



# CATHEDRAL OF OUR LADY OF WALSINGHAM



## PARISH & SHRINE

### **Christian Spiritual Life**

#### **Course Syllabus**

2019-2020

Rev. Mr. Armando Alejandro/Rev. Mr. Nathan Davis, Mr. Tim Halbleib

#### **Overview:**

The purpose of this course is to help students to understand how Christ calls each of us to a life of holiness by developing a relationship with him in prayer. In this course, students will learn how a well examined life, rich with prayer, enables the Christian to discern God's call and to respond generously, especially in marriage, holy orders, and the consecrated life. Emphasis will be given to developing specific habits of prayer including the need for silence, attentiveness, and intentionality and their importance in discerning God's "still, small voice" (1 Kgs 19:12) amid the tumult of the world. The course will review the various types of prayer - vocal, meditative, contemplative - and schools of Catholic spirituality - Benedictine, Dominican, Franciscan, Ignatian, etc. - that have formed the saints and by which the Holy Spirit continues to call men and women to his friendship and service today.

#### **Texts:**

*Vocations* - Didache textbook

*Responding to the Call of Jesus Christ* - Called to Be More series (electronic) by Ruah Woods

*The Holy Bible*, Revised Standard Version (RSV), 2<sup>nd</sup> Catholic Edition, Ignatius Press

*Catechism of the Catholic Church*

Assorted Handouts (to be distributed by teacher or printed from internet as needed)

**Class Materials:** Black or Blue ink pen, or pencil  
Notebook  
Commonplace book (provided)

#### **Important Considerations**

**Class Time:** Classes are held in St. Cuthbert classroom in Seton Hall on Sundays during the academic year, from 9:45-10:45am.

**Makeup Work:** If a student is absent, he/she is still responsible for keeping up with any reading or assignments received during class. It is the student's responsibility to make the necessary arrangements with the teacher to accomplish this task.

**Additional Help:** If you have any questions or difficulties with the material of this course, or any questions about the Catholic faith in general please don't hesitate to ask. We will be available after class, or you can contact the Director of CCD, Mr. Caruthers, at [tim.caruthers@olwcatholic.org](mailto:tim.caruthers@olwcatholic.org).