COS 123 Formation and Discipleship
Fall, 2020

Required Synchronous Zoom Gatherings
10 AM – 12 Noon
October 9, 10
November 13, 14

Weekly Asynchronous Online Modules
Required assignments to be posted
October 15, 22, 29
November 5, 12

Optional Zoom Gathering 10 AM – 11:30 AM
October 17

Pre-work required

Course Information

Instructor Information
Instructor Name: Gina Gilland Campbell
Email: gcampbell@wesleyseminary.edu
Virtual office hours: schedule by appointment via instructor’s Wesley email

Please note: I will make every effort to respond to email within 24 hours. I will not respond to email on Sundays.

Also please note: If you need assistance with Blackboard related matters during the course, please exercise one of the following options:
• Call Blackboard Support at 202-885-6091
• Email Blackboard Support at edtech@wesleyseminary.edu
You may copy in your instructor for informational purposes; to notify the instructor that you have a difficulty with Blackboard and that you are taking steps to address them.

Course Objective
This course grounds the student in the theology and core practices of personal and congregational formation and discipleship.

Goals
• Articulate a theological basis for the Wesleyan emphasis on spiritual disciplines and practice them as a means of grace.
• Explain and implement the General Rules and the practices of small groups in a congregation.
• Educate and resource a congregation in the disciplines of Christian formation.
• Organize congregations to help people discern their callings and gifts for ministry.

Textbooks

❖ **Required Texts:**


❖ **Additional Required Reading Posted on Blackboard**
Chapter 4, Living Baptism
Chapter 5, Take, Bless, Break, and Share

Small excerpt
Chapter 11, Wesley’s Guidelines for Reading Scripture
Letter I
Chapter 4, Images of God

❖ **Supplemental Texts**
These texts are not required. They offer an opportunity to continue some of the work begun in this class for those who wish to go deeper with a particular topic.


**Technical Requirements**

**Microsoft Windows**
- Windows 8 or 10
- Intel i5 or higher AMD equivalent
- At least 16GB of free storage space

**Mac OS/X**
- OS/XMac OS/ X 10.14 or newer
- Intel processor and at least 4 GB of RAM

**All Systems**
- Up-to-date browser: Firefox, Chrome, Safari, Edge ([Click here for Blackboard browser checker](#))
- Up-to-date PDF reader ([Adobe](#) or [FoxIt](#))
- Up-to-date version of [Adobe Flash Player](#)
- Up-to-date video player
  - [Windows Media Player](#) or [VideoLAN VLC media player](#)
- Up-to-date word processor and presentation package ([Wesley Theological Seminary offers free Office 365 Basic for students. Click here for instruction for how to download](#))

**Pre-work in preparation for class sessions**
- Please view the Orientation video before beginning work for this class.
- Please note!
  - Students must complete some reading before the class sessions begin. Completion of this reading is critical to begin Assignment C on October 2.
  - The timely completion of work for all students depends on each and every student meeting the deadlines for Assignments A and B. Please be respectful of others who will be your community for this class and post your video for Assignment A no later than October 2.
  - Assignments to be posted to Blackboard October 2 and October 8. The instructions for these assignments appear in the Course Requirements section below. Follow the instructions for Assignments A, B, and C for class pre-work.
Topics for Each Week and Schedule of Reading and Assignments

Before October 2: Orientation, Introductions, and an Opening Question

Yearning, mystery and the gift of faith

Pre-class components

❖ Reading to be completed before beginning these assignments
  o *Soul Feast*, Introduction and Chapter 1
  o *Listening to God*, Introduction

❖ Assignment to be completed by October 2
  o Complete Personal Introduction Video - Assignment A

❖ Assignment to be completed by October 8
  o Complete Discussion Board Response to Personal Introduction Videos - Assignment B

❖ Ongoing assignment
  o Begin the assignment “Practicing the Cycle of Daily Prayer” following the instructions for Assignment C. Please note this assignment takes two weeks to complete.

