

## HSS104.5 Exploring Practices for Spiritual Formation

<b>Name of Unit 1 (Unit Code 1)</b>
Exploring Practices for Spiritual Formation (HSS104.5)

### SECTION 1 – GENERAL INFORMATION

#### Administrative details

<b>Associated higher education awards</b> <i>(list all awards)</i>	<b>Duration</b>	<b>Level</b> <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	<b>Unit Coordinator</b> <i>(incl. academic title)</i>
Diploma of Applied Social Sciences	One semester	1 <sup>st</sup> Year Level 5	Dr Phil Daughtry
Bachelor of Counselling	One semester	1 <sup>st</sup> year Level 5	Dr Phil Daughtry

#### Core or elective unit

Indicate if the unit is a

- core unit  
 elective unit  
 other (please specify below):

#### Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

<b>Unit credit points</b>	<b>Total course credit points</b>
6 credit points	48/144 credit points

#### Student workload

Using the table below, indicate the expected student workload per week for this unit.

<b>No. timetabled hours per week</b>	<b>No. personal study hours per week</b>	<b>Total workload hours per week</b>
3	6	9

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support:   0   hours per week

#### Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes    No

**SECTION 2 – ACADEMIC DETAILS****Brief description of the content of the unit**

Participation in this unit facilitates a deeper experience and awareness of the relationship between the inner life of the sacred and the practicalities of everyday life. Students will explore spiritual practices through conversation, personal reflection, experiential activities and personal study. The approach to spirituality in this unit is shaped by Christian values and worldviews in conversation with perspectives and insights from the field of spirituality studies. Students are invited to express aspects of their learning and inquiry in language which fits their own spiritual backgrounds and traditions and that is respectful towards the backgrounds and traditions of their peers. Diversity in language and perspective is viewed as an asset to the learning environment.

**Learning outcomes for the unit**

- 1) Practice self-awareness in relation to personal spirituality through experiential learning.
- 2) Discuss the meaning of life experience from a spiritual perspective through contemplative dialogue.
- 3) Apply findings from spirituality literature to personal formation.

**Assessment tasks**

Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Identify, design and implement a small project which demonstrates and reflects a restorative intent. The project may be completed individually or in partnership with one or more fellow students. In an oral/visual format, students will report on their project to the members of their dialogue group. The report should be approximately 15 minutes, allowing time for questions and feedback from the group. Equivalent 1,300 words	1	Week 1- 6	30%
Active participation in contemplative dialogue groups, including the completion of required reading and short reflective writing pieces (200 words each) x 6. On campus students will read from their writings during group meetings. Online students will post their writings to the forums for each topic. The assessment will be facilitated in a way that is integrated into the group process and feedback will be given verbally and periodically. The grade will be assigned to the group as a whole rather than to the individual Total 1,200 words	1, 2	Week 8 – 9	35%
Select two books from the reading list for this unit. After reading both books, write a contemplative response in conversation with your own journaling throughout this unit. 2,000 words	1, 2, 3	Week 14	40%

## 2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required Texts (to purchase): None

### Recommended Text(s)

- Artress, L. (2006). *Walking a sacred path - rediscovering the labyrinth as a spiritual practice*. Riverhead Books.
- Bartholomew, H. (2013). *365 Gratefuls - celebrating treasures big and small*. Penguin Books.
- Blythe, T.A. (2006). *50 Ways to pray - practices from many traditions and times*. Abingdon press.
- Bourgeault, C. (2004). *Centering prayer and inner awakening*. Cowley Publications.
- Boyle, G. (2010). *Tattoos on the heart - the power of boundless compassion*. Free Press.
- Butler-Bass, D. (2012). *Christianity after religion - the end of the church and the birth of a new spiritual awakening*. Harper One.
- Daughtry, P. (2019). *Portraits of our shy hopes - short meditations on the spirituality of the everyday*. Elephant House Press.
- de Wall, E. (2010). *A retreat with Thomas Merton - a seven-day spiritual journey* (3rd. ed.). John Garratt Publishing.
- Feldman, C. (2001). *The Buddhist path to simplicity - spiritual practice in everyday life*. Thorsons.
- Gibran, K. (1926). *The prophet*. Heinemann.
- Kagge, E. (2017). *Silence in the age of noise*. Viking.
- Leunig, M. (2014). *When I talk to you* (a cartoonist talks to God). Harper Collins.
- Manning, B. (2005). *The ragamuffin gospel: good news for the bedraggled, beat-up, and burnt out*. Multnomah Press.
- Newell, J.P. (2016). *The re-birthing of God - Christianity's struggle for new beginnings*. Christian Journeys.
- Nouwen, H. (1992). *Life of the beloved : spiritual living in a secular world*. Hodder & Stoughton.
- O'Donohue, J. (1997). *Anam cara - spiritual wisdom from the Celtic world*. Bantam Press.
- Palmer, P. (2000). *Let your life speak - listening to the voice of vocation*. Jossey-Bass.
- Rahner, K. (1960). *Encounters with silence*. Newman Press.
- Rolf, V. M. (2018). *An explorer's guide to Julian of Norwich*. InterVarsity Press.
- Silf, M. (2012). *Simple faith: moving beyond religion to grow in your relationship with God*. Loyola University Press.
- Spufford, F. (2012). *Unapologetic - why despite everything, Christianity can still make surprising emotional sense*. Faber and Faber Limited.
- Tolle, E. (2005). *A new earth - create a better life*. Penguin.
- Vandekerckhove, B. (2010). *The taste of silence- how I came to be at home with myself*. Liturgical Press.
- Volf, M. (2010). *Against the tide - love in a time of petty dreams and persisting enmities*. Eerdmans.
- Zohar, D. & Marshall, (2000). *SQ – spiritual intelligence, the ultimate intelligence*.