**Spirituality**

WSM

Monday 10:15am-11:00am

May 2017-July 2017

Kiana Tinsley

<http://www.med.nyu.edu/spirituality/assets/spiritgrpmanualforWebsite.pdf>

<https://books.google.com/books?id=7T6xO7O6aroC&pg=PA85&lpg=PA85&dq=spirituality+group&source=bl&ots=JlAmR_7jJu&sig=v8f9s3JEMslmHApz-T2x2bKLV9I&hl=en&sa=X&ved=0ahUKEwj21fHr4f3PAhUE64MKHUGECaIQ6AEISTAG#v=onepage&q=spirituality%20group&f=false>

http://www.scattergoodfoundation.org/sites/default/files/A%20Guide%20to%20Leading%20Spirituality%20Support%20Group%20in%20Behavioral%20Health%20Care%20Settings.pdf

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| Date | Topic | Lesson |
| 5/1 | Introduction  (p. 88/89/p.4-6) | What is spirituality to you? Spirituality vs. Religion |
| 5/8 | Letting go of anger and practicing forgiveness  (p.90) | Members will discuss things that still trigger anger or resentment for them or resentments that they have let go of and how they were able to do so. |
| 5/15 | Coping with grief in spirituality  http://tinybuddha.com/blog/dealing-with-loss-and-grief-be-good-to-yourself-while-you-heal/ | Members will reflect on loved ones they have lost. They will then discuss their religious perspectives on death and how these perspectives help or hinder their coping with grief. |
| 5/22 | Hope  https://themindfulgeek.com/meditation-without-religion-or-beliefs/ | Members will begin to learn how they can meditate without prescribing religious beliefs to it. |
| 5/29 | Crisis as danger and opportunity  https://www.power2u.org/downloads/DangerAndOpportunitiesInCrisis.pdf | Members will discuss what crises they have been through and how they have grown from them. Talk about values. |
| 6/5 | Gratitude  http://spiritualityhealth.com/articles/3-essential-practices-gratitude | Members will discuss things that they are grateful for. How these things affect their everyday lives. |
| 6/12 | Faith  (p.20-23) | Members will discuss what it means to have faith? |
| 6/19 | Purpose & Meaning in Life  (https://markmanson.net/life-purpose) | Members will discuss what their purpose is? True meaning of life? |
| 6/26 | Love & Lasting Relationships  (<http://livingontheedge.org/broadcast/the-secret-to-a-lasting-relationship-part-1/daily-radio#.WBio4HkVC1s>) | Members will discuss how we can love and have meaningful long lasting relationships. |
| 7/3 | Your Inherent Spiritual Worth  (<http://www.mindbodygreen.com/0-23313/how-to-release-your-emotional-baggage-recognize-your-inherent-value.html>) | Members will have meaningful conversation about their spiritual worth. |
| 7/10 | Acceptance  (<http://celestiallands.org/wayside/?p=34>) | Members will discuss ways to come to terms with acceptance in their lives. |
| 7/17 | Grace | Members will discuss what grace means to them and how they apply this principal in their lives. |
| 7/24 | Short Clip On Spirituality | Ted talks will engage members discussing spirituality. |
| 7/31 | Wrap up | Members will discuss what they have learned over the semester about spirituality |