

# Master of Theological Studies

## St. Norbert College

### Wholeness in Ministry

Spring Term 2012

6:00 p.m.-8:30 p.m.

January 24, 31

February 14, 21

March 6, 13, 20

Instructor: Rev. Dr. Matthew Knapp

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### Course Texts

Edwin H. Friedman. *Generation to Generation: Family Process in Church and Synagogue*  
Chapters 1,2,8,9,10

Parker J. Palmer. *The Active Life*

**The course texts should be read prior to the beginning of the course.**

### Course Description

The capacity to be in ministry and service to God, the Church and the Community of Saints is directly related to one's own personal, spiritual, emotional and relational well-being. This course will focus on the ability of the student to maintain wholeness and, therefore, effectiveness in the demanding context of their vocation. The focus of the course will be on the student's emotional and spiritual life, vocation and role expectations as understood from a systems perspective. Other related issues that will be explored are the emotional hazards of ministry such as anger, depression, non-assertiveness in conflict, guilt, etc.

This will require at least two components to each class session:

- 1) Presentation from the instructor and
- 2) Open discussion relating the material covered in class to our lives.

### **Pre-Course Assignments**

Reading: Before the course begins, each student is required to read two books from the assigned reading list. A single-spaced, one full-page typed report for each reading, evaluating its contribution to your life, must be submitted by the first day of class via email to the instructor. **The reflections are not critical book reviews.** The pre-course reading is for discernment and personal reflection on your own experience as they relate to the readings. Your reflections should be personal, honest and concrete including specific experiences out of your life to illustrate your point. You will be writing about yourself using the reading as a springboard into an ever deepening self-understanding.

### **Post-Course Assignment**

Each student will write a "*Lebenslauf*," (the German term for *life's path*) This is a spiritual document about one's walk of faith. This is an opportunity to reflect about the times we have walked near to God and the times they may have wandered afar. It will also be a personal response to the issues covered by the class. This is not a research paper. It is a self-reflection process. The outline and process for writing the *Lebenslauf* will be presented during course. This project is to be at least 20 double-spaced pages in length.

**PLEASE BE AWARE OF THE FOLLOWING:** Because the student is the primary subject matter of this course, the experience may be a blessing and offer some challenges. The blessing will be in personal insight and growth. It may be challenging because we will be tampering with what can be called our "*cherished self image*." Both our health and our ability to redemptive minister to others require that we develop a realistic assessment of who we are and where we are in our emotional and relational pilgrimage in Christ. We often compensate for our identity issues by fabricating a vision of ourselves that is inaccurate. This lack of self-awareness also contributes to unhealthy emotional systems in our family and professional lives. Shedding light on such personal issues can be challenging but is a very necessary process in becoming the leaders that God intends us to be.

**Topics to be addressed in Class**

1. *Stress and Stress Management.*
2. *Theology of Self-Care.*
3. *Theology of What It Means to Be a Self-differentiated.*
4. *Understanding Interpersonal Relationships from a Systems Theory Perspective.*
5. *The Art of Self-Differentiation, or How to Maintain a Non-Anxious Presence in the Midst of an Anxious Environment.*
7. *Handling Conflict.*
8. *Other Relational Emotional Issues: Anger, Depression, Guilt, Addiction, Sexuality.*

**Suggested Reading List for Pre-course Preparation**

- Augsburger, David. *The Freedom of Forgiveness.*
- Beattie, Melody. *Codependent No More.*
- Cloud, Henry and John Townsend. *Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life.*
- Friedman, Edwin H. *Friedman's Fables.*
- Hart, Archibald D. *Healing Life's Hidden Addictions. Overcoming Anxiety.*
- Merton, Thomas. *No Man is an Island*
- Nouwen, Henri. *The Wounded Healer: Ministry in Contemporary Society*
- Intimacy*
- Oates, Wayne E. *Behind the Masks: Personality Disorders in Religious Behavior.*
- Oswald, Roy M. *Clergy Self-Care: Finding a Balance for Effective Ministry.*
- Palmer, Parker Let *Your Life Speak.*
- A Hidden Wholeness.*
- Peterson, Eugene H. *The Contemplative Pastor*
- Under the Unpredictable Plant*
- Smalley, Gary and John Trent. *The Gift of the Blessing.*
- Smedes, Lewis. *Shame and Grace: Healing the Shame We Don't Deserve.*
- Steinke, Peter L. *How Your Church Family Works: Understanding Congregations as Emotional Systems.*
- Congregational Leadership in Anxious Times: Being Calm and Courageous No Matter What. Healthy Congregations: A Systems Approach.*

**Evaluation and Grading**

Class participation.....	30%
Book Reviews.....	20%
Paper.....	50%

The learning process succeeds only when students perform honestly on assignments and examinations. All students are expected to abide by the Academic Honor Code. It defines academic dishonesty and sets forth the responsibilities of faculty and students in the event of alleged dishonesty. Possible penalties for dishonesty include reduction of a grade, failure in the course, failure and suspension, or failure and dismissal. Please refer to the current *St. Norbert College Student Handbook* for the text of the Academic Honor Code.

**Proposed Class Schedule**

<b>Tuesday, January 24</b>	<b>Differentiation</b>
<b>Tuesday, January 31</b>	<b>Theology of Self</b>
<b>Tuesday, February 14</b>	<b>Outlining Your Life</b>
<b>Tuesday, February 21</b>	<b>Outlining your Family System</b>
<b>Tuesday, March 6</b>	<b>Anxiety, Stress and Fusion</b>
<b>Tuesday, March 13</b>	<b>Mental Health and Leadership</b>
<b>Tuesday, March 20</b>	<b>Review of Work on “<i>Lebenslauf</i>,”</b>

In keeping with the St. Norbert College mission to help students develop their full potential, and in compliance with the Americans with Disabilities Act, the College provides supportive services to students with disabilities. For enquiries and further details, please visit the Academic Support Services Office located on the lower level of the John Minahan Science Building (JMS) or contact *Karen Goode-Bartholomew*, Coordinator of Services to Students with Disabilities ( Phone: 403-1326), or visit the website [www.snc.edu/academicsupport/disabilities.html](http://www.snc.edu/academicsupport/disabilities.html).