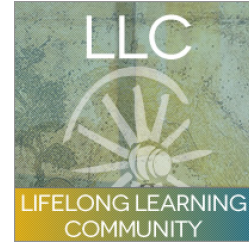


BASIC E-COURSE INFORMATION

CL – EXPLORING THE COMPASSIONATE LIFE: *A Call to Action*



COURSE DESCRIPTION

This course examines how cultivating compassion in our lives can lead to acts of reconciliation and restoration. From the viewpoint of biological processes in the brain and influences from the social-cultural landscape, participants will be exposed to current research on the many aspects and dimensions of compassion and its implications in everyday life at the individual and group level as well as in the broader culture. Through various class activities we will explore together how compassion can enhance spiritual growth and transformation individually and communally through cultivating a culture that is conducive to it.

COURSE FOCUS

The course seeks to answer the question: “How do we anchor in a life of self-compassion, equanimity, and curiosity that will result in active and restorative compassion?” Compassion is a verb. In this course participants will engage in spiritual reflection and experiential exercises in response to compassion’s call to creative action.

COURSE FORMAT

CL is a six-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, on occasion some or all of the class will meet ‘live’ via video conference (dates and times TBD). Each week includes, at a minimum, a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and ministry.

HIGHLY RECOMMENDED TEXT

Nouwen, Henri J. M., Donald P. McNeill, and Douglas Morrison. *Compassion: A Reflection on the Christian Life*. Image Books, 1982.

Note: There will be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, etc.

*The complete Course Syllabus will be posted on Moodle.