October 9: Faith and Belief; Spirituality and Religion

Choosing Deeper Words rather than Words about Words

How do we name our task?

REQUIRED ZOOM GATHERING, 10 AM – 12 NOON

❖ Reading to be completed before Zoom Class Gathering
  o *Soul Feast* Chapters 2 and 3
  o *Listening to God, Chapters* 1 and 2
  o “Images of God”, Chapter 4, *A Praying Congregation*, Jane Vennard – posted on Blackboard

❖ Assignment to be completed before Zoom Class Gathering
  o See Reflection Paper writing prompts on Blackboard, following the instructions for Assignment D. To be posted by 11:59 PM October 8.

❖ Prayer Practice in the Class Gathering: Godly Play

October 10: All Life is Prayer:

*Stretched out between the pit and the wing*

REQUIRED ZOOM GATHERING, 10 AM – 12 NOON

❖ Reading to be completed before Zoom Class Gathering same as for October 9
❖ **Begin Small Group Advent Presentation Assignment**  
  o Small group assignments will be made in Zoom Class gathering. Follow instructions for Assignment F.

❖ **Ongoing Assignment**  
  o Complete “Practicing the Cycle of Daily Prayer” following instructions in Assignment C

❖ **Resources for classroom conversation to have at hand:**  
  o Group Process for Lectio Divina posted on Blackboard  
  o Formation and Information posted on Blackboard  
  o Finding One’s Breath Prayer posted on Blackboard

❖ **Prayer Practice in the Class Gathering:**  
  o Breath exercise

**October 16: Approaches to Christian Faith Formation:**  
* Cultivating holiness of heart and life

**Asynchronous Week**

❖ **Reading to be completed before watching the video for this week**  
  o *Soul Feast*, Chapters 7 and 8  
  o *Listening to God*, Chapters 3 and 4  
  o Lectionary passages for all the Sundays of Advent as noted in Assignment F

❖ **Assessment tool to be completed before watching the video for this week**  
  o Complete “Assessing Your Educational Stance” posted on Blackboard. The assessment tool clarifies student assumptions and preferences as a teacher of faith. It also identifies possibilities for growth as a leader in Christian faith formation. By completing the assessment, scoring it following the instructions provided, and having it at hand while watching the video, students will gain a deeper appreciation of the approaches presented by the instructor in a more personal way. A learning tool – it will not be graded.

❖ **Video Lecture**  
  o View lecture posted on Blackboard “Approaches to Christian Faith Formation”

❖ **Ongoing Assignment**  
  o Continue planning small group Advent Presentation following instructions for assignment F.

❖ **Assignment to be completed by October 15**  
  o Complete Assessing Your Educational Stance posted on Blackboard  
  o Complete Practicing the Cycle of Daily Prayer with noticing paper following the instructions for Assignment C. To be posted by 11:59 PM October 15.  
  o Submit notes from reading the Advent Lectionary texts following the instructions in Assignment F. Notes to be posted by 11:59 PM October 15.  
  o Please register for optional October 17 Zoom gathering no later than 11:59 PM October 15 via instructor’s Wesley email.
October 17: Advent: 
*Journeying through Advent in a season of COVID and a call to “Good Trouble”*

**Optional Synchronous Zoom Gathering**
- Optional Zoom Gathering
  - An optional conversation for those who would like assistance in preparing their small group Advent presentation. All participants will have on hand any notes they have made in preparing their presentation.

October 23: Word, Water, Bread, Cup, Light 
*Worship, Sacrament, and the Life of Faith*

**Asynchronous Week**
- Reading to be completed before watching video for this week
  - *Soul Feast, Chapter 4*
  - “Living Baptism” Chapter 4 and “Take, Bless, Break, Give” Chapter 5, *Worship and Spirituality* by Don Saliers
- Video lecture
  - View lecture “Word, Water, Bread, Cup, Light” posted on Blackboard
- Ongoing Assignment
  - Continue planning small group Advent Presentation following instructions for Assignment F
  - Begin the assignment Practicing a Spiritual Discipline following the instructions for Assignment E
- Assignment to be completed by October 22
  - See Reflection paper writing prompts on Blackboard, following instructions for Assignment D. To be posted by 11:59 PM on October 22.
- Resources to have at hand before watching the video:
  - United Methodist Hymnal or United Methodist Book of Worship to access the liturgies of Baptism and Holy Communion
  - Annotated Eucharistic Prayer posted on Blackboard

