



SPFM 6220: Journaling: Reflecting on Our Story

North Park Theological Seminary
Spring Semester, 2021 Online Course
1 credit

INSTRUCTOR INFORMATION

Rev. Tammy Long is the instructor for this course. She may be reached by e-mail tlong@northpark.edu. She may also be contacted by text/phone at 510.932.6710 or by appointment at <https://calendly.com/pastortammy>.

COURSE DESCRIPTION

Students will learn and practice specific journaling techniques that will help them encounter God's presence and their own interior selves in their writing or other journaling techniques. They will learn safe and helpful ways to share writing and responding to writing online. They will develop a deepened sense of self including faith story, emotional, spiritual, and physical self.

COURSE OBJECTIVES

1. To learn and practice various journaling techniques as a means for connecting with God.
2. To learn safe and helpful ways to share writing and respond to the writing of others.
3. To experience and articulate a deepening sense of awareness of self and God growing out of journaling as a spiritual practice.

REQUIRED TEXTS

Cepero, Helen. *Journaling as a Spiritual Practice: Encountering God through Attentive Writing*. Downers Grove, IL: InterVarsity Press, 2008.

Read **ONE** of the following:

Buechner, Frederick. *Telling Secrets*. San Francisco: Harper San Francisco, 1991.

Gonzalez, Karen. *The God Who Sees: Immigrants, the Bible, and the Journey to Belong*. Harrisonburg, VA: Herald Press, 2019.

Khang, Kathy. *Raise Your Voice: Why We Stay Silent and How to Speak Up*. Downers Grove, IL: InterVarsity Press 2018.

Nouwen, Henri, J.M. *Adam: God's Beloved*. Mary Knoll, NY: Orbis Books, 2012)

Weems, Renita. *Listening for God: A Minister's Journey Through Doubt*. New York: Simon & Schuster, 2000.

ASSESSMENTS AND GRADING SCALE

Assessments

1. Read carefully orientation materials and the Welcome Letter **before** beginning on-line journaling.
2. Complete journaling practices from exercises in assigned chapters of *Journaling as a Spiritual Practice*
3. Share one weekly post on or from your journaling practice on these exercises
4. Respond to at least two postings by other students in your small group
5. Read assigned texts
6. Participate in two sessions with a spiritual director (help for find a director is available)
7. Write a 500-word reflective essay on the optional selected text. **Due March 15, 2020**
8. Expand the journaling exercise “What I Found Inside” on pp.139- 140 in *Journaling as a Spiritual Practice* into a 250-500 word reflective essay. **Due May 7, 2020**

Grading Scale

Grading in this course is Pass/Fail.

ADDITIONAL COURSE GUIDELINES

1. Following through with assignments and postings on Canvas are criteria for the grade of Pass. If for some reason the student is not able to be with the assigned group or complete assignments he/she is required to inform the instructor.
2. Students with unexcused absences from the weekly group may fail this course.
3. Students should be mindful to follow the inclusive language policy as found in the [Student Writing Handbook](#).

ACADEMIC HONESTY

In keeping with our Christian heritage and commitment, North Park University is committed to the highest possible ethical and moral standards. Just as we will constantly strive to live up to these high standards, we expect our students to do the same. To that end, cheating of any sort will not be tolerated. Students who are discovered cheating will receive a failing grade on the assignment and are subject to discipline up to and including failure of a course and expulsion. Our definition of cheating includes but is not limited to:

1. Plagiarism – the use of another’s work as one’s own without giving credit to the individual. This includes using materials from the internet.
2. Copying another’s answers on an examination.
3. Deliberately allowing another to copy one’s answers or work.
4. Signing an attendance roster for another who is not present.

ACCOMMODATIONS

North Park is committed to creating an inclusive learning environment. If you anticipate or experience any barriers to learning in this class related to a disability, contact the Center for Student Engagement by email ada@northpark.edu or phone at 773-244-5737 to schedule an appointment with the Learning

Specialist. You can also stop by The Center for Student Engagement, located on the first floor of the Johnson Center.

TITLE IX

Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the Title IX Coordinator (773-244-6276 or TitleIX@northpark.edu) for information about reporting, campus resources and support services, including confidential counseling services.

As members of the North Park faculty, we are concerned about the well-being and development of our students, and are available to discuss any concerns. Faculty are legally obligated to share information with the University's Title IX coordinator in certain situations to help ensure that the student's safety and welfare is being addressed, consistent with the requirements of the law. These disclosures include but are not limited to reports of sexual assault, relational/domestic violence, and stalking.

Please refer to North Park's [Safe Community](#) site for reporting, contact information and further details.

INCOMPLETE GRADES

If, due to extenuating circumstances (specifically, pregnancy, illness, personal and family issues, military assignment, etc.), a student anticipates they will be unable to complete course work within the allotted time, that student may request a grade of incomplete from the course instructor before the last week of class clearly stating the reason(s) for this request. Overscheduling and/or lack of self-discipline are not considered extenuating circumstances. If the request is timely and meets the criteria, student and instructor will submit the incomplete grade form and the grade for that class will be listed as "I" until the last day of the following semester. If coursework is not submitted by the last day of the following semester the listing of "I" will automatically be changed to "F." For the full policy, see page 15 of the [Seminary Academic Catalog](#).

COURSE SCHEDULE

January 11-16	Starting Out: Discovering a Journaling Practice: Introduction/Chapter 1
January 18 -23	Midwinter Break: No journaling, posting or responding
January 25 – 30	Beginning Again: Staying in my True Calling: Chapter 2 Journal Tue-Wed; Post and Respond Thur-Sat
February 1-6	Looking Intently: Paying Attention to my Life: Chapter 3 Journal Tue-Wed; Post and Respond Thur-Sat
February 8-13	Claiming Significance: Honoring our own Story: Chapter 4 Journal Tue-Wed; Post and Respond Thur-Sat
February 15-20	Mining Below the Surface: Naming the Landscape: Chapter 5 Journal Tue-Wed; Post and Respond Thur-Sat



February 22 – 27	Listening Beyond Words: Blessing the Body: Chapter 6 Journal Tue-Wed; Post and Respond Thur-Sat
March 1-6	Looking Backward: Reflecting on the Past: Chapter 7 Journal Tue-Wed; Post and Respond Thur-Sat
March 8 -13	Reading Week: no journaling, posting or responding
March 15 -20	Looking Forward: Where Does This Lead? Chapter 8 Journal Tue-Wed; Post and Respond Thur-Sat Text Reflective Essay Due – March 15
March 22 - 27	Re-orienting in the Present: Where Am I Now? Chapter 9 Journal Tue-Wed; Post and Respond Thur-Sat
March 29 - April 3	Talking Back: Dialogue Journaling: Chapter 10 Journal Tue-Wed; Post and Respond Thur-Sat
April 5 -10	Embracing the Cross: Finding a Way through a Suffering: Chapter 11 Journal Tue-Wed; Post and Respond Thur-Sat
April 12 - 17	Discovering Life: Writing for Healing: Chapter 12 Journal Tue-Wed; Post and Respond Thur-Sat
April 19 - 24	Seeing the Holy in the Ordinary: Noticing God Chapter 13 Journal Tue-Wed; Post and Respond Thur-Sat
April 26 – May 1	Facing Resistance: Finding the Pathway Home: Chapter 14 Journal Tue-Wed; Post and Respond Thur-Sat
May 3 – 7	Journaling Reflective Essay Due May 7, 2020