



Spring 2025 Course Offerings

CCS 301 Introduction to Chaplaincy Studies

Dr. Zachary Moon

Zoom Meetings: Saturdays 1/18 (7-8 PM Central); 2/8 (3-6 PM Central); 4/5 (7-8 PM Central)

CCS 404/504 Paying Attention: Mindfulness, Well-Being, and Human Flourishing

Dr. Cheryl A. Giles

Zoom Meetings: Mondays 3-5 PM Central

Important Dates:

Spring Registration: November 1-December 20

Spring Term Begins: January 13

Martin Luther King Day - No Classes: January 20

Course Drop Deadline: January 28 (last day for home school Registrars to inform CCS of student drops)

Spring Break: March 24-28

Spring Term Ends: April 25

CCS 301 Introduction to Chaplaincy Studies

Zoom Meetings: Saturdays 1/18 (7-8 PM Central); 2/8 (3-6 PM Central); 4/5 (7-8 PM Central)

Course Description

This course introduces the field of chaplaincy studies. Chaplains are rooted and accountable to their religious tradition, but they serve people and communities who may have different religious backgrounds or have no religious affiliation. How does one develop a ministry resilient in the face of pluralistic religious demands, complex human suffering, and institutional cultures that may conflict with human flourishing? This course will engage five contexts of chaplaincy ministry including hospital, military, prison, campus, and hospice.

Instructor: Dr. Zachary Moon

Dr. Zachary Moon is a leading voice in the study of moral injury and moral distress. His books include *Coming Home: Ministries That Matter with Veterans and Military Families* (Chalice Press, 2015), *Warriors between Worlds: Moral Injury and Identities in Crisis* (Lexington Books, 2019), *Goatwalking: A Quaker Pastoral Theology* (Brill, 2021), and *Doing Theology in Pandemics: Facing Viruses, Violence, and Vitriol* (Pickwick, 2022). Dr. Moon is the Professor of Theology and Psychology at Chicago Theological Seminary. He has served as a chaplain in multiple contexts, and specializes in working with military veterans and their families, training faith communities in post-deployment reentry and reintegration, and building sustainable social movements for justice through holistic compassionate care.

Required Books:

Buhuro, Danielle, *Is There a Heaven for a "G"?*, Resource Publications, 2016. ISBN 978-1-5326-0851-3

Stephen Roberts (ed.) (2012) *Professional Spiritual and Pastoral Care*. ISBN-10:1683362446; ISBN-13:978-1683362449

Additional required materials will be available on Canvas.

CCS 404/504: Paying Attention: Mindfulness, Well-Being, and Human Flourishing

Zoom Meetings: Mondays 3-5 PM Central/4-6 PM Eastern

Course Description

Mindfulness has been the foundation of contemplative practice since antiquity.

Generally, mindfulness is understood as paying attention in the present moment and without judgment or reactivity. This course aims to support the well-being and human flourishing of

chaplains by listening for wisdom, being in touch with our bodies, and observing the world around us through mindfulness. Studies show that mindfulness can reduce stress, promote emotional balance, increase mental focus, and improve well-being.

Drawing from established meditation literature, mindfulness, and contemplative pedagogy, we examine the impact of mindfulness on attention, regulation, equanimity, compassion, and cognitive flexibility, by bridging theory with practice. Through journal writing, students will chart their observations across these constructs and explore their awareness of daily mindfulness practice. By observing the interconnected nature of all things, mindfulness supports the human flourishing needed for effective chaplaincy.

Instructor: Dr. Cheryl A. Giles

Dr. Cheryl A. Giles is Francis Greenwood Peabody Senior Lecturer on Pastoral Care and Counseling Emerita at Harvard Divinity School. She taught courses on spiritual care, trauma, and contemplative care of the dying. From 2020- 2023, she was a Visiting Research Scholar in the Department of Sociology at Brandeis University where she focused her research on chaplaincy innovation and training. In 2012, Dr. Giles was co- editor of *The Arts of Contemplative Care: Pioneering Voices in Buddhist Chaplaincy and Pastoral Work* with Willa Miller. Her most recent book is *Black and Buddhist: What Buddhism Can Teach Us About Race, Resilience, Transformation, and Freedom*, co-edited with Pamela Ayo Yetunde, which won Gold at the 2020 Nautilus Book Awards.

REQUIRED BOOKS

Jon Kabat-Zinn, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (New York: Bantam Books, revised 2013).

Tara Brach, *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN* (New York: Penguin Life, 2020).

Selected articles will be available on Canvas.

OPTIONAL READING

- Resmaa Menakem, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* (Las Vegas: Central Recovery Press, 2017).
- Wendy Cadge and Shelly Rambo, *Chaplaincy and Spiritual Care in the Twenty-First Century, An Introduction*. (Chapel Hill: University of North Carolina Press, 2022)
- Jon Kabat-Zinn, *Mindfulness for Beginners: Reclaiming the Present Moment- and Your Life* (Boulder: Sounds True, 2011).
- Caroline Oakes, *Practice the Pause* (Minneapolis: Broadleaf Books, 2023).
- Ruth King, *Mindful of Race* (Boulder: Sounds True, 2018).
- Christopher K. Germer, *The Mindful Path to Self-Compassion* (New York: Guilford Press, 2009).
- David A. Treleaven, *Trauma-Sensitive Mindfulness: Practice for Safe and Transformative Healing* (New York: WW Norton & Company, 2018).