October 30: Opening the Word: 
*Scripture and faith formation*

**Asynchronous Week**
- Reading to be completed before watching video for this week
  - *Soul Feast, Chapters 2 and 3 – Review*
  - *Listening to God, Handout 2*
  - Excerpt from *Opening the Bible* by Thomas Merton posted on Blackboard
Wesley’s Guidelines for Reading Scripture, Chapter 11, from Shaped by the Word by Robert Mulholland posted on Blackboard

Video lecture
- View lecture “Opening the Bible” posted on Blackboard

Ongoing Assignment
- Continue planning small group Advent Presentation following instructions for Assignment F
- Continue the assignment Practicing a Spiritual Discipline following the instructions in Assignment E

Assignment to be completed by October 29
- See Reflection paper writing prompts on Blackboard, following instructions for Assignment D. To be posted by 11:59 PM October 29.

Resources to have at hand before watching the video:
- The Group Process for Lectio Divina resource posted on Blackboard
- Formation/Information resource posted on Blackboard

November 6: Who do you say that I am?
Speaking to others about Jesus

Asynchronous Week

Reading to be completed before watching video for this week
- Soul Feast, Chapters 5 and 6
- Listening to God, Chapters 5, 6 and Handout 7
- “Jesus: The Heart of Our Existence” Chapter I, Letters to Marc about Jesus by Henri Nouwen

Video lecture
- View lecture “Who Do You Say That I Am” on Blackboard

Ongoing Assignment
- Continue small group planning for Advent Presentation following instructions for Assignment F

Assignment to be completed by November 5
- Complete Practicing a Spiritual Discipline noticings paper as outlined in Assignment E. To be posted by 11:59 PM November 5.

Resources to have at hand before watching the video:
- Pencil or Pen and paper for writing exercise.

November 13: Come Lord Jesus:
Advent in a Season of COVID and calls for “Good Trouble”

REQUIRED ZOOM GATHERING, 10 AM – 12 NOON
- Reading to be completed before Zoom Class Gathering
- Soul Feast Chapter 7
❖ Assignment to be completed by November 12
  o See Reflection paper writing prompts on Blackboard, following instructions for Assignment D. To be posted to Blackboard by 11:59 PM November 12.
❖ Ongoing assignment
  o Small Group Advent Presentations following instructions for Assignment F
❖ Prayer Practice in the Class Gathering: Singing

November 14: Life in Congregation and Community:
Places of Presence

REQUIRED ZOOM GATHERING, 10 AM – 12 NOON
❖ Reading to be completed before Zoom Class Gathering
  o Soul Feast Chapter 9
❖ Prayer Practice in the Class Gathering: Examination of Conscience (The Examen)
❖ Resources to have at hand for Zoom Gathering:
  o Places of Presence guide sheet from Blackboard
  o A Way of Leading Meetings in Christ’s Presence

November 20: Final Reflections:
❖ Assignments to be completed before November 20
  o Discussion Board Response to Advent Presentations to be completed following instructions for Assignment F. To be posted by 11:59 PM November 20.
  o Final assignment to be completed following the instructions for Assignment H. To be posted by 11:59 PM November 20.
❖ All class assignments must be submitted by this date. No late assignments will be accepted.

