

An Invitation to Grow in Christian Spirituality and Community

The Friends of Christ School for Christian Spirituality invites all seekers to gather in community to explore and experience the riches of the Christian faith and spiritual traditions. Come walk the common Christian path, a 'path of the heart,' in the company of wise teachers of the past and present, spiritual companions, and fellow seekers who share from their wisdom and experience.

The Core Curriculum

The School's core curriculum begins in the Fall Term and consists of five core courses intended to be taken over two-plus years.

The Christian Spiritual Journey as Transformation is the School's introductory and recommended prerequisite course. The other four core courses may be taken in any order; however, we recommend progressing through the core curriculum in the following sequence:

Year 1 (Y1)

<i>The Christian Spiritual Journey</i>	(annually)	Fall Term
<i>Spiritual Practices for the Journey</i>	(Y1)	Spring Term

Year 2 (Y2)

<i>Spiritual Wisdom and Guidance</i>	(Y2)	Fall Term
<i>Spiritual Discernment</i>	(Y2)	Spring Term
<i>Rule of Life</i>	(Y2+)	Fall Term

Format and Schedule

Each core course is eight consecutive weeks in duration. Two weekly options are available; either a two-hour weekday morning or a two-hour weekday evening option. Course locations are typically at Triangle-area churches or communities. An introductory orientation session is held each fall for new or interested participants in the School.

Current schedules and registration information are available online at the School's website.

Spiritual Companionship in Community

Spiritual companionship is the art of providing support and encouragement to persons seeking deeper awareness of



God's activity in their lives. Experience of Christian spiritual community is stressed and modeled through the School. Spiritual companionship is integrated into each course by the faculty and/or certified spiritual directors

Core Courses

The Christian Spiritual Journey as Transformation

(Fall Term annually)

The Christian spiritual journey begins with the heart's deep longing for the wholeness found only in and through God. It moves along the path leading to transformation into the likeness of Christ.

In this course we explore the common path Christians throughout the ages have taken to seek and find the God who also seeks us. The core spiritual practices of worship and the sacraments, sacred reading of Scripture, and prayer are introduced, along with voices of wise guides of the past and present who help us find and stay on the path.

Primary text: *Soul Feast: An Invitation to the Christian Spiritual Life* by Marjorie J. Thompson

Spiritual Practices for the Journey (Spring Term Y1)

Practices that sustain us on our inner spiritual journeys and prepare us for loving service are explored and experienced in depth. *Lectio divina* (the sacred reading of Scripture, nature, the arts, and life) will be stressed as well as other contemplative prayer practices; e.g., breath and body prayer, centering prayer, chanting, and the practice of gratitude. Also, we will explore ways of prayerfully reflecting on the day, the role of spiritual community, and ways of bringing the contemplative way of being into all of life.

Primary text: *Too Deep for Words* by Thelma Hall

Spiritual Wisdom and Guidance (Fall Term Y2)

How to live a life transformed by God's love, modeled on the life and sacrificial death of Christ, is illustrated through the voices and examples of wise guides through the ages. Drawing from the wisdom, experience, and inspiration of deeply formed Christian women and men, we discover how much these wise ones can teach us and enrich our own journeys.

Primary text: *Light from Light* by Louis Dupré and James Wiseman, O.S.B.

Spiritual Discernment (Spring Term Y2)

Discernment is an advanced spiritual practice which tests and integrates all the wisdom of the spiritual journey. It flows from the desire to live within the reign of God and to make God's will our will. Through prayerful listening, observing, and following the whisperings and actions of the Holy Spirit, the mature Christian and Christian community learn to trust God in all of life and to discern what is of God, of self, or of evil.

Primary text: *The Way of Discernment: Spiritual Practices for Decision Making* by Elizabeth Liebert, SNJM

Rule of Life (Fall Term Y2+)

Living by a Rule of Life offers an intentional way to develop a balanced and sustainable rhythm of life. A Rule of Life helps us to live in regular contact with God as Jesus modeled. Models from the Christian traditions will be explored with focus on the Rule of St. Benedict and adapting the rule for contemporary Christian life.

Primary text: *The Rule of Benedict: A Spirituality for the 21st Century* by Joan Chittister, OSB

FCS Voices...

"For me, everyone's insights were wonderful. I don't have the opportunity to talk 'God-talk' a lot each day. I took away many things to think about."

"The School gives me renewed hope for Christian unity in the richness of our diversity, coming from the bottom up rather than the top down" was wonderful.

Other FCS Opportunities

Monthly Gatherings

3rd Tuesdays at 7 is a gathering for spiritual enrichment held on the third Tuesday of each month. We gather to hear guest speakers, discuss topics of interest, experience spiritual practices, and experience spiritual companionship in community.

