



FORMATION PROGRAMME

Diocese of Fredericton

Unit Description

TITLE:	Spirituality and Prayer
INSTRUCTOR(s):	The Ven. Debra Burleson
DAY-LONG LEARNING EVENT DATE:	25 May 2013
LOCATION:	St. Margaret's Church, Fredericton Parish of St. Margaret's 775 Forest Hill Road

OVERVIEW:

An exploration of spirituality (Benedictine, Ignatian, Celtic) with practice and discussion around certain forms of prayer (Daily Office, lectio divina, Gospel contemplation, intercession in pastoral care and public worship). This Unit requires intentional prayer practice at home, with subsequent theological reflection. The instructor will be available to participants via email throughout the course period. Participants should contact the instructor as soon as possible for further guidelines and to receive a copy of an article giving a historical sketch of Christian spirituality.

REQUIRED TEXTS:

- [The Book of Common Prayer 1962](#) and [The Book of Alternative Services 1985](#)
- [Prayers for Healing in the Anglican Tradition](#), Graves, Daniel, Toronto: Anglican Book Centre, 2010

RECOMMENDED READING: (also suitable for book review)

- [Discovering the Book of Common Prayer, A Hands-on Approach; Volume 1: Daily Prayer](#). Sue Careless, Anglican Book Centre.
- [The Book of Uncommon Prayer: Contemplative and Celebratory Prayers and Worship Services for Youth Ministry](#). Steven L. Case.
- [Lost in Wonder: Rediscovering the Spiritual Art of Attentiveness](#). Esther de Waal.
- [The Need and the Blessing of Prayer](#). Karl Rahner.
- [Every Earthly Blessing: Rediscovering the Celtic Tradition](#). Esther de Waal.
- [The Word is Ever Near You: A Guide to Praying With Scripture](#). Martin L. Smith.
- [Too Deep For Words: Rediscovering Lectio Divina](#). Thelma Hall.
- [Open Mind, Open Heart](#). Thomas Keating.

WRITTEN SUBMISSION TOPICS:

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WRITTEN SUBMISSION TOPICS: THREE SHORT PAPERS

1. A book review of your chosen text on spirituality or prayer. Please use a small number of words to summarize the intent of the book, and most of the words to share your response to the book - how might it change or expand your understanding or practice of spirituality or prayer? About 500 words.
2. Two reflections of about 500 words each based on your personal experience of any two of the following forms of prayer (or another prayer form, with the permission of the instructor). Participants are required to practice the prayer form for the stated time period, before the May 25th session.

The reflection might include: description of the highlights of your experience with the prayer form; the effect of repeated practice on your prayer; the benefits/challenges of this type of prayer for you; your thoughts about whether and how you might continue to develop this prayer form or use it in your ministry.

You will probably find it helpful to keep a prayer journal. Make some comment after each day's prayer experience - what you did, what happened, how you felt.

NOTE: daily prayer practice is best. But most of us study under less than ideal conditions. Do the best you can.

- a) The Daily Office - say the full or shortened form of Morning and Evening Prayer, from the BAS or the BCP, for five consecutive days. Prayer may take place in community or on your own.
- b) Practice Lectio Divina ("Sacred Reading") for 15-30 minutes for five consecutive days. Guidance for Lectio can be found here: <http://www.jesuits.ca/orientations/intro2lectio.html> > The instructor will be happy to suggest scripture passages and provide a short how-to document via email.
- c) Practice Ignatian Gospel Contemplation for 15-30 minutes for five consecutive days. Gospel Contemplation draws us imaginatively into action stories in the gospels. Guidance for Gospel Contemplation can be found here: <http://onlineministries.creighton.edu/CollaborativeMinistry/AudioRetreat/Kroll-01-2010/Kroll-T07-01.pdf> OR <http://www.jesuits.ca/orientations/Chapter23a.htm> >.

Consult the instructor for scripture passages that are likely to be fruitful for beginners. A short how-to document can be sent via email.

- d) Practice intentional intercessory prayer - opportunities will vary with participants' individual contexts. For example, be intentional about praying with others, offering intercession for others in your private prayer, or writing intercessions for public worship. This paper should include some reference to the scriptural warrant for intercessory prayer, and should mention some of the questions and struggles that might emerge from the practice of intercessory prayer. Participants who choose this option are welcome to contact the instructor for further thoughts.
- e) Any other topic in prayer or spirituality, in consultation with the instructor.

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01 April 2013