Life of Prayer Spring 2017   Cathie Kelsey and Anthony Roberts

Week	Practice 30 min per day	Posting 5 pts/wk	reading	Journal entry 5 pts/wk Faculty will respond only at the end of term	Graded assignments: see assignment for pts
1-- Posting & journal Due Mar 31	30 min per day: Discernment steps	Post "pearl" of insight to discernment group & respond to 2 others	The Way of Discernment practices	1x per week – reflecting on the week's prayer experience (difficulty, blessings)	
2-- due April 7	30 min per day: Discernment steps cont'd	Post "pearl" & respond			
April 7	Decision point – place yourself in the group for the practice you will do weeks 3-10 – this will not open early	Post "pearl" & respond			
3— Posting, journal Apr 14	30 min per day: your choice of practice	Post "pearl" & respond to your practice group wks 3-10	"how to" reading for your practice (in the group section)		
4-Apr 21	30 min per day	Post "pearl" & respond			
5-Apr 28	30 min per day	Post "pearl" & respond	Additional reading		
6-May 5	30 min per day	Post "pearl" & respond			
7-May12	30 min per day	Post "pearl" & respond	Additional reading		
8- Posting, journal & video due May 19	30 min per day	Post "pearl" & respond			Due May 19th YouTube video (public!) 5-7 min teaching your practice to others – 50 pts
9- May26	30 min per day	Post "pearl" & respond			
10- Posting, journal & paper due June 2	30 min per day	Post "pearl" & respond and say thank you to your group			Due June 2nd Final reflection – either a video 5to7min or a short paper 3to5p 50pts
the six traditions of practice we will engage in this course:					
Meditation: focus on a (biblical) text Lectio divina Augustinian reading Slow reading	Contemplation: Emptying and making space for God/Spirit to fill	Pentecostal: several practices from Anthony	Daily Office 2 or 3x daily: Lectionary based Claiborne *Common Prayer*	Daily examine/ daily awareness: self-examination Confession Journaling	Windows to God using icons: practicing the Presence by noticing God seeing us & loving us as we are