

## *SpiritLife* Courses



*SpiritLife* is a spiritual formation process offered by Heartland Center for Spirituality in Great Bend, KS. It consists of a two-year core curriculum and additional training (including a third year) for those interested in becoming spiritual directors. The program began in August 2006 and will graduate its final group of spiritual directors in April 2017.

All of our *SpiritLife* classes were audio-taped (MP3 - podcast format), and we are pleased to provide them now to the public for a small fee, which can be paid online during the enrollment process, or by sending a check to:

Heartland Center for Spirituality  
3600 Broadway  
Great Bend, KS 67530

- be sure to mention which course you'd like to enroll in and your email address

### **Introduction to Christian Spirituality Course**

An overview of basic beliefs and themes that inform and influence Christian spiritual practice.

1. *Human Spirit, Spirituality, Christian Spirituality*. Philip St. Romain, D. Min. August 23, 2014.

We will review definitions, understandings and experiences of these terms and begin to focus on the meaning and practice of Christian spirituality.

2. *Encountering Christ*. Philip St. Romain, D. Min. September 20, 2014

How do we encounter Christ in his personal/historical, ecclesial (Church), sacramental, and cosmic modes of presence to us? We will review ways to do each.

3. *The Holy Spirit and Theosis*. Philip St. Romain, D. Min. October 18, 2014.

Theosis refers to the process by means of which we are enabled to participate in the life of God and so be transformed into a likeness of Christ. In this class, we will review some of the ancient Christian teachings on theosis.

4. *Wounded Human Nature*. Philip St. Romain, D. Min. November 15, 2014.

Sin/non-love has wounded us all, and has catalyzed the development of a false-self system that sabotages our growth in many ways. We will examine some of these ways and the dysfunctional dynamics that perpetuate them.

5. *The Inner Nature of Faith*, Philip St. Romain, D. Min. December 6, 2014.

God takes the initiative and calls us just as we are to a relationship of love. How do we hear this call? How can we respond to it?

6. *People of the Trinity*, Philip St. Romain, D. Min. January 3, 2015

The New Covenant in Christ brings us into the family of the Trinity. We will reflect on what we mean by "Trinity" and how this understanding of God moves us to community.

7. *Gifted by the Spirit*, Philip St. Romain, D. Min. January 31, 2015.

The Holy Spirit has often been called the "unknown Person of the Trinity." Yet without the Spirit, there would be no Church and no Christian life, as it is the gifts of the Spirit that enables us to live the life Christ calls us to.

8. *Ongoing Conversion*, Phil St. Romain. February 28, 2015 - Phil

The journey is one of constantly dying and rising in Christ. In this class we will review the different kinds of conversion we must undergo as the Spirit grows us to be sons and daughters of God.

9. *Spiritual Practice*, Philip St. Romain, D. Min. March 28, 2015.

There is an active aspect to the Christian life which entails spiritual practice. We have reviewed many of these practices in the "Inner Explorations" course, but here we look at them in terms of the operations of our human consciousness, and how, through the practice of spiritual living skills, we come to live a life of love.

10. *Summary: The Five Consents*, Philip St. Romain, D. Min. April 25, 2015.

In conclusion, we will reflect on five ongoing consents we are called to make in order to grow in our life with Christ.