



<b>Course ID:</b>		<b>Course Title:</b>		<b>Fall 2018</b>	
PT645		Theology and Practice of Sabbath & Renewal		<b>Prerequisite: None</b>	
				<b>Credits: 3</b>	
Class Information		Instructor Information		Important Dates	
<b>Dates: - Wknd 1</b>	September 28-29	<b>Instructor:</b>	Mark Buchanan	<b>Last day to add/drop, or change to audit:</b>	Noon 1 <sup>st</sup> Saturday
<b>Wknd 2</b>	October 19-20	<b>Email:</b>	mbuchanan@ambrose.edu	<b>Last day to withdraw from course:</b>	3rd of 2 <sup>nd</sup> weekend
<b>Wknd 3</b>	November 23-24	<b>Phone:</b>	403-410-2000, ext 7907	<b>Last day to apply for coursework extension:</b>	One month before final due date
<b>Days/Time:</b>	Week day – 6:30-9:30 pm	<b>Office:</b>	L2071		
<b>Days/Time</b>	Saturday – 9 am to 4 pm	<b>Office Hours:</b>	By appt		
<b>Room:</b>	L2100				

### Course Description:

This course explores, biblically and practically, perspectives on and practices for personal and corporate rest and renewal, as well as probing the theology, physiology, anthropology and sometimes mythology underneath such practices. The student will gain an appreciation for the importance of various forms of soul-renewal - especially Sabbath-keeping (approx. 2/3 of the course) – that are rooted in biblical and historical orthodoxy, and will be able to engage these forms personally as well as encourage them corporately.

All fruitful ministry comes out of overflow: the student will learn the art of keeping the wellspring fresh and abundant, for themselves and for those they serve.

### Expected Learning Outcomes:

The engaged and attentive student should come away from this course with:

1. a robust theology of work, rest, play & sleep
2. a robust theology of shalom in its personal, interpersonal, societal and creational dimensions
3. a repertoire of practices for spiritual, emotional, physical, mental & creational renewal and restoration
4. insights about and strategies for corporate Sabbath-keeping & renewal

### Textbooks:

#### Required:

Walter Brueggemann, *Sabbath as Resistance: Saying No to the Culture of Now*  
Abraham J. Heschel, *The Sabbath: Its Meaning for Modern Man*

Henri Nouwen, *Spiritual Formation: Following the Movements of the Spirit*

**Recommended:**

Judith Shulevitz, *The Sabbath World: Glimpses of a Different Order of Time*

Carl Honoré, *In Praise of Slow: How a Worldwide Movement is Challenging the Cult of Speed*

Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath*

Mark Buchanan, *Spiritual Rhythm: Being with Jesus Every Season of the Soul*

**Course Schedule:**

The following is a tentative outline:

First Weekend - Deep Unto Deep: Seasons, Rhythms & the Movements of the Heart

Second Weekend - The Theology of Sabbath

Third Weekend - The Practice of Sabbath

**Requirements:**

**NOTE:** Use a cover page for all written assignments; include on it the course name, your own name and ID number, my name, and the assignment title. Properly footnote all references, and indicate page number when citing written works. Include a bibliography of all works that you cite.

**1. Assignment 1** (Learning Outcomes 1-4). **(Due Monday, October 8, Midnight):**

a. Write a 750-word paper explaining why you took this course.

**Or**

b. Write a 750-word paper exploring the season you're in and how you intend to steward that season.

**Or**

c. Write a 750-word paper exploring the root and the implications of one verb associated with Sabbath – for example, *remember, observe, delight, keep, honour*, etc.

**Or**

d. Write a 750-word paper exploring, theologically and practically, what it means that Sabbath-keeping is meant to be “unto the Lord.”

**Or**

e. Write a 700-word paper explaining the difference between Sabbath and leisure.

**Or**

f. Write a 700-word review of and response to one the movies listed below.

