

COURSE OF STUDY SCHOOL
 Garrett-Evangelical Theological Seminary
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YEAR ONE

COS 113 Pastoral Care for Spiritual Formation

Exploration of the caring presence and actions of the pastor as a form of spiritual leadership and formation. Skills of effective pastoral care will be presented and practiced, including effective listening and response skills, awareness of cultural differences, timely intervention, and appropriate referral. Students will be encouraged to reflect on their personal strengths, need for growth in developing relational skills, self-care, and the development of personal spiritual practices -- all in the context of the community of faith.

Course Objectives

- Development of the pastor's identity as a spiritual leader and caregiver, with emphasis on the need for continuing spiritual and professional growth.
- Instruction, practice, and feedback on basic communication skills including verbal and non-verbal communication.
- Examination of basic methods for dealing with developmental issues and life crises, including when and how to refer to other sources of assistance.
- Exploration of ethical issues including confidentiality, personal and professional boundaries, and the pastor's legal responsibilities.
- Introduction to Wesleyan understandings of spirituality and spiritual practice.
- Exploration of the role of prayer, Scripture, and the spiritual resources of the faith community in pastoral care.

A. 1 Required Text Books

***Kornfeld, Margaret Zipse. Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities: New York, Continuum International Publishing, 2000. (ISBN 0-8264-1232-7) (currently out of print, will be available again from the publisher in April. See note below.)

Nouwen, Henri J. M. Reaching Out: The Three Movements of the Spiritual Life. New York, Doubleday. 1986(ISBN 0-385-23682-4)

Stairs, Jean. Listening for the Soul: Pastoral Care and Spiritual Direction. Minneapolis: Fortress Press, 2000. (ISBN 0-80006-3239-7)

**** Kornfeld is currently out of print. It is scheduled to be reprinted and distributed in early April, 2011. Used copies on the Internet are selling for as much as \$200. DO NOT PAY \$200 FOR THIS BOOK!! I have access to several copies from former students in COS. You may contact me, Dr. Al Caldwell, alvacaldwell@sbcglobal.net and I will put you in touch with former students who will loan or sell you a copy. If you cannot get a copy, then you may choose the alternate text. by Howard Clinebell. You may choose to read either Kornfeld or the Supplementary text by Clinebell. (See section A 3 for alternate texts.)**

A.2. Required Novel: Choose One.

Kidd, Sue Monk. Secret Life of Bees. New York: Viking, 2002. (ISBN 0-14-20.0174-0) A powerful novel which tells the story of a young girl whose mother dies mysteriously when the girl is four. She leaves her abusive father during her early teen years to find her own way in life. She is taken in by three sisters who are bee keepers. These sisters practice a form of religion that is based on Catholicism, folk religion, common sense and human kindness, and community through bees. These sisters help this young girl know what it means to grow into maturity. (How does one develop a sense of identity of gender, religion, friendships, values?)

Robinson, Marilynne. Gilead. New York: Farrar, Strauss & Giroux, 2004. (ISBN- 031242440X) The novel is set in Gilead, Iowa in 1956. John Ames, a preacher and the son and grandson of preachers is seventy years old. He has married late in life, he is now in bad health, and is writing a diary so that his seven year old son will remember who he was as a younger, healthier man. His father had been a pacifist; his grandfather kept a pistol in his belt while he preached and joined up with John Brown to help free the slaves by force. John Ames has inherited both traditions; now he tries to tell his young son who he is. (What does it mean to get old, face death, and wonder about what one leaves behind? How does one take on the values of ones family? How does one measure ones contribution to society and family?)

Jordan, Hillary. Mudbound. Algonquin Books of Chapel Hill, 2007. (ISBN 13:978-1-56512-569-8.). This is Jordan's first novel. Set in Mississippi in the years immediately following World War II, it tells the story of two families. The McAllans, Henry and Laura, relocate from the city to the country where Henry insists on buying a farm. Laura is a city woman pulled away from her family by the move to the country ,so she refers to her life on the farm as "mudbound". Hap and Florence Jackson are the black sharecroppers who live nearby. The Jackson's son, Ronsel, and Henry's brother, Jamie have each returned from the war. Their friendship causes turmoil in a rural cultural that still demands racial boundaries. The novel portrays how these two families are bound up in the blind hatred of the post World War II south. (How do in-laws affect a marriage? What is the price of friendship when two cultures clash? How does one re-enter a family or society after being away? What are the deep issues that keep folks "bound" in terms of racism, sexism, marriage, and family?)

A.3. Supplementary Resources . There is no need to buy any of the following titles for class. However, they are recommended for your pastoral collection as you develop your professional library over the years.

