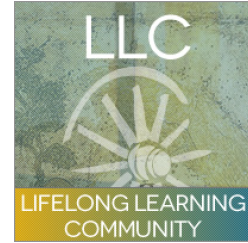


BASIC E-COURSE INFORMATION

SC – Exploring Self-Care: *Tending to Our Heart, Mind, and Body*



COURSE DESCRIPTION

This course provides the space for us to examine the well-being of our self: heart [and soul] (spiritual/emotional), mind (intellectual), and body (physical). For each of us to lead a whole and holy life we need to attend to all aspects of our being. We are a unity of personhood and each aspect is bound to affect the others. The course is designed to assess the current state and condition of our heart, mind, and body and to help us develop a holistic plan for a healthier self-care.

COURSE FOCUS

The course seeks to answer the questions: “How is my heart/soul? How is my mind? How is my body?” The assessments are done using an Examen practice where you, with the help of the Spirit, explore four key inventory questions. Once completed you will create an action plan to deepen your care for your entire well-being.

COURSE FORMAT

SC is a four-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, on occasion some or all of the class will meet ‘live’ via web conference (dates and times TBD). Each week includes a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises/spiritual practices for practical and concrete application to one’s life and ministry.

REQUIRED TEXT

Gorman, Mary Jane. *Tending Body, Heart, Mind and Soul: Following Jesus in Caring for Ourselves*. Abingdon Press, 2006.

HIGHLY RECOMMENDED TEXT

Chandler, Diane J. *Christian Spiritual Formation: An Integrated Approach for Personal and Relational Wholeness*. IVP, 2014.
Press, 2013.

Note: There may be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, or recommended texts, etc.