**2. Assignment 2** (Learning Outcome 1-4) **(Due Monday, October 29, Midnight;**

**NOTE:** You can collaborate with up to 3 other students on this assignment):

a. Research and write a 1700-word paper exploring the benefits – mental, emotional, spiritual, physical, relational, etc. - of getting sufficient rest and/or play. Tease out practical implications. **Must show integration of lectures, class discussions, and readings.**

**Or**

b. Research and write a 1700-word paper exploring the effects – mental, emotional, spiritual, physical, relational, etc. - of not having *insufficient* rest and or/play. Tease out practical implications. **Must show integration of lectures, class discussions, and readings.**

**Or**

- c. Research and write a 1700-word paper examining one community – Hasidic Jews, Seventh-Day Adventists, A Rocha, etc. – who keep the Sabbath. Tease out practical implications. **Must show integration of lectures, class discussions, and readings.**

Or

- d. Research and write a 1700-word paper exploring Sabbath as a counter-cultural practice, including an exploration of the biblical year of Jubilee. Tease out practical implications for here and now. **Must show integration of lectures, class discussions, and readings.**

Or

- e. (NOTE: Only if you did not choose assignment 1b) Write a 1700-word reflection paper exploring the season you are currently in and how you will steward it. **Must show integration of lectures, class discussions, and readings.**

Or

- f. Pitch me an idea (**must show integration of lectures, class discussions, and readings**)...

**3. Assignment 3 (Learning Outcomes 1-4) (Due Monday, December 10, Midnight);**

NOTE: You can collaborate with up to 3 other students on assignment 3a or 3b):

- a. Create something – with words (essay, poetry, short story, script, song lyrics, etc.) or wood or metal or music or textiles or ceramics or paper art or paints or a with camera or a video camera, etc. – that captures the beauty of Sabbath or other practices of renewal. You can take photos of your work and submit those if it is impractical to submit the actual object. Provide explanatory annotation where needed. **Must show integration of lectures, class discussions, and readings.**

Or

- b. Develop and write up a workshop (and, if possible, lead it) on the meaning, gift and practice of Sabbath and/or other practices of renewal. **Must show integration of lectures, class discussions, and readings.**

Or

- c. Write a sermon (and if possible, preach it) on the meaning, gift and practice of Sabbath and/or other practices of renewal. **Must show integration of lectures, class discussions, and readings.**

Or

- d. Pitch me an idea (**Must show integration of lectures, class discussions, and readings**)...

**4. Assignment 4 (Due Monday, November 12, Midnight):**

- a. Write a 1-page (1.5 spacing, 12 pt. *New Times Roman, Ariel* or *Garamond*) précis of **2** of the required textbooks. This is strictly a summary of the book; this is not a critique, an analysis, a reflection, or a response. See **Moodle** for a guide to writing a précis. **Must not exceed 1-page per book.**

Or

- b. Write a 3-4-page (1.5 spacing, 12 pt. *New Times Roman, Ariel* or *Garamond*) summary, evaluation and critique of **1** of the required texts (or one book chosen in consultation with the instructor).

Or

- c. Write a 3-4-page (1.5 spacing, 12 pt. *New Times Roman, Ariel* or *Garamond*) summary, evaluation and critique of **2** of the recommended movies.

## 5. Assignment 5 (Due Monday, December 10):

Complete Reading Log. You are to complete 1000 pages of reading from a combination of the **required** textbooks and **any books from** the recommended reading list. Relevant substitute reading material may be negotiated with the instructor. See **Moodle** for template.

## 6. Attendance, Participation & Course-Integration

Attendance, participation & course integration make up 10% of your final grade.

Please submit all assignments (unless others arranged with instructor) through **Moodle** in **Word** format on or before the due date.

**Format:** All papers must:

- Be double-spaced (except for reading reports, which can use 1.5 spacing).
- Use *Times New Roman*, *Arial* or *Garamond* 12-point font.
- Be numbered.
- Cite sources properly. **NOTE:** The student can use his/her preferred style (e.g. Kate Turabian's *A Manual for Writers*, or *The Chicago Manual of Style*), but must remain consistent throughout the entire paper.
- Use inclusive language. The student is encouraged to avoid the consistent use of masculine terminology in reference to people in the general sense. For example, prefer using the terms "humanity" or "people" or "humankind" over the terms "man" or "mankind" when referring to the human race.
- Include a title page.
- Be in Word format (No Pdfs)

### Late Policy:

Due dates are valuable for several reasons. Here are three: 1) They allow me, the instructor, to adequately plan my schedule to grade and return your work in a timely and thoughtful manner; 2) They mimic reality. Most of your life involves hard deadlines - mortgage payments, project assignments, work schedules, departure flights, and so on. This is like that; 3) They create a level playing field. It's simply unfair to your classmates if they submit their work on time and you receive an extension without penalty. **Therefore**, only under extraordinary circumstances (i.e., a life or family crisis, a severe and prolonged illness, etc.; poor time management does not count as a life crisis) will I grant an extension. **All requests for extension must be submitted to me in writing on or before the assignment's due date.** Otherwise, any submissions received later than midnight on the due date will be deemed late and penalized at a 5% deduction per day.

