

ART OF SPIRITUAL DISCERNMENT
ON-LINE MEDIA & READING ASSIGNMENTS
MONTH FIVE: ENCOUNTER

A. SPIRITUAL TRADITION: Guidance from Islam and Sufism

Audio CD: "Translating Lessons from Islam," Richard Groves:
Required listening- 46:10 – 1:09:35 [23 min. total]; you are welcome to listen to the entire CD but it is not required.

Readings: **REQUIRED**

- 1) The World's Religions, Huston Smith, pp. 221-41
- 2) How I Pray, J. Castelli, ed , Article by Carile Mu'min on Muslim Prayer, pp. 99-106
- 3) The Essential Rumi, Coleman Barks, ed, selected poems
- 4) Looking into the Well, *Supervision of Spiritual Directors*, Maureen Conroy, pp. 1-17

OPTIONAL

- 5) Rethinking Islam: Common Questions; Uncommon Answers, Mohammed Arkoun, selected readings
- 6) Muslim-Christian Relations: Past, Present, Future, Ovey Mohammed, SJ, pp. 4-13

Assignment: Choose one or two of the five questions listed on the Reflection Assignment page based on the first segment of Groves' presentation and write a short response [not more than a paragraph] in your journal.

And/or, articulate your own questions and reflections based on any of the three assigned readings [listed above].

B. FOUNDATIONS FOR SPIRITUAL DISCERNMENT

Reading: Care of Mind, Care of Spirit, Gerald May, chapter 5, Encounter: Human Responses to Deeper Spiritual Challenges, pp. 51-82

Assignment: Consider the three teachings/reflections selected from this chapter and choose the one that most interests/challenges you. Write a short response [not more than a paragraph] in your journal.

C. DISCERNMENT-IN-PRACTICE

Audio CD: "Practice and Praxis," Jack Kennedy
Required listening- Recording #5: First 30 min. of the session.

Assignment: Consider each of the three quotes [and questions that follow] from Kennedy's talk.

Choose one area that you feel drawn to and take it to prayerful reflection... capture your thoughts and further questions in your journal.

Reflection: **Regardless of which question you choose, spend some time journaling on one or several of Jack's questions that lead you into deeper consideration of your spiritual 'path.'**