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Session 17: Developing Spirituality

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Session 17: Developing Spirituality

Person responsible for developing this session: **Sandy Murphy**

1. **Session Title: Developing Spirituality**
2. **Session Date: Thursday, October 26, 2017**
3. **Plenary or Small Group? Small Group**
4. **Learning Outcomes**
 - a. Considering spiritual questions and resources on campus.
5. **Other Goals**, if applicable (these are goals not directly connected to student learning – e.g. forming group cohesion or identifying which students may be struggling to transition.)
 - a. Articulate key traditions or experiences that have shaped their own moral compass and spiritual perspective.
 - b. Demonstrate awareness of opportunities for faith exploration on campus.
 - c. Consider spiritual questions in their lives.
6. **Brief Narrative** describing the session (3 – 5 sentences offering the leaders a general sense of what will take place on this date.)

This session will help students to explore their perspective on spirituality and religion. Students will have a chance via video to hear from various faculty, staff and students their perspective on these subjects. There will also be a chance for students to share in small group. We will also explore different modes of contemplation, using the Tree of Contemplation, and share ways that they can explore their spiritual life here on campus.

Session Outline -

1. Opening Remarks-
 - *Facilitator:* At St. Norbert, we strive to practice *communio*, which means we care for every part of ourselves and each other. We recognize that each of us thinks, feels, moves, and believes in ways that are sometimes deeply similar and other times clearly different. Today, we invite you to think about the spiritual and religious perspective that you bring to campus and to begin listening to each other's similarities and differences with respect and *communio*.
2. What is Spirituality?
 - *Facilitator:* To begin, we're going to hear from people on campus talking about their own spiritual and religious perspectives. Because we acknowledge the distinction between spirituality and religion, and the connections and interplay between the two, we want to empower you to value and cultivate your own spirituality, which may be informed by religious practices and communities. Listen for a perspective that resonates with your experience.
 - [Video 1 \(3 Minutes\)](#)
3. Personal Reflection (1-2 minutes)
 - *Facilitator:* Take a few moments and reflect on what you heard and how it connects with your experience. Use these questions as a guide:
 - i. Can you recall an experience that felt spiritual and may or may not have been religious?
 - ii. Can you recall an experience that was religious and may have or not felt spiritual?
4. Small group Sharing - 2-3 in group (10 minutes)
 - *Facilitator:* In groups of 2-3, share your reflections about spirituality and religion.
 - Did you think of a story from your spiritual or religious background?
 - Look for common threads from each person's reflection
 - Prepare to share common threads with the large group
5. Invite small groups to share common threads with the whole group (5 minutes)
6. *Facilitator:* Because SNC students bring a variety of backgrounds and experiences to campus, St. Norbert offers several ways for you to deepen your faith or begin exploring spirituality. We'll discuss those opportunities more after this video.
 - [Video 2 \(3 minutes\)](#)
7. Tree of Contemplation (10 minutes)
 - *Facilitator:* The Tree of Contemplation is a resource to help us think about the many ways that people engage their spirituality and religion. Look at the tree for a few moments and try to identify a spiritual practice that you already find meaningful or one that you would like to explore. ([distribute with lesson](#))
 - Staff resource:
<http://foothillsuu.org/wp-content/uploads/2014/12/Finding-a-Contemplative-Practice.pdf> - Provides explanations of each practice)
 - Invite students to share practices from the Tree of Contemplation that they find meaningful or would like to explore.

- *Facilitator:* Were you surprised by any of the practices on the Tree of Contemplation? Was there anything missing from the list that you find meaningful?
8. Opportunities on campus for involvement (10 minutes)
- *Facilitator:* Today, we have begun thinking about the spiritual and religious backgrounds we each bring to campus, and we have started to consider how much we have in common and how we might be different. St. Norbert offers several ways for you to spiritually strengthen yourselves and we hope you'll find communities and events on campus where you can be fed and grow.
 - *Facilitator:* The [Emmaus Center](#) offers these programs and is happy to meet with students individually if you want spiritual support:
 - i. Morning Prayer - Monday - Wednesday - Friday from 8:05-8:20 am in Old St Joseph Church
 - ii. Donum Ipsum- a place to learn more about Catholicism
 - iii. Thin Place: A Protestant worship service for *everyone*.
 - iv. Agape Latte - a speaker series where staff tell their stories
 - v. Alive - a weekly programs in your first year Res hall to discuss call and spirituality
 - vi. Navigate a program for upper class students to talk about how they are being called to lead a life of meaning and purpose
 - vii. TRIPS an alternative break service experience over the colleges breaks.
 - *Facilitator:* In addition to the Emmaus Center programs, you may also find these campus programs meaningful:
 - i. St Norbert College Parish- opportunities to experience the Sacraments as well as contribute your gifts to a vibrant Catholic parish.
 - ii. Mindfulness Group - 1st & 3rd Wednesdays at 4:45-5:15 in the Center for Norbertine Studies
7. **Materials Needed** (handouts, markers, any materials needed for experiential elements, etc.)
- a. Video(s)
 - i. [Video 1](#) (3 Minutes)
 - ii. [Video 2](#) (3 minutes)
 - b. Copies of the [Tree of Contemplation](#)
8. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)
- a. Explanation of the Tree of Contemplation
<http://foothillsuu.org/wp-content/uploads/2014/12/Finding-a-Contemplative-Practice.pdf> - Provides explanations of each practice