

COS 314: PASTORAL CARE

March 7–8 & April 11–12, 2013

UPPER MIDWEST EXTENSION COURSE OF STUDY SCHOOL MORNINGSIDE COLLEGE, SIOUX CITY, IOWA

Instructor:

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Course Description:

This course explores the pastor's role as curate – the one who “cares for souls,” including her/his own soul. This work begins with compassion for oneself and others, and leads toward transformation. The process requires the pastor's attentiveness to the presence of God, as well as deep listening and reflection.

Course Objectives:

Students will be able to

1. Describe the pastor's role as curate – one who “cares for souls” – and develop a plan for caring for their own souls;
2. Reflect on and practice the basic verbal and nonverbal skills of pastoral care;
3. Provide appropriate pastoral care in a variety of settings, including homes, hospitals, nursing facilities, and detention facilities;
4. Organize and oversee caring ministries within the congregation;
5. Apply the basic skills of conflict resolution;
6. Practice appropriate boundary-setting regarding confidentiality, referrals, crisis management, and legal/ethical responsibilities.

Written Material Format:

It is recommended that students use standard academic writing techniques for the materials submitted in this class. Please follow the Homework Instructions on The Upper Midwest Extension Course of Study School website: www.iaumc.org.

Grading:

Class participation = 50% and Written work = 50%

Final Grade: A (95-100 points); A- (85-94 points); B+ (77-84 points); B (68-76 points); B- (67-75 points)

Class participation is essential. Leaders are always called to be life-long learners. There is much to learn from each other and each other's experiences.

Required Reading:

For Session One

1) *Dakota: A Spiritual Geography*

Kathleen Norris

Mariner Books, 2001 (ISBN 0618127240)

256 pages

Note: *Dakota* is being read throughout the states of North and South Dakota in 2014 as the "One Book" of the Humanities Councils of those states. This means many lay people will be reading it.

2) *An Introduction to Pastoral Care*

Charles Gerkin
Abingdon Press, 1997 (ISBN 0687016746)
272 pages

For Session Two

3) *Listening and Caring Skills in Ministry: A Guide for Groups and Leaders*

John Savage
Abingdon Press, 1996. (ISBN 0687017165)
152 pages

4) *Bedside Manners: A Practical Guide to Visiting the Ill*

Katie Maxwell
Baker Books, 2005 (ISBN 0801065518)
112 pages

5) *The Way of the Heart: Connecting with God Through Prayer, Wisdom, and Silence*

Henri Nouwen
Ballantine Books, 2003 (ISBN 0345463358)
112 pages

Assignments:

1) Care of Soul

Start spending an hour each day with God. Be creative in this relationship: walk, journal, pray, sing, etc. Commit to do this until at least the end of April (although I hope you won't stop!).

This time with God, more than anything, funds pastoral life and prevents "burn-out." Everything else springs from soul care, from cultivating one's relationship with God. We know this from Wesley and the letters he wrote to preachers in the 1700s, and from research (including my own) on the decline in the spiritual life of pastors and the concomitant decline in their mental and physical health since 1920.

2) Read the assigned books.

Enjoy these books and pace yourself.

The first two books are to be read for Session One; the other three books are to be read for Session Two.

3) When you become anxious about assignments, Stop! Then breathe & go back to Assignment #1.

4) Written Work Due One Month Prior to Session One:

a) Write a 2-page paper on your personal soul care time with God.

In this paper, reflect on these questions:

- How did this time affect your relationship with God?
- How did this time affect your relationship with others?
- How did having this time support you in taking risks?
- How did this time support you in stepping out and making a difference?

b) Write a 3-page paper on *Dakota: A Spiritual Geography*.

In this paper, reflect on these questions:

How did this book delight you?
How did this book challenge or disturb you?
How has this book affected the way you look at pastoring rural congregations?
How has this book affected your relationship with God?

c) Write a 3-page paper on *An Introduction to Pastoral Care*.

In this paper, describe one of your first experiences of pastoral care and, with the text in mind, reflect on the following:

In the midst that experience, who was the Living Word of God for you?
Which Biblical story was your experience like, and why?
What rituals of our faith provided support, and how did they do so?
How was your relationship with God deepened as a result of this experience?

5) Written Work Due at the Beginning of Session Two:

a) Write a 4-page paper on *Listening and Caring Skills in Ministry* and *The Way of the Heart*

In this paper, describe the person who is the most challenging for you to care for. Then, with these texts in mind, reflect on the following:

How is that person like you?
What is s/he inviting you to look at in yourself that you would rather hide?
What will help you keep the communication clear between you?
Which Biblical story does this remind you of, and why?

b) Write a 4-page paper on *Bedside Manners*

In this paper, describe the place that is the most difficult for you to visit. Then, with this text in mind, reflect on the following:

How does that place remind you of another place that was challenging for you?
How might this opportunity be an invitation to healing for you?
What will give you the courage to enter this place?
Which Biblical story does this remind you of, and why?

Note: The assignments may be handed in via email or hard copy.

If the assignments are submitted via email, then my responses to the assignment will be returned to you via email.

The assignments should be sent directly to me:

Rev. Dr. Anne Dilenschneider
Sioux Falls Psychological Services
2109 S. Norton Ave.
Sioux Falls, SD 57105
dradilenschneider@gmail.com

If you have any questions, please contact me by email or at 650-218-3217 (cell).