light,” varieties of imagery, spoken and wordless, healing, etc.</p> <p><i>Written reflection:</i> personal growing edge in forgiveness</p> <p><i>Scripture:</i> communities of Christ</p>

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<p><b>ACCOMPANY—Foster Sacred Conversations</b></p> <p><i>Mar 6, 20, Apr 10, 2021</i></p>	<p><i>Individual:</i> Recognize the Spirit in action between people and in groups</p> <p><i>In Group:</i> Reflect on your inner life and share authentically in the Spirit</p> <p>Collaborate with the Spirit in conversations that nurture, encourage and support others.</p>	<p>Daily personal prayer practice of choice Prayer on behalf of others</p> <p>Contemplative listening and response</p> <ul style="list-style-type: none"> <li>• Uphold others in the Holy</li> <li>• Notice, affirm signs of Life</li> <li>• Offer open, honest, evoking questions</li> </ul> <p>Practice non-mutual presence, listening and responding to nurture another’s life in the Spirit</p>	<p>Model of Quaker “Spirit-led eldering” Intentional spiritual companionship in spiritual and secular contexts</p> <p>Practice individual spiritual accompaniment with other participants</p> <p><i>Written reflection:</i> spiritual accompaniment of others</p> <p><i>Scripture:</i> spiritual accompaniment</p>
<p><b>BE “LED”—Spiritual Discernment and Everyday Ministry</b></p> <p><i>May 1, 15, 22, 2021</i></p>	<p><i>Individual:</i> Discern personal spiritual giftedness Increase reliance on and confidence in God in service to others Listen for and following unique daily Guidance Experiments and reflect on your leadings “<i>exercised toward others</i>” (Spirit-led ministry)</p> <p><i>In Group:</i> Reflect on inner life and share authentically in the Spirit Listen and discern on behalf of another Articulate and test leadings Reflect on your faithfulness</p>	<p>Daily personal prayer practice of choice Prayer on behalf of others</p> <p>Contemplative listening and response</p> <ul style="list-style-type: none"> <li>• Uphold others in the Holy</li> <li>• Notice, affirm signs of Life</li> <li>• Offer open, honest, evoking questions</li> <li>• Support others’ faithfulness in following Divine Guidance</li> </ul>	<p>Spiritual giftedness—unique natural expressions of the Holy in action Leadings—inner guidance, promptings, of the Holy Spirit “Universal ministry”—<i>lived faith, intentionally exercised toward others</i> Varied models of Spirit-led service or ministry in Quaker &amp; Christian heritage Trust, ease, and responsiveness in following Guidance in ordinary activities</p> <p>Group processes for discerning leadings: Quaker clearness, peer accountability groups</p> <p><i>Written reflection:</i> personal experiences with experiments following leadings</p> <p><i>Scripture:</i> ideals of service or ministry</p>