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

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

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
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
      v. *Theology of the Body for Beginners: A Basic Introduction to St. John Paul II’s Sexual Revolution*, Christopher West
      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
The Charism of Priestly Celibacy: Biblical, Theological and Pastoral Reflections, John Cavadini

Virginty, Raniero Cantalamessa

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


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)