LIFE OF PRAYER (revised 2022) summer 2022 - a 2 credit course. Rev. Dr. Cathie Kelsey

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|  | Journal 30 min/week | Daily practice 20min/day (6 days/wk)  =2hrs/week | Posting pearl of insight & responding to colleagues 30 min/week | Reading 2hr/week |
| Wk 1  Care for body & rest | In 2 or 3 paragraphs note your experience of the practices & the challenges you met in the reading | Each day choose and use one of the 17 practices from Vennard chapters 1 & 2 | In one or two sentences offer a “pearl of insight” that emerged for you this week. The kind of insight that might get shared in a social media post. (add an image to it, if you like)  Return to respond to/comment on the insights of at least 2 colleagues | Vennard, *Fully Awake and Truly Alive*, 2013  Chapters 1 & 2 |
| Wk 2  Silence & solitude | same | Choose and use one the 24 practices from chapters 3 & 4 each day | Same | Vennard, chapters 3 & 4 |
| Wk 3  Letting go | same | Choose and use one of the 11 practices from chapter 5 each day | Same | Vennard, chapter 5 |
| Wk 4  community | same | Choose and use one of the 11 practices from chapter 6 each day | Same | Vennard, chapter 6 |
| Wk 5  Hospitality & service | same | Choose and use one of the 23 practices from chapters 7 & 8 each day | Same | Vennard, chapters 7 & 8 |
| Wk 6 | same | Use the discernment practice each day to identify your practice for the last 4 weeks of the term | Same | Holmes, *Race and the Cosmos, Second edition*, 2020, chapters 1 & 2 |
| Wk 7 | same | Use your practice daily | Same | Holmes, chapters 3 & 4 |
| Wk 8 | Same | Use your practice daily | Same | Holmes, chapters 5 & 6 |
| Wk 9 | Same | Use your practice daily | Same | Holmes, chapters 7 & 8 |
| Wk 10 | same | Use your practice daily | same | No new reading – work on final project |
| Final project | Create a short video of no more than 5 minutes, teaching the practice you used in weeks 7-10 to someone in your circle of friends. | | | |

Jane E. Vennard, *Fully Awake and Truly Alive: Spiritual Practices to Nurture Your Soul*, Skylight Paths Publishing, 2013.

Barbara A. Holmes, *Race and the Cosmos, Second Edition*, CAC Publishing, 2020.