

# Foundations of Christian Spirituality and Life

*Foundations* is an adult formation program. A resource for:

- People exploring faith and spiritual life
- People joining the parish and/or the Episcopal Church
- Existing members who have not engaged these issues in recent years
- Adults preparing for baptism, confirmation, reception, or reaffirmation

*Foundations* is offered in modules of three or four sessions at a time. The usual practice is to offer a module each in the fall, winter, and spring. Sessions are a mix of presentation, discussion and experiential activities. Participants are usually asked to do some reading or experiment with some form of spiritual discipline or study in between sessions. There is often a materials fee attached to a module. If the fee makes it difficult for you to participate the parish will cover the cost.

Those preparing for baptism, confirmation, reception, or reaffirmation are expected to complete at least three of the modules.

## The modules

### **Anglican Spirituality**

This is a broad overview and introduction. Other modules will provide fuller work in some areas.

**The Threefold Rule of Prayer:** Eucharist, Daily Office, Personal Devotions. How these three forms of prayer relate to one another in the spiritual life. Experiment with, and reflect on, several methods during the program.

**Spirituality in relationship to the whole of life:** Ways of understanding the relationship; an exploration of how this works in your own life.

**Episcopal Spirituality:** The Episcopal Church has a particular culture of spirituality that shapes its worship, thinking and action. It is a way of being & doing that rises out of several core values and assumptions about our existence as people and Christians. Explore how it works at St. Paul's and in your own life.

### **Shaping Your Spiritual Life**

Looking at various forms of spiritual discipline;

Ways of shaping your spiritual life;

Spiritual guidance as a resource

### **Personality & Spirituality**

The relationship between our uniqueness and spiritual practices that best serve our particular personality

### **Understanding & Using Scriptures**

Praying with the Scriptures: Lectio divina; The Story of the People of God: An Overview of the Biblical Drama; how the church uses the scriptures in decision making and prayer; Modern scholarship

### **Eucharistic Spirituality & Living**

Rooting our life in the mystery of the Holy Eucharist. Ways of deepening our participation in the Mass.

## **Baptismal Living**

**Exploring the cycle** of renewal & apostolate; of reflection & engagement. Discernment and decision making.

**Engaging the gifts** of “an inquiring and discerning heart, the courage yo will and to persevere, a spirit to know and to love you, and the gift of joy and wonder in all you works.”

## **Daily Prayer**

Learning and experimenting with various forms of prayer and spiritual activity, e.g., intercession, praying with icons, Lectio divina; contemplation, centering, meditation, etc. Also, the Daily Office.

## **Christian Thinking**

The relationship between Christian sources of authority and our decision making. The relationship of Scripture, Tradition and Reason with one another and with our life experience.

## **Parish Tradition of Spirituality**

An exploration of the parish’s roots in a traditional spirituality within the Episcopal Church, e.g., Prayer Book Catholic, Anglo Catholic, Evangelical, Liberal/Broad, etc.

Anglo Catholic – The Oxford movement; the urban parish experience (slum priest tradition); religious orders and communities; the Jubilee movement

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