Course Requirements
❖ Orientation to the Class Video
  ● Provided by the instructor and posted on Blackboard under Orientation by August 31. Please view before beginning work for this class. After viewing the video, questions about the class may be directed to the instructor by email, gcampbell@wesleyseminary.edu, prior to the Zoom Class Gathering October 10.
❖ Assignment A: Personal Introduction Video
  ● In John’s Gospel Jesus asks the question “What are you looking for?” The question invites us to consider our yearnings, hopes, whisperings, and intuitions about deeper living. Name something that lives at the center of your faith and life today. How did you learn, receive, encounter, find yourself overcome by that “something”? How did you come to value what lives at your center? What people, places, or experiences revealed God at work, drawing you into deeper relationship?
• In a three-minute video (approximately 360 words), the student will introduce themselves, using the name they would like to be addressed by in the class. The student will then respond to the question “What lives in the center of your faith at this stage in your life, and how did you come to know that?”

• Instructions for recording and placing a video on Blackboard can be found under Assignments on Blackboard. These videos will serve as our introduction to each other as we begin the class. **Videos shall be posted no later than 11:59 PM on October 2.**

❖ **Assignment B: Discussion Board Responding to Videos**

- Each student will view all videos posted by class members. What do these stories reveal about how people come to faith?
- After viewing the videos, the student shall:
  - formulate 3 statements articulating what they notice in the stories of their classmates. These statements should be concise, discerning, and reflect a deep curiosity for “how faith comes” to us.
  - Each student will also formulate one crisp question these noticings raise for leaders who have responsibility for leading communities of faith.
- Each student will post their three statements and their question on Discussion Board no later than 11:59 on October 8.

❖ **Assignment C: Practicing the Cycle of Daily Prayer**

- Beginning on October 2, for two weeks, each student shall pray the cycle of daily prayer as outlined by Bishop Job in *Three Simple Rules*. Reflect daily on the discipline in writing. Notice what you notice each day about the shape of this prayer. Consider if and how this pattern of praying changes anything about the movement of your days. What aspects of John and Charles Wesley’s thought, prayer, or hymnody come into your awareness as you practice this daily pattern?
- Write a reflection to include your experience of marking each day with three periods of prayer, your sense of this way of praying as a means of grace, and thoughts about introducing this discipline to others.
- **This paper should be two pages in length and should be posted to Blackboard by 11:59 PM on October 15.**

❖ **Assignment D: Reflection Papers on Assigned Reading**

• Complete all the assigned reading for each weekly class session, and attend to class content – either from Zoom Class Gatherings or Video Lectures. Reflect on this effort by responding to writing prompts which will be posted on Blackboard for that week. Reflections should demonstrate familiarity and engagement with the reading without the use of extensive quoting. These reflections serve to further a dialogue with the author’s ideas. These reflections should also give evidence of engagement with content presentations and serve to further that conversation as well. Ask
yourself “What captured my attention this week? How might I engage with that idea(s) more deeply?
- **These papers should be two pages in length and posted by 11:59 PM on October 8, October 22, October 29, and November 12.**

❖ **Assignment E: Practicing a Spiritual Discipline**
   - *Soul Feast*, Chapters 2-6 in particular
   - *Listening to God*, Handouts 2,3,4 and 5
   - *Three Simple Rules*, all
   - Choose one of the spiritual disciplines described by Thompson or Ackermann that is unfamiliar to you, or one with which you have the least experience. There are many -- Lectio Divina, fasting, prayer of examen, prayer of the heart, life review, confession, simple noticing, How Do I Know It’s God, etc.
   - Practice this discipline for two weeks and reflect in writing on your experience. Notice what you notice each day.
   - Write a final reflection to include your experience of the practice of this discipline, your sense of this discipline as a means of grace, your sense of this practice as Wesleyan in nature, and thoughts about introducing this discipline to others.
   - **This paper should be two pages in length and should be posted to Blackboard by 11:59 PM on November 5.**

