

Spirituality and Women's Whole Health

© Frances R. Belmonte

Thursdays 4:15 - 6:45
Dumbach Hall. Rm. 238

fbelmon@luc.edu
Piper Hall, Rm. 216

Course Description:

Considering women's health in terms of its bio, psycho, socio and spiritual facets, this course examines the contributions of a lived and living spirituality to the fullness of women's health. Viewed through the disciplinary lenses of theology, ministry, history, psychology, literature, and the health professions, the course will stress integrated perspectives and be appropriate for students in any of those disciplines. Course participants will be free to do their research in the sphere of their greatest interest.

Goals:

1. To foster interdisciplinary conversation concerning spirituality
2. To consider the role of spirituality in women's whole health across the life span
3. To encourage each participant to frame the issues in terms of their preferred discipline
4. To understand spirituality as an integrating factor in women's whole health
5. To allow each discipline to take the lead and address the others
6. To do one reading in common each session as a launching point for discussion

Objectives:

1. At student discretion
2. With help available from professor

Expectations:

Five Ps, i.e. Presence
Preparation
Participation
Practice
Project

Grades:

A - Excellent
B - Good
C - Passing
Below C - not passing

The aim is for excellence. Participants have the option of continuing to hone work until the arrival at excellence.

Course Text:

Harris, Maria. *Dance of the Spirit: The Seven Steps of Women's Spirituality*. New York: Bantam Books, 1989.

SESS	WK. OF	TOPIC
1.	8/25 Issues	INTROS, Overview, Depth and breadth of Connected
2.	9/1	Perichoresis: Spirituality as the <i>Gluten</i>
3.	9/8	Awakening - Ministry
4.	9/15	Dis-Covering - History
5.	9/22	Creating - Literature
6.	9/29	Dwelling - Literature/Psychology
7.	10/6	Nourishing- Health Professions
8.	10/13	Traditioning - Theology
9.	10/20	Transforming - All
10.	10/27	Articulating the Questions (culled from Participants)
11.	11/3	Questions
12.	11/10	Questions
13.	11/24	Questions
14.	12/1	WRAP UP

READINGS

(every reading suggestion includes: 1) one more reading at participant's choice; 2) reflection upon the connections to one's own concern and/or discipline; 3. any suggestions for additions to the course Bibliography)

1.

2. Harris, Prologue, Awakening pp. xi - 27,

3. Harris, Dis-Covering pp. 28 - 57

4. Harris, Creating pp. 58 - 85

5. Harris, Dwelling pp. 86 - 113

6. Harris, Nourishing pp. 114 - 144

7. Harris, Traditioning pp. 145 - 178

8. Harris, Transforming, Epilogue pp. 179 - 205

9. - 13. Continued reading in one's own field/interest, preparation of questions

BIBLIOGRAPHY

Theology and Spirituality

Chicago, Judy. *The Dinner Party: A Symbol of Our Heritage*. New York: Anchor Books, 1979.

Chittister, Joan. *The Friendship of Women: A Spiritual Tradition*. Erie, PA: Benetvision, 2000.

_____. *Heart of Flesh: A Feminist Spirituality for Women and Men*. William B. Eerdmans, 1998.

Cooey, Paula M. *Religious Imagination and the Body*. New York: Oxford University Press, 1994.

Cunningham, Sarah. *We Belong Together: Churches in Solidarity with Women*. New York: Friendship Press, 1992.

Daly, Mary. *The Church and the Second Sex*. New York: harper and Row, 1968.

Finger, Rita Halteman and Sandhaas, Kari (eds.). *The Wisdom of Daughters: Two Decades of the Voice of Christian Feminism*. Philadelphia: Innisfree Press, 2001.

Heyward, Carter. *Touching Our Strength: The Erotic as Power and the Love of God*. San Francisco: Harper and Row, 1989.

_____. *Staying Power: Reflections on Gender, Justice, and Compassion*. Cleveland: The Pilgrim Press, 1995.

Hyun Kyung, Chung. *Struggle to be the Sun Again: Introducing Asian Women's Theology*. Maryknoll, NY: Orbis Books, 1990.

Isasi-Diaz, A. and Segovia, F. (eds.). *Hispanic/Latino Theology*.
Also any other Isasi-Diaz on *mujerista* theology

Reuther, Rosemary Radford (ed.). *Religion and Sexism: Images of Women in the Jewish and Christian Traditions*. New York: Simon and Schuster, 1974.

Reuther, Rosemary and McLaughlin, Eleanor (eds.) *Women of Spirit*. New York: Simon and Schuster, 1979.

Williams, Delores S. "Womanist Theology: Black Women's Voices" www.religion-online.org (reprinted from *Christianity and Crisis* March 2, 1987)

Weems, Renita J. *Just a Sister Away: A Womanist Vision of Women's Relationships in the Bible*. 1991.

Ministry

Cooper-White, Pamela. *The Cry of Tamar: Violence Against Women and the Church's Response*. Minneapolis, MN: Fortress Press, 1995.

Eisland, Nancy L. *The Disabled God: Toward a Liberatory Theology of Disability*. 1994.

Hedahl, Susan K. *Listening Ministry*. Minneapolis: Augsburg Fortress Press, 2001.

Moessner, Jeanne Stevenson. *Through the Eyes of Women: Insights for Pastoral Care*. Minneapolis, Fortress Press, 1996.

Neuger, Christie Cozad, ed. *The Arts of Ministry: Feminist-Womanist Approaches*. Westminster John Knox Press, 1996.

History

AbramRuth J. "Send Us a Lady Physician:" *Women Doctors in America, 1835-1920*. New York: W.W. Norton & Company, 1985.

Backhouse, Constance and Flaherty, David H. (eds.) *Challenging Times: The Women's Movement in Canada and the United States*. Montreal: McGill-Queen's University Press, 1992.

Lerner, Gerda. *The Creation of Patriarchy*. New York: Oxford University Press, 1986.

