

A Year-long Plan for Working with Vol. 1 of Listening Spirituality

FORUM I (Introduction): Listening Spirituality: An Overview of Personal Spiritual Practices Among Friends (August 10 with a possible follow-up on August 17 at 9 am)

Content: a) What is "Listening Spirituality"? b) A brief explanation of *Lectio Divinis*: 1) *Lectio*/reading; 2) *Meditatio*/reflections; 3) *Oratio*/active prayer; and 4) Contemplative prayer (Forums II-VI); and c) Patricia Loring's fifth step: Incarnation/embodiment (Forum VI)

FORUM II (Chapter 1): Foundational Personal Practices in support of Listening for God (tentatively scheduled for October 10 with small group follow-ups on Oct. 19 and Nov. 16). This forum will focus on the first element of Lectio Divinis

Content: a) Personal spiritual practices in support of the inner life with God: a) Setting aside a time and place of retirement; 2) Finding a place in which to meditate or pray; 3) Discerning the practice which you're led to at this time; b) Devotional reading

FORUM III (Chapter 2): Active meditative Personal Practices in Support of Listening for God (the second element of Lectio Divinis)

Content: a) Forms of discursive meditation; b) journaling

Forum IV (Chapter 3): Talking to God: Human Activity in Prayer (the third element of Lectio Divinis)

Content: a) Prayer; b) Seasons in prayer: presence and absence; c) Discerning how you are led to pray

Forum V (Chapter 4): Preparing to Listen to God: Prayer Intermediate between Active and Listening Prayer (a transition between the third and fourth elements of Lectio Divinis)

Content: a) Prayer grounded in visualization; b) Icons and idols; c) Prayer of the heart (e.g., chanting, mantras, the Jesus Prayer); d) Active meditation in eastern styles; and e) Centering Prayer

FORUM VI (Chapter 5): Moving Toward and Away from Listening to God in Contemplative Prayer and in Personal Retreats (the fourth element in Lectio Divinis)

Content: a) Contemplative listening prayer; b) Self-knowledge, confession and transformation; c) Personal retreats

FORUM VII(Chapter 6): Personal Practices Which Embody and Support Listening Faithfulness to God in the Outer Life (Patricia Loring's fifth element)

FORUM VIII (Chapter 7): Listening Modes of Communal Support for Personal Growth