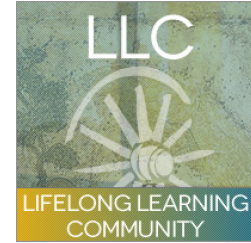


BASIC E-COURSE INFORMATION

ES – BEAUTY IN THE ORDINARY:

Exploring Everyday Spirituality



COURSE DESCRIPTION

Somewhere along the winding path of the Christian tradition it has been erroneously perpetuated that the spiritual and the ordinary were two separate lives when in reality such is a false dichotomy. This course will guide participants to see the sacredness in all of life. Participants will discover a “way of seeing” the holy threads of the life we already find ourselves in. It is a way to bear witness to the synergy of the Divine mystery within and around us all.

COURSE FOCUS

This course will explore the spirituality of everyday life and what it means to live in the “here and now.” In particular, we will learn from the Benedictine tradition which, throughout the history of Christendom have been demonstrating what the sacramental life entails:

- A conscious awareness of the presence of God; *when the invisible God becomes visible.*
- The sacramental nature of all of life; *the beauty and sacredness of and in all things.*
- Hearing God’s call in all of life; *when the Spirit of God makes ordinary life my altar.*
- The narrow yet expansive gate of humility; *finding our way to the heart through struggle.*

Participants will explore these principles through simple spiritual practices, readings, poetry, Visio Divina, music and film clips.

COURSE FORMAT

ES is a four-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 web 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.

Recommended Texts (Not Required: Only for further exploration and study)

Au, Wilkie. *The Enduring Heart: A Spirituality for the Long Haul.*

Chittister, Joan. *Wisdom Distilled from the Daily: Living the Rule of St. Benedict Today.*

Rohr, Richard. *Everything Belongs: The Gift of Contemplative Prayer.*

Steindl-Rast, David, *Gratefulness, The Heart of Prayer: An Approach to Life in Fullness.*

Note: Supplemental readings as well as other resources such as audio/video clippings, and various forms of art will be provided in the course itself.