**PLEASE DO NOT ASK FOR AN EXCEPTION TO THIS POLICY.**

### Evaluation:

Assignment 1, a, b, c, d, or e (due Oct 8)	15%
Assignment 2, a, b, c, d, e, or f (due Oct 29)	25%
Assignment 3, a, b, c, or d (due Dec 10)	25%
Assignment 4 (books), a, b, or c (due Nov 12)	15%
Assignment 5: Reading Log (due Dec 10)	10%
Attendance, Participation & Integration	10%

### Attendance:

Attendance, participation & course integration count for **10% of your final grade.**

### Grade Summary:

The available letters for course grades are as follows:

<u>Letter Grade</u>	<u>Description</u>
A+	
A	Excellent
A-	
B+	
B	Good
B-	
C+	
C	Satisfactory
C-	
D+	
D	Minimal Pass
F	Failure

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

## **Bibliography:**

- Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation.*
- Bass, Dorothy. *Receiving the Day: Christian Practices for Opening the Gift of Time.*
- Benner, David. *The Gift of Being Yourself: The Sacred Call to Self-Discovery.*  
*Sacred Companions: The Gift of Spiritual Friendship and Direction.*
- Berry, Wendell. *The Sabbath Poems.*
- Brueggemann, Walter. *Sabbath as Resistance: Saying No to a Culture of Now.*
- Buchanan, Mark. *Spiritual Rhythm: Being with Jesus Every Season of Your Soul.*  
*The Rest of God: Restoring Your Soul by Restoring Sabbath.*  
*Things Unseen: Living in Light of Forever.*
- Caliguire, Mindy. *Discovering Soul Care.*  
*Simplicity.*  
*Spiritual Friendship.*
- Dawn, Marva J. *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting.*
- DeVinck, Chris. *The Power of the Powerless.*
- Dirks, Morris. *Forming the Leader's Soul.*
- Fishbane, Michael. *Sacred Attunement: A Jewish Theology.*
- Foster, Richard. *Celebration of Discipline.*  
*Prayer: Finding the Heart's True Home.*  
*Freedom of Simplicity: Finding Harmony in a Complex World.*
- Iyer, Pico. *The Art of Stillness: Adventures in Going Nowhere.*

- Heschel, Abraham J. *The Sabbath: Its Meaning for Modern Man.*
- Honoré, Carl. *In Praise of Slow.*
- Lane, Bedlen C. *The Solace of Fierce Landscapes: Exploring Desert and Mountain Spirituality.*
- Maté, Gabor. *When the Body Says No.*
- Mueller, Wayne. *Sabbath: Finding Rest, Renewal & Delight in Our Busy Lives.*
- Nouwen, Henri. *In the Name of Jesus: Reflections on Christian Leadership*  
*Out of Solitude: Three Mediations on the Christian Life*
- Ortberg, John. *The Life You've Always Wanted.*
- Peterson, Eugene. *The Contemplative Pastor.*  
*Practicing Resurrection: A Conversation of Growing Up in Christ.*  
*Working the Angles.*
- Scazerro, Peter. *Emotionally Healthy Spirituality.*
- Smith, Gordon T. *Spiritual Direction: A Guide to Giving and Receiving Direction.*
- Smith, C. Christopher. *Slow Church: Cultivating Community in the Patient Way of Jesus.*
- Smith, Stephen. *The Lazarus Life.*
- Shulevitz, Judith. *The Sabbath World: Glimpses of a Different Order of Time.*
- Swoboda, A.J. *Subversive Sabbath: The Surprising Power of Rest in a Non-Stop World.*
- Thomas, Gary. *Sacred Pathways.*
- Willard, Dallas. *The Divine Conspiracy.*  
*Renovation of the Heart.*  
*The Spirit of the Disciplines.*
- Winner, Lauren. *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline.*

## **Movies:**

*Castaway*  
*Chariots of Fire*  
*Groundhog Day*  
*Intouchables*

## Ambrose University Academic Policies:

### Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

### Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

### Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

### Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due

to an emergency, please speak with the professor before the class begins.

### Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at [privacy@ambrose.edu](mailto:privacy@ambrose.edu).

### Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

### Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

### Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

**Note:** Students are strongly advised to retain this syllabus for their records.