

# Human Development and Christian Maturity

## Course Outline

### ***Part I: Human Development (6-9 class periods; approx. 1hr class)***

- a. Temperament Types/Personality Types
  - i. Topics:
    - 1. self-knowledge
    - 2. self-acceptance
    - 3. self-gift
  - ii. Suggested Resources:
    - 1. Meyers-Briggs (MBTI)
    - 2. Strengths Finder 2.0
    - 3. Kiersey Temperament Sorter
  
- b. Emotional Intelligence
  - i. Topics:
    - 1. Self awareness
    - 2. Social awareness
    - 3. Self management
    - 4. Relationship management
  - ii. Suggested Resources:
    - 1. John Mayer and Peter Salovey (*EI* assessment tool, the Mayer-Salovey-Caruso Emotional Intelligence Test)
    - 2. *Affective Maturity and Emotional Intelligence*, Br. John Mark Falkenhain, OSB
  
- c. Communication Style/Skills
  - i. Topics:
    - 1. Conflict Resolution
    - 2. Active Listening
  - ii. Suggested Resources:
    - 1. *Crucial Conversations: Tools for Talking When the Stakes are High*, Patterson, et. al.
    - 2. St. Luke's Institute Webinars

### ***Part II: Christian Maturity (14-17 class periods; approx. 1hr class)***

- d. Virtuous living
  - i. Topics:
    - 1. Cardinal virtues
    - 2. Christian virtues
  - ii. Suggested Resources:
    - 1. Catechism of the Catholic Church
    - 2. *Nicomachean Ethics*, Aristotle
    - 3. *4 Cardinal Virtues*, Josef Pieper
    - 4. *The Seven Virtues*, Fulton Sheen
    - 5. *Priestly Virtues*, Mark O'Keefe, OSB
  
- e. Relationships/Friendships
  - i. Topics:
    - 1. Virtuous Friendships

- 2. Particular or Special friendships
  - 3. Boundaries
  - ii. Suggested Resources:
    - 1. *Spiritual Friendship*, Aelred of Rievaulx
    - 2. *True Friendship: Where Virtue Becomes Happiness*, John Cuddeback
- f. Technology/Social Media
- i. Topics:
    - 1. Keeping Cloister
    - 2. Best practices
    - 3. Boundaries
    - 4. Private vs. Public voice
    - 5. Legal issues
  - ii. Suggested Resources:
    - 1. Presidium
    - 2. Virtus Online
    - 3. *Surviving the Digital Age: Strategies for Healthy Technology Use*, Crystal Taylor-Dietz
- g. Leadership
- i. Topics:
    - 1. Christian Conviction
    - 2. Character
    - 3. Vocation
    - 4. Discipleship
    - 5. Personal Strengths and Weaknesses
    - 6. Developing Skills
    - 7. Handling Failures
  - ii. Suggested Resources:
    - 1. *Pastores Dabo Vobis*, John Paul II
    - 2. *Program for Priestly Formation*, USCCB
    - 3. *True Leadership*, Habiger Institute
    - 4. *Virtuous Leadership*, Alexandre Havard
- h. Health and Wellness
- i. Topics:
    - 1. Healthy eating
    - 2. Exercise
    - 3. Sleep
    - 4. Hobbies
  - ii. Suggested Resources:
    - 1. *Beyond Weight Loss: Developing an Effective Health & Fitness Plan*, Dana Dowd
    - 2. *Practicing What We Preach: Preventing Ministry Burnout*, Stephen Carroll
    - 3. *Eat Well, Feel Better: Understanding Nutrition & Mental Health*, Fran Johnson
    - 4. *What Makes a Happy Priest?*, Rev. Msgr. Stephen Rossetti

# Human Sexuality and Celibate Chastity

## Course Outline

*Human Sexuality/Celibate Chastity (12-15 class periods; approx. 1hr class)*

### 1) Teaching a Model

- a. Motives for Celibacy
  - i. Exploring multiple motives
  - ii. Conscious and subconscious motives
  - iii. Change over time
  - iv. Valid/healthy vs. invalid/unhealthy
  - v. Strongest motives are theological motives
- b. Theologies of Celibacy
  - i. “For the sake of the Kingdom”
  - ii. Spousal Theology
  - iii. Identity with Christ
  - iv. Service oriented
  - v. Ascetical
  - vi. Exploring specifically “Benedictine monastic chastity/celibacy”
- c. Sexual Identity
  - i. Sex (biologically determined)
  - ii. Gender (cultural, psychological sense - masculine, feminine)
  - iii. Sexual orientation
  - iv. History of Sexual experiences
  - v. Attitudes and Values about sexuality
- d. Skills and challenges/limitations for healthy living
  - i. Theological Reflection
  - ii. Skills for dealing with attraction and falling in love
  - iii. Coping with Loneliness and experience of solitude
  - iv. Pornography
  - v. Drawing support and accountability from others

### 2) Helpful Resources:

- a. Books
  - i. *New Wineskins: Re-Imagining Religious Life Today*, Sandra Schneiders, IHM
  - ii. *Demythologizing Celibacy*, William Skudlarek, OSB
  - iii. *Men and Women He Created Them: A Theology of the Body*, John Paul II
  - iv. *Men and Women Are From Eden: A Study Guide to John Paul II’s Theology of the Body*, Mary Healy
  - v. *Theology of the Body for Beginners: A Basic Introduction to St. John Paul II’s Sexual Revolution*, Christopher West
  - vi. *Urgent Longings: Reflections on Infatuation, Intimacy and Sublime Love*, Thomas Tyrell
  - vii. *An Undivided Heart: Making Sense of Celibate Chastity*, Sean Sammon, FMS
  - viii. *How To Be An Adult: A Handbook on Psychological and Spiritual Integration*, David Richo
  - ix. *Theological Reflection: The creation of Spiritual Power in the Information Age*, Edward O. de Bary

- x. *The Charism of Priestly Celibacy: Biblical, Theological and Pastoral Reflections*, John Cavadini
- xi. *Virginity*, Raniero Cantalamessa
- xii. *And You Are Christ's: The Charism of Virginity and the Celibate Life*, Thomas Dubay

b. Webinars and DVDs

- i. *Living Celibacy*, Br. John Mark Falkenhain, OSB, (4-part SLI Webinar Series)
  - 1. *Celibacy as Lived Experience: An Overview*
  - 2. *Sexual Identity: A Multi-Factored Model*
  - 3. *Sexual Integrity and Integration*
  - 4. *Affective Maturity and Emotional Intelligence*
- ii. *Intentional Celibate Sexuality in a Joyful Gospel Ministry*, Rev. Msgr. Stephen Rossetti
- iii. *Living Authentic Celibate Chastity*, Rev. Gerard Fieldhouse-Byrne
- iv. *Transforming Loneliness: Solitude as a Skill for Celibate Living*, John Mark Falkenhain, OSB
- v. *Exploring Motives for Celibacy: A Whole Person Discernment*, Fr. Peter Marshall
- vi. *Consecrated Celibacy: A Love Affair*, Sandra Schneiders, IHM
- vii. *The Mask You Live In*, (A DVD documentary exploring issues of masculinity, emotions, gender stereotypes, etc.)
- viii. *Emotional Sobriety: Rewiring our Programs for 'Happiness'*, Richard Rohr, OFM
- ix. *Sacred Fire: An Anthropology and Spirituality of Sexuality*, Ron Rolheiser, OMI
- x. *Healthy Intimacy: Relationships for Sustaining Life & Ministry*, Emily Cash
- xi. *Theological Reflection on Celibacy*, Zachary Wilberding, OSB (Webinar)