❖ **Assignment F: Small Group Presentation - Advent in the Season of COVID and calls to “Good Trouble”**
   - Members of the class will be divided into 4 small groups. **Small group assignments will be made in class on October 10.**
   - Each small group shall be assigned one of the four Sundays of Advent Year B and the corresponding Lectionary texts for that Sunday. These texts are as follows:
     - **Advent One** Isaiah 64:1-9; Psalm 80:1-7; 17-19; I Corinthians 1:3-9; Mark 13:24-37
     - **Advent Two** Isaiah 40:1-11; Psalm 85:1-2; 8-13; II Peter 3:8-15a; Mark 1:1-8
     - **Advent Three** Isaiah 61:1-4, 8-11; Psalm 126; I Thessalonians 5:16-24; Luke 1:26-36
   - Students will read the lectionary texts for all Sundays of Advent making notes of themes, questions, wonderings, images, personalities that God places in their attention. Is there a sense of progression in these texts? How would you describe the movement from Sunday to Sunday? **Notes will be posted on Blackboard by 11:59 PM on October 15.** Please notice – these are notes, not a polished paper, intended to give evidence of each student’s preparation for the small group work.

   - Considering the real possibility that large group gatherings will not be possible for churches in Advent of 2020, each small group will develop a plan for exploring and observing the Advent season with their congregations through available mediums.
Can we imagine observing Advent differently and deeply in this season of social distancing? How might we incorporate smaller, deeper, more intimate experiences? What technology, guided experiences, groupings, partnerships, artistic expressions or missional activities might give shape to our Advent season? Might we consider getting into some “good trouble”?

- An optional Zoom gathering will be hosted by the instructor on October 17 for students desiring an opportunity to engage in a more extended conversation about this assignment. Please sign up for this Zoom gathering if you would like to participate via the instructor’s Wesley email by October 15.

- Using the assigned Sunday lectionary readings as a guide, each small group will outline important elements for a new approach to Advent.
- Each presentation should:
  - open the Biblical texts; note the images, themes, personalities, historical realities the texts call to mind. Take care to attend to both Hebrew Scripture and the New Testament witness.
  - Consider if these texts fall differently upon our hearts and minds in “such a time as this”?
  - reflect the theological themes in the texts and the implications of those themes for the Christian faith and life in our current moment.
  - demonstrate a formational, prayerful, practice or approach that may be new to the congregation; extending an invitation to engage others more deeply and courageously in the richness of Advent.
  - use at least two aspects of religious language: time, space, symbols, gestures, silence in addition to words.
  - invite the experience of a religious affection – awe, wonder, praise, gratitude, hope, lament and suggest how this affection might be invited and inhabited during this Advent season.

- Each presentation will be no more than 20 minutes in length and will be presented in the sequential Advent order at the November 13 Zoom Class Gathering. All students in the small group should participate in the presentation. All students in each small group will receive the same grade for the presentation.

- Assignment G: Discussion Board Response to Advent Presentations
  - Each student will experience the small group presentations for the four Sundays of Advent offered in the November 13 Zoom Class Gathering.
  - In response to the presentation, each student shall:
    - name, in each small group presentation, the approaches to Christian teaching and learning being utilized. Four brief sentences.” In the presentation for Advent One, I saw....”
    - Identify one formational possibility for the observance of Advent in their ministry settings that arises from these presentations. These statements
should be concise, discerning, and reflect a deep appreciation for “how faith comes to us.

- articulate one new awareness about the shape of Advent and its place in Christian formation. No more than two sentences. “I never considered ...” or “I realize...”

- Each student will post their three responses on Discussion Board no later than 11:59 on November 20.

**Assignment H: Final Paper**

- Choose one of the following to address in a final paper:
  - develop a rule of life. Guidance for this assignment may be found in *Soul Feast*, Chapter 9 with additional guidance on page 155. One might also choose to develop a rule of life that gives some specificity to Wesley’s *Three Simple Rules* as described by Rueben Job. Describe the formational reasons for your choices; how you see the practices you have chosen will deepen your faith and your hopes for the new steps in discipleship they might support.
  - using the Awareness Examen posted on Blackboard, reflect on the experience of this class. Where has God been present? What whisperings still have your attention? Additional guidance for this assignment may be found in *Soul Feast*, Chapter 6. Guidance might also be found in *Listening to God*, Handout 2. How will your ministry be different after having moved through this class? How are you different after having moved through this class?
  - develop one’s own theological and theoretical statement of purpose and intention for formational ministry in answer to the question “How does faith come?” This statement should include one’s image of God, guiding images for faith formation, preferred approaches to Christian teaching and learning, and the place of prayer and spiritual disciplines in the life of an individual and a community of faith.

