

Self-care as a Spiritual Practice: A Holistic Perspective and Approach Pittsburgh Theological Seminary

“A being is free only when it can determine and limit its activity.” -Karl Barth

Distorted and simplistic thinking surround the topic of self-care. This course hopes to awaken desire, deepen curiosity and broaden the lens through which we view the connection between self-care, self-love and love of neighbor. A series of exercises, experiments, conversations and prayer experiences will be offered to help facilitate a liberating and lasting shift within. Without being prescriptive, we will not lose sight of what all of this looks like in real life!

Sunday, June 25, 2017		
7:00 p.m.	Welcome, Orientation, and Introductions	
8:00 p.m.	Session 1: A Fluid Holistic Model	
9:00 p.m.	Prayer at the Close of Day	
Monday, September 26, 2017		
7:45 a.m.	Breakfast	Dining Room
8:30 a.m.	Morning Prayer - A Meditative Warm-up	
9:00 a.m.	Session 2: Addiction and Un-freedom	
10:30 a.m.	Break	
11:00 a.m.	Small Groups	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Session 3: Neuroscience	
3:30 p.m.	Break	
4:00 p.m.	1:1 Companionship	
5:00 p.m.	Evening prayer	
6:00 p.m.	Dinner on your own	
Tuesday, September 27, 2017		
7:45 a.m.	Continental Breakfast	Dining Room
8:30 a.m.	Morning Prayer - Awakening to Grace	
9:00 a.m.	Session 4: Who I Am and Who I Am Not	
10:30 a.m.	Break	
11:00 a.m.	Small Groups	
12:30 p.m.	Lunch	Dining Room
2:00 p.m.	Session 5: Boundaries and the Relational Pieces	
3:30 p.m.	Time for Rest and Reflection	
6:00 p.m.	Dinner	Dining Room
7:15 p.m.	Conversation: Saying “Yes” and Saying “No”	
8:45 p.m.	A Blessing at the End of the Day	
Wednesday, September 28, 2017		
8:00 a.m.	Continental Breakfast and Evaluations	Dining Room
8:45 a.m.	Closing Announcements and “Homework”	
9:00 a.m.	Session 6: Self-care: Humility and an Ethical Imperative	
10:00 a.m.	Small Groups	
11:30 a.m.	Closing Ritual	
12:15 p.m.	Farewells and Departure	Dining Room