

Adult Foundations Course

Year One

In the Fall

Threefold Rule of Prayer

To understand how the threefold rule serves a full and balanced spirituality. To experiment with, and reflect on, some new practice in the Eucharist, Office, and Personal Devotions.

In the Winter

Benedictine Spirituality

Use the Benedictine Promise to assess yourself and your parish, the inclination toward Obedience, Stability and Conversion of Life. To increase your ability to notice the dynamics of the Promise in yourself and the parish. To understand the connection between Benedictine Spirituality, the BCP, and Anglican spirituality.

In the Spring

The Christian Life

To use the Christian Life Model to assess yourself and your parish. To increase your understanding of the dynamics among the elements. To develop a Rule of Life based on the model (which you may use or not later)

Year Two

In the Fall

Reflection

To better understand how you reflect now and to explore ways to improve your process of self-examination and gaining perspective.

In the Winter

The Story

To develop a broad understand of the Christian biblical/historical story of God's relationship with humanity from creation to now. To make connections between the themes and your own life.

In the Spring

The Renewal – Apostolate Cycle

To understand and improve how you live in the cycle of being renewed in your baptismal identity and purpose and how you become a means of grace in your daily life.

Year Three

In the Fall

The Holy Eucharist

To understand the Eucharistic Life – taken, blessed, broken, shared – be present, participate, engage. To experience and reflect on a variety of Eucharistic practices.

In the Winter

The Daily Office

To explore ways of saying the daily office and the place of the office in a full spiritual life. To engage the three primary elements of the office: psalms, reading, the prayers.

In the Spring

Reconciliation

To engage the church's way of reconciliation through four practices: timely & quickly, face-to-face and those directly involved, witnesses, forgive. To explore the Sacrament of Reconciliation.