Location: Church of Reconciliation, Chapel Hill

Time: 7-8:30 pm

Save the 3rd Tuesdays!

Fall Term 2017

Sep 19: Jim Hynes, "Reading Scripture with Rene Girard"

Oct 17: Mary Grace McCoy, "Ignatian Spirituality"

Nov 21: J. Mark Davidson, "Howard Thurman:
Black Quaker Mystic"

Dec: Christmas Break

Spring Term 2018

Jan 16: Allison Davidson, "The Spirituality of Epiphany"

February to May 2018 speakers TBD. Stay tuned!

Sometime Happenings

FCS periodically offers workshops, retreats, short-term classes, and one-time opportunities for spiritual enrichment. More information is available on the FCS website and through receipt of our digital newsletter, *The Common Path*.

Spiritual Direction

"Spiritual direction, is, in reality, nothing more than a way of leading us to see and obey the real Director—the Holy Spirit hidden in the depths of our soul."

—Thomas Merton

For more information about spiritual direction

NC Community of Spiritual Directors

www.ncspiritualdirectors.org

Listening Place Spiritual Center

www.listeningplacespiritualcenter.org

Spiritual Directors International

www.sdiworld.org

"I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father."

—John 15:15 NRSV

Friends of Christ School for Christian Spirituality

the common path

Supporting Churches and Communities

providing generous in-kind services to the School

Amity United Methodist Church
825 N Estes Dr, Chapel Hill, NC 27514

Binkley Baptist Church
1712 Willow Dr, Chapel Hill, NC 27514

Carrboro United Methodist Church
200 Hillsborough Rd, Carrboro, NC 27510

Chapel in the Pines (Presbyterian)
314 Great Ridge Pkwy, Chapel Hill, NC 27516 Chatham County

Chapel of the Cross (Episcopal)
304 E Franklin St, Chapel Hill, NC 27514

Christ United Methodist Church
800 Market St, Chapel Hill, NC 27516

Church of the Holy Family (Episcopal)
200 Hayes Rd, Chapel Hill, NC 27517

Church of Reconciliation (Presbyterian)
110 N Elliott Rd, Chapel Hill, NC 27514

Croasdale Village
2600 Croasdale Farm Pkwy, Durham, NC 27705

Holy Trinity Lutheran Church
300 E Rosemary St, Chapel Hill, NC 27514

Listening Place Spiritual Center
1803 Chapel Hill Rd, Durham, NC 27707

New Hope Presbyterian Church
4701 NC-86, Chapel Hill, NC 27516

Newman Catholic Parish
218 Pittsboro St, Chapel Hill, NC 27516

St. Thomas More Catholic Church
940 Carmichael St, Chapel Hill, NC 27514

United Church of Chapel Hill
1321 Martin Luther King Jr Blvd, Chapel Hill, NC 27514

University Presbyterian Church
209 E Franklin St, Chapel Hill, NC 27514

University United Methodist Church
150 E Franklin St, Chapel Hill, NC 27514

Westminster Presbyterian Church
3639 Old Chapel Hill Rd, Durham, NC 27707

Founder and Consultant

Dr. Laura Dunham, ObISB (Catholic), Riverside, California

Core Team 2017-2018

Dr. Heather Ferguson
Westminster Presbyterian Church (Durham)

The Rev. Larry Glover-Wetherington
Yates Baptist Church (Durham)

Mr. James Hynes
St. Thomas More Catholic Church (Chapel Hill)

Ms. Rita Proctor
University United Methodist Church (Chapel Hill)

Deacon Phil Rzewnicki, FCS Coordinator
Holy Cross Catholic Church (Durham)

Mr. Don Schoene
University United Methodist Church (Chapel Hill)

The Rev. Judy Stephens
First United Methodist Church (Cary)

Want to be on our FCS email list?
Email us at info@friendsofChristschool.com

Want more information?
Check our website at www.friendsofChristschool.com

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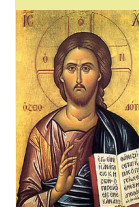
Friends of Christ School for Christian Spirituality

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Friends of Christ School for Christian Spirituality is an ecumenical school for spiritual seekers who want to explore a deeper relationship with God within an open, inviting community. Its purpose is to contribute to the spiritual formation and transformation of participants and to supplement what is already offered within their own faith communities.

The School offers spiritual growth both through transmission of the common Christian traditions and in-depth experiences of its core spiritual practices. Anyone drawn to discover and explore the breadth and depth of the Christian faith within an ecumenical supportive community will find appealing the School's core curriculum and other opportunities for spiritual enrichment.

Come, taste and see!



"Thus says the LORD:
Stand at the crossroads, and look,
and ask for the ancient paths,
where the good way lies; and walk in it,
and find rest for your souls."

Jeremiah 6:16 NRSV