- This paper should be four pages in length and should be posted to Blackboard by 11:59 PM on November 20.

**Attendance/Absences**

Please note that due to the nature of this class, there will be no excused absences from required Zoom Gatherings. **Zoom Gatherings begin promptly at 10 AM. We will end promptly at noon. A deduction will be made in the student’s participation grade for lateness.**

**Graded Activities/Assignments**

Written assignments shall be double-spaced with one-inch margins and 12-point font (Times New Roman or Calibri). Please note that papers with excessive margins or large font will not count as a full page when grading the assignment.
Assignments | Possible Points | Division of Points
---|---|---
Introduction video | 8 points | 2 Discussion Board entries, each receiving up to 6 points
Discussion Board | 12 points | 2 Discussion Board entries, each receiving up to 6 points
Prayer Practice noticings | 8 points | 4 separate papers, each receiving up to 6 points
Reflection papers | 24 points | 4 separate papers, each receiving up to 6 points
Spiritual Discipline noticings | 8 points | 4 separate papers, each receiving up to 6 points
Small Group Advent presentation | 15 points | 5 points for individual lectionary preparation; 10 points for all group members for group presentation
Final Paper | 15 points | 5 points for individual lectionary preparation; 10 points for all group members for group presentation
Class Participation | 10 points | 5 points for individual lectionary preparation; 10 points for all group members for group presentation

❖ Grading
The instructor assumes that everyone in the class is capable of the work required to receive a “B” grade for each assignment. The following interpretations of the meaning of grade have been developed to help class members review their work to identify strengths and problems.

A “B” means that the basic elements of the assignment have been faithfully included, the argument is internally coherent, and clearly articulated.

A “B+” means the assignment is also well crafted.

An “A-” means that the assignment is not only well crafted, but it also probes the issues with considerable insight.

An “A” means the assignment is well crafted, reveals considerable insight, and moves beyond the range of the student’s prior knowledge to begin to construct new perspectives and meanings for the subject. In other words, it shows the student’s imagination at work; it has a creative edge.

A “C+” means that the assignment lacks clarity or focus, tends to reveal more the writer’s opinions than the results of the writer’s analysis, and lacks reflective insight into the issues being discussed.

A “C” means that the assignment does not move beyond the reporting of information from readings and/or class discussions to engaging them with issues being discussed; it may indicate inappropriate or misuse of data and readings.

A “C-” means that despite some moments of focused discussion and insight, major gaps exist in the development of the argument or discussion.

An “F” means the individual needs to see me immediately.
Late Assignments
Grades will be reduced a step (e.g. from B to a B-) for assignments posted after the assigned due date and a full letter grade for any assignments 24 hours past due. Assignments over 48 hours past due will be lowered two letter grades. Please contact the instructor for assignments over 72 hours past due. Absences from required Zoom meetings will result in a deduction of one letter grade.

Course Policies

➢ Inclusive Language Policy
Bearing in mind that language reflects, reinforces, and creates social reality, the Seminary expects class conversation and written work to employ language that respects the equal dignity and worth of all human beings. In particular, linguistic sexism and racism are to be avoided. (from student handbook)

➢ Plagiarism
Plagiarism is regarded as a serious offense and will result in substantial penalties, including the possibility of academic dismissal. The instructor regards the following as forms of plagiarism or dishonesty:

• Copying from another person’s or student’s paper.
• Giving or receiving unauthorized assistance to or from another student during an examination.
• Using unauthorized material during an examination.
• Borrowing or presenting as one’s own (for example, without proper attribution) the composition or ideas of another.

Please refer to your Wesley Student Handbook (on-line) for more information about Wesley’s Academic policies or contact the Course of Study Office (202-885-8688).