

## Contemplative Studies

### St. Stephen Harding Theological College and Seminary

Courses numbered 100-499 are appropriate for CEP, Certificates, S.T.L. and Th.B. studies. Courses with combination numbers, 100-499/500+ may be used for above or graduate studies. Regardless of numbering, a course may only be applied once. Courses with 500+ numbers are to be used for graduate studies only.

The letters after the course text indicate the publisher. See "Textbook Resource List."

**CONT: The Contemplative series begins with an introduction to contemplative prayer, teaches Lectio Divina, the Divine Office, Eucharistic Contemplation and other contemplative practices.**

#### **CONT 101/501: Introduction to Contemplation (3)**

Four textbooks are used in this course:

- No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading, by Norvene Vest (CP)
- The Hermitage Within: Spirituality of the Desert, by a Monk, trans. by Alan Neame (CP)
- Interior Prayer, by A Carthusian, trans. by Maureen Scrpine (CP)
- Prayer and Contemplation, by Robert Llewelyn, (CP)

#### **CONT 102/502: Lectio Divina (3)**

Four textbooks are used in this course:

- Happiness and Contemplation, by Josef Pieper (IP)
- Praying the Bible: An Introduction to Lectio Divina, by Mariano Magrassi, OSB, Trans. by Edward Hagman, OFM Cap. (LP)
- Praying The Word: An Introduction to Lectio Divina, by Enzo Bianchi, trans by James W. Zona (CP)
- The Climate of Monastic Prayer, by Thomas Merton (CP)

#### **CONT 103/503: Contemplative Praxis (3)**

Three textbooks are used in this course:

- The School of Prayer: An Introduction to the Divine Office for All Christians, by John Brook (LP)
- Eucharistic Contemplation, by Ernest Ranly, CPPS (LP)
- Praying the Rosary: The Joyful, Fruitful, Sorrowful, and Glorious Mysteries, by Warren F. Dicharry, CM (LP)