

Semester 1- Contemplative Spirituality & Mindful Living ● Contemplation using senses ● Eco-spirituality ● Active listening & responding ● Follow the Thread ● Seasons of the Spirit and Aging -address/reinforce one topic at each retreat Study group: <u>Spiritual Direction 101</u> by Teresa Blythe -Theological Reflection -Prayer practices	Semester 2- Spiritual Formation & Human Development Within a Theological Context ● Discernment ○ Produce a discernment question ● Consolation/Desolation ● Human Sexuality and Intimacy ● Stages of Faith -Introduction ● Images of the Divine (retreat/reinforced on retreat) ● Listening Across the Divide Study group: Stages of Faith and <u>Faith Beyond Doubt</u> by Brian McLaren
Semester 3- Deep Sense of Connectedness ● SBNR ● Dream Work (presentation, retreat sharing dreams) ● Trauma ● LGBTQIA ● Earth Honoring Traditions Study group: <u>Braiding Sweetgrass</u> by Robin Wall Kimmerer (Earth Honoring Traditions) <u>Earth as Original Monastery</u> by Christine Valters Paintner	Semester 4- Conscious Living & Spiritual Growth ● Rituals ● Grief ● World Religions ● Obstacles in Spiritual Companionship ● Setting up your practice Study group: Sacred Activism <u>Active Hope</u> by Chris Johnstone: free online companion course: Homepage ActiveHope.Training

Summer Reading: We can have study groups select 2-3 books that they would like to focus on and discuss in Semester 3.