

Seattle University

Spring Quarter, 2009

Spirituality, Health and Leisure  
STMA 592-01

Professor: Patrick Kelly, S.J., Ph.D.

Office: Casey 217/296-2816

Office Hours: TBD

Class Time: TH 5:45-8:35 P.M.

Class location: HUNT 100

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Course Objectives

When you have successfully completed this course in June, you will:

- a) have understood some of the definitions scholars have given for the terms spirituality and Christian spirituality
- b) be able to explain some of the ways Christian theologians and spiritual writers have understood the relationship between body, mind and spirit
- c) be able to explain some of the ways mental health and well-being is related to spirituality
- d) be able to articulate some of the core elements of a spirituality of health care
- e) have articulated an understanding of the theological and spiritual significance of the wellness movement
- f) have understood yoga practices in their original context and their relationship to spirituality and health
- g) be able to articulate the similarities and differences between Christian spiritualities and other spiritualities, non-religious and religious
- h) be able to explain the different ways Christians have understood the relationship between spiritual values, work and leisure
- i) have reflected on your own lived experience in dialogue with the readings and discussions of the course
- j) have articulated how the readings and discussions will make a difference in how you accompany others in your ministerial or work context.

Required Books

Elizabeth A. Johnson, *Women, Earth and Creator Spirit*. New York: Paulist Press, 1993.

Victor Frankl, *Man's Search for Meaning: An Introduction to Logotherapy*. New York: Simon and Schuster, 1984, 3<sup>rd</sup> edition.

Gerald May, *Addiction and Grace*. New York: Harper and Row, 1988.

Daniel P. Sulmasy, *The Rebirth of the Clinic: An Introduction to Spirituality in Health Care*. Washington, D.C.: Georgetown University Press, 2006.

Tracy Kidder, *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*. New York, Random House Trade Paperbacks, 2004.

Thomas Ryan, *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*. Mahwah, NJ: Paulist Press, 1995.

Cindy S. Aron, *Working at Play: A History of Vacations in the United States*. New York: Oxford University Press, 1999.

Josef Pieper, *Leisure, The Basis of Culture*. South Bend, IND: St. Augustine's Press, 1998.

## Readings on Angel

### Learning Activities

Reflection Papers – 20 %

Midterm Exam – 20%

Final Paper – 40 %

Seminar Facilitation – 10%

Participation – 10%

### Schedule of Readings

#### Week One

David B. Perrin, “Questions of definitions,” in *Studying Christian Spirituality*. New York, N.Y.: Routledge, 2007.

Lawrence Cunningham, “What Would You Be Without Your Body?” in *US Catholic*, Dec. 1995, pgs. 6-13.

Elizabeth A. Johnson, *Women, Earth and Creator Spirit*. New York: Paulist Press, 1993, Chapters 1-4.

#### Week Two

Victor Frankl, *Man’s Search for Meaning: An Introduction to Logotherapy*. New York: Simon and Schuster, 1984, 3<sup>rd</sup> edition.

\_\_\_\_\_, *Man’s Search for Ultimate Meaning*. Excerpts RP

#### Week Three

Gerald May, *Addiction and Grace*. New York: Harper and Row, 1988. RP

#### Week Four

Daniel P. Sulmasy, *The Rebirth of the Clinic: An Introduction to Spirituality in Health Care*. Washington, D.C.: Georgetown University Press, 2006.

#### Week Five

Tracy Kidder, *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*. New York, Random House Trade Paperbacks, 2004.

Paul Farmer, “Health, Healing and Social Justice: Insights from Liberation Theology,” in *Pathologies of Power: Health, Human Rights, and the New War on the Poor*. Berkeley, CA: University of California Press, 2003.

#### Week Six

Lisa Cahill, “National and International Health Access Reform,” Ch. 5 of *Theological Bio-ethics* Washington D.C.: Georgetown Univ. Press, 2005, pages 131-168.

Thomas Ryan, *Wellness, Spirituality and Sports*, Chapters 1-3

Mark Hyman, *Ultra-metabolism*, Ch. 7 RP

#### Week Seven

Thomas Ryan, *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*. Mahwah, NJ: Paulist Press, 1995.

Midterm Exam

Week Eight

Cindy S. Aron, *Working at Play: A History of Vacations in the United States*. New York: Oxford University Press, 1999.

Horace Bushnell, "Plays and Pastimes, Holidays and Sundays", in *Christian Nurture*. RP

Week Nine

Josef Pieper, *Leisure, The Basis of Culture*. South Bend, IND: St. Augustine's Press, 1998.

Mihaly Csikszentmihalyi, "Play and Intrinsic Rewards," in *The Journal of Humanistic Psychology* Vol. 15, No. 3, Summer, 1975.

Juliet Schor, *The Overworked American* New York: Basic Books, 1992. Excerpts. RP

Week Ten

Mihaly Csikszentmihalyi, *Beyond Boredom and Anxiety: The Experience of Play in Work and Games*. San Francisco: Jossey Bass Publishers, 1975. Excerpts.

Jurgen Moltmann, "The First Liberated Men in Creation," in *Theology of Play*, 1-21.

Patrick Kelly, "Flow, Sport and the Spiritual Life"

Final Exam Final Paper due