Clinebell, Howard. Basic Types of Pastoral Counseling rev. and expanded. Nashville: Abingdon Press, 1984. (ISBN 0687024927) This text will be used in COS 314 This text is scheduled for a new edition in August 2011. **(If you cannot find a copy of the Kornfeld book, then please read this text and answer the Clinebell questions.)**

Hunter, Rodney (Editor). Dictionary of Pastoral Care & Counseling. Nashville, Abingdon Press, 1990. (ISBN 13: 978068710761, Electronic Versions also available. This reference book is highly recommended for the library of every pastor. Please note that this important work is available in paper or in electronic format.

Savage, John. Listening & Caring Skills: A Guide for Groups and Leaders. Nashville, Abingdon, 1996. (ISBN 0-687-01716-5) This title is on the recommended list of other COS schools; however, the listening skills outlined in Stairs is what is used at Garrett-Evangelical's COS 113.

Taylor, Charles. The Skilled Pastor: Counseling as the Practice of Theology. Philadelphia: Fortress Press, 1991. (ISBN 0800625099)

B. Instructions

Read the pages, take notes and answer the questions completely in your own words, using complete sentences (unless otherwise noted). Do not quote extensively from the texts you read. Digest the ideas and information, and then put them in your own words.

Follow approximate length given for each item of written work.

Print your written work on 8½ X 11 white paper, one side only, double-spaced, with a one-inch margins all around. On computer use a 12-point font, either Times New Roman or Arial. One page equals approximately 250 words. If typewriter is your only option, use 10 pitch (pica), or 12 pitch (elite). Do not use script, condensed, or all caps print.

On each page of your work, include a header with your name, the class number, and the page number. Begin each numbered item on a new sheet of paper, writing that number at the beginning of your answer. Do not type the questions before your answers.

If you quote from a printed text, you must use quotation marks and note the source (including pages) in parentheses at the end of each usage. Quotations should never be more than a sentence or two long. Ideas and information should be stated in your own words, not in the words of the authors you have read. For assigned texts, you may abbreviate the titles by using the first letter of each word in the title. For example, if the source is Harper's Bible Dictionary, then use (HBD, p. 34-35). If you refer to books that are not listed on the class reading list, then you must give full bibliographic information. The Proper Citations page will give you more information about how to present bibliographic information in your work.

Staple all pages for each of course of each module together in a sequential manner, using one staple in the upper left-hand corner. Do not staple together papers for more than one course. Do not bind your homework or turn in 3-ring binders or plastic/paper report covers.

Add a title page to each course of each module that includes a) the name of the course, b) your name, and c) the date of the first day of class.

The due date for written work is listed on the COS Website. Late work is only accepted with prior approval of the Director of the Course of Study School.

Make a copy of your material and bring it with you for your own use during the school.

NOTE: Using other people's materials without documentation, whether from a book, journal, teacher, another student, sermon service, or lectionary aid, is unacceptable behavior. Such activity, otherwise known as plagiarism usually means failure for the course with notification sent to the Conference Course of Study Registrar and the Division of Ordained Ministry. Professors will report all instances of plagiarism to the Director of the Course of Study. The Director will arrange for a meeting with the professor and the student, and the student will be given opportunity to explain the situation. The Director in consultation with the professor will make a decision about what action is

appropriate for a first instance of plagiarism. Such action could include, rewriting the material, or failure of the course. A brief summary of the meeting will be prepared by the Director and placed in the student's file in the Course of Study Office and kept there until the student completes the Course of Study Curriculum. If a second instance of plagiarism is documented, the student will fail the course and the Director will determine what other consequences may apply.

C. Assignments for COS 113:

Please prepare responses to the following eleven (11) assignments. The first is a brief biographical sketch. The next three (3) questions are related to Kornfeld's book OR Clinebell's book; and four (4) questions come from Stairs' book. Two (2) questions are from Nouwen's book, and one (1) question is related to the Novel which you chose. The purpose of these assignments is to articulate the work of the authors and to enter into dialogue with the authors using your own ministry and life experience. This written assignment should produce a paper of approximately 25-35 double spaced pages. (About 6,500 – 9,500 words).

C I Biographical Statement: (about 3 pages in length)

1. Prepare a 2-4 page biographical statement introducing yourself. Include the following in this statement. Identify yourself as a person, a professional, a local pastor and a care giver. What feeds your soul? In what ways do you see yourself as a caregiver? What are your own primary needs for self care? Where is your passion for ministry? Are you a full time or part time local pastor? Describe the church where you are assigned and outline your primary duties there. What gives you energy and vitality in this work? In what areas of responsibility do you feel most challenge?

C II. The Readings. If you read Kornfeld, then answer the Kornfeld Questions; If you read Clinebell, then Please answer the Clinebell Questions. ANSWER ONLY KORNFELD OR CLINEBELL.

Margaret Zipse Kornfeld. Cultivating Wholeness: (about 3 double spaced pages for each question)

2. *Section I. Support Change: Be a Gardner.* After reading chapter 3, write a short essay in which you describe yourself as a gardener who listens. Use chapter 3 as an outline to describe the various ways in which you can grow into a better listener.

3. *Section II Facilitating Wholeness.* In Chapter 6, Kornfeld describes the Five-Step Solution-Focused Treatment Model. Briefly describe this model, and then in this essay apply this model to a pastoral situation in your own experience. Please choose a concrete situation in your own ministry, past, present, or one that is on the way.

4. *Section III All the Seasons of Life.* Choose one issue in your own pastoral experience which Kornfeld identifies in "Life's Many Beginnings", chapter 7; OR "Life's Many Endings", chapter 8; OR "Life's Daily Round" chapter 9 Describe the way in which this issue was made present in your ministry. How does Kornfeld's insights help you understand the issue? What action might you take to address this issue after having read these three chapters?

OR

Clinebell, Howard. Basic Types of Pastoral Counseling rev. and expanded. Nashville: Abingdon Press, 1984. (ISBN 0687024927) This text is scheduled for a new edition in August 2011. So, please use the 1984 edition and answer the following questions:

2. Clinebell 2.. After reading Chapter 9 Bereavement Care and Counseling, write a 3-5 page essay following the instructions on page 238, "The Pastor's Own Losses and Crises." Use the insights from Clinebell, to articulate your story.
3. Clinebell 3. Using the insights and suggestions of Chapter 11, write a 3 – 5 page proposal on some ways you can engage issues of Family Enrichment and Counseling in your own parish.
4. Clinebell 4. In Chapter 4, The Foundation of all Types of Caring and Counseling, Clinebell identifies six principles of the Holistic Approach. Please summarize in 3 – 5 pages, these six principles and indicate how the application of these principles will make you a more effective counselor.

Jean Stairs, Listening for the Soul This is a deeply spiritual book which invites the pastoral caregiver to listen for the soul in the other. "By *listening for the soul*, I mean being aware and open to the wondrous spirit of God and hearing the ways God invites and reveals all levels of our being and human longing. Our *spirituality* is simply the way we express our belief in and experience of God in this world." (page 10)

5. Stairs: Chapter 1 employs several metaphors for soul listening: obedience, hospitality, intimacy, etc. Which of these metaphors best describes your gift for listening, and which of these metaphors best describes a skill you need to develop in order to be a better listener? (2-3 pages)

6.. Stairs: Chapter 3, page 105 "A Pastoral Tool to Assist Discernment"
After reading the chapter follow the instructions for this exercise by completely typing out the sentences, 1-10, and completing each sentence as briefly or as fully as you desire. Some responses might be one or two words; other responses might be several paragraphs. We will share these as a class exercise. (1-2 pages)

7 Stairs: Chapter 4,
Stairs' identifies the spiritual practices of hospitality, sabbath-keeping, and simplicity as central to our way of practicing pastoral care. In a brief essay identify what the author means by these practices and then explain how your own ministry expresses these three practices. (3-4 pages)

8: Stairs: Chapter 5, page 152, 153. "A Biblical Reflection for use within a soul companionship group"(Exodus 3:1-4:20) Read the Exodus text, meditate on the text and then follow the instructions in questions 1-11, and provide brief responses to each question. This exercise will be shared in class. (2-3 pages)

Henri J.M Nouwen. Reaching Out. "What does it mean to live a life in the Spirit of Jesus Christ? . . . This book does not offer answers or solutions but is written in the conviction that the quest for an authentic Christian spirituality is worth the effort and the pain, since in the midst of this quest we can find signs of offering hope, courage and confidence." (from the Forward, paragraph 1)

9 Chapters 4,5,6. Describe Nouwen's understanding of the movement from hostility to hospitality; then provide an example from your own religious community and describe how you might help lead your own community from hostility to hospitality. (about 2-3 pages)

10 Chapters 7,8,9 Nouwen names several forms of religious illusion. What is Nouwen's understanding of illusion? In your own pastoral experience, what illusions have been challenged by reading this book ? How do Nouwen's insights help you to move yourself and others toward heart prayer? (2-3 pages)

The Novel Chosen from the List above.

11. First, just read the novel and enjoy it. Then choose one of the characters in your novel. Now, in a brief essay, suppose that you are that person's pastor/caregiver. What pastoral issues would you want to identify for him/her? How would you help that character address those issues? What insights from Nouwen, Kornfeld or Stairs would help you address these pastoral issues? (4-5 pages)

The written assignments are due on the day set by the COS Office in Evanston.

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I welcome questions and comments from you as you prepare your materials. Please contact me at the following address: If you do contact me via email, it will help me if you put "COS 113" somewhere in the subject line. Thank you.

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