

SP2137 SALESIAN PRAYER & SPIRITUALITY

A Seminar and Practicum on the Spirit of Prayer with Salesians

Instructors: Fr Joseph Boenzi, SDB, & Fr John Puntino, SDB
Fall 2019 – Thursdays 12:40pm-3:30pm, ISS (Don Bosco Hall)

Course Description

Participants will seek to deepen their understanding of Christian spiritual life and practice of prayer and to explore ways of leading others, especially young people, to develop a personal relationship with Our Lord through significant prayer experiences.

Methodology

Participants will research, present and guide the class in various prayer forms, including, but not limited to, styles of meditation, *lectio divina*, Ignatian active contemplation, centering prayer, the Jesus prayer, Marian devotion and spiritual reading. They will also present suggestions on how these prayer forms may be used in catechetical or retreat programs with young people.

Requirements

Five class reports
Five catechetical or retreat proposals
Leadership of two prayer experiences

Syllabus

1. Christian Spirituality and Spiritualities
2. Models of Spiritual Growth / Journey
3. Mysticism and Asceticism
4. Spiritual Accompaniment
5. Personal and Communal Prayer
6. Meditation: Discursive meditation; St. Francis de Sales; SDB indications; variations
7. Lectio divina: format and variations in practice
8. Ignatian active contemplation: methodology
9. Centering prayer: theory and practice
10. Journaling: as prayer; methods
11. The Jesus Prayer: Way of the Pilgrim; variations
12. Marian devotion: *Marialis cultus*; *Rosarium Virginis Mariae*; various proposals
13. Spiritual Reading: Resources and practices
14. Other prayer forms: Sacraments and Liturgy; pilgrimages

Bibliography

General

Michael Casey, *Toward God, The Ancient Wisdom of Western Prayer*, 1995.

Catechism of the Catholic Church, Part IV.

Lawrence Cunningham and Keith Egan, *Christian Spirituality, Themes from the Tradition*, 1996.

Jordan Aumann, *Spiritual Theology*, 1982.

Christian Spirituality and Spiritualities Models of Spiritual Growth / Journey Mysticism and Asceticism

Urban Holmes, *A History of Christian Spirituality: An Analytical Introduction*, 2002.

Reginald Garrigou-Lagrange, O.P., *The Three Ages of the Interior Life* at www.christianperfection.info/content1.php

Adolphe Tanquerey, S.S., *The Spiritual Life* at https://archive.org/details/MN41530ucmf_5

Evelyn Underhill, *Mysticism* at www.ccel.org/ccel/underhill/mysticism.pdf?membership_type=b10f8d8331236b8b61aa39bc6f86075c12d7e005

St. Teresa of Avila, *Interior Castle* at www.ccel.org/ccel/teresa/castle2.html

St. John of the Cross, *Ascent of Mount Carmel and Dark Night of the Soul* at https://jesus.org.uk/book_author/saint-john-of-the-cross

St. Ignatius of Loyola, *The Spiritual Exercises* at <http://spex.ignatianspirituality.com/SpiritualExercises/Puhl>

The Complete Introduction to the Devout Life by St. Francis de Sales, New translation and commentary by Fr. John-Julian, OJN.

St. Francis de Sales, *Treatise on the Love of God* (various editions).

Meditation

www.catholicspiritualdirection.org/prayer.html

St. Francis de Sales, *Introduction to the Devout Life*, Part II, Chapters 2-9 at <http://saintsprayers.net/St.%20Francis%20de%20Sales%20-%20How%20to%20Meditate.htm>

Lectio divina

www.usccb.org/beliefs-and-teachings/how-we-teach/catechesis/catechetical-sunday/word-of-god/upload/lectio-divina.pdf

www.beliefnet.com/faiths/catholic/2000/08/how-to-practice-lectio-divina.aspx

www.biblegateway.com/resources/scripture-engagement/lectio-divina/home

<https://www.archtoronto.org/lectio>
www.saltandlighttv.org/lectiodivina
www.valyermo.com/ld-art.html
www.contemplativeoutreach.org/category/category/lectio-divina

Ignatian Active Contemplation

Various resources at:

www.ignatianspirituality.com
<http://orientations.jesuits.ca/understandspexx.html>

Centering Prayer

Various resources at:

www.contemplativeoutreach.org

Journaling

<https://bustedhalo.com/ministry-resources/start-prayer-journal>
www.moodycatholic.com/prayer_prayer_journal.html
<https://lifeteen.com/blog/letters-to-god-5-reasons-to-keep-a-journal>
www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/review-prayer-by-keeping-a-journal
<https://renovare.org/articles/prayer-journaling-styles-examples>
www.pauline.org/Pauline-Books-Media-Blog/ArticleID/2960/How-to-Keep-a-Spiritual-Journal-like-the-Saints-Did
www.lopc.org/past-events/prayer-journaling-art-reflection

The Jesus Prayer

The Way of a Pilgrim and the Pilgrim Continues His Way at

<http://desertfathers.webs.com/thewayofthepilgrim.htm>
www.wordonfire.org/resources/video/bishop-barron-on-the-way-of-a-pilgrim/5359
www.svots.edu/saying-jesus-prayer
www.integratedcatholiclife.org/2011/01/kreeft-the-jesus-prayer

Marian Devotion

Bl. Paul VI, *Marialis Cultus* at

http://w2.vatican.va/content/paul-vi/en/apost_exhortations/documents/hf_p-vi_exh_19740202_marialis-cultus.html

St. John Paul II, *Rosarium Virginis Mariae* at

https://w2.vatican.va/content/john-paul-ii/en/apost_letters/2002/documents/hf_jp-ii_apl_20021016_rosarium-virginis-mariae.html

www.dominicanajournal.org/5-marian-devotions

www.nbccongress.org/marian-devotions.html

www.catholiccompany.com/getfed/20-marian-devotions-latin-america

www.wordonfire.org/resources/blog/in-defense-of-exaggerated-marian-devotion/5629