

**AQUINAS INSTITUTE OF THEOLOGY  
COURSE DESCRIPTION**

**FRM-D501**

**Lay Spiritual Formation I**

**Credits 1**

**Marian Love**

[love@ai.edu](mailto:love@ai.edu)

**Office Hours:** Call for appointment

**Fall 2008**

**Section 01 Monday 9:30- 11:20 a.m.**

8/25, 9/8, 9/22, 10/6, 10/27, 11/3, 11/17

**Section 02 Wednesday 3:45- 5:35 p.m.**

8/27, 9/10, 9/24, 10/8, 10/22, 11/5, 11/19

**Course Description:** The focus of Lay Formation I is lay ministerial identity in the Church and in the world, with a particular focus on spiritual formation and development for lay ministry. Development in Christian faith is explored along with attending issues of spiritual and psychosocial development. Attention is given to individual and spiritual growth by exploring the elements of a mature spiritual life and the processes that contribute to the formation of a full spiritual life. Also stressed is the need for a strong spirituality that will support one's ministry. Students will engage in personal spiritual assessment and develop spiritual and ministerial goals for further growth and development. Participants will also engage in reading, theological reflection, journaling discussion and sharing. Each participant will develop and lead group prayer over the course of the semester, and attend a one day retreat involving all Lay Formation I sections.

**Course Objectives:**

1. To present and develop the concept of lay ministerial identity and the spiritual foundation that supports it.
2. To explore the psychological aspects of spiritual development.
3. To create an atmosphere of openness and trust for prayer and conversation in a group.
4. To offer the participants the tools and support for spiritual assessment and goal development.
5. To offer the opportunity to lead prayer for others around key themes and topics.
6. To provide an opportunity to meet with the formation director at least once a semester to review and discuss goal development and to provide other opportunities to present issues and concerns that require support and direction as needed.

**Required Texts:**

Hauser S.J., Richard J. *In His Spirit: A Guide to Today's Spirituality*. Mahwah, New Jersey: Paulist Press, 1982.

Hernandez, Wil. *Henri Nouwen: A Spirituality of Imperfection*. Mahwah, New Jersey: Paulist Press, 2006.

Streeter, Carla Mae, O.P. *Seasons of the Soul: an Intimate God in Liturgical Time*. St. Louis, MO: Chalice Press, 2004. (\$10 at AI)

**Retreat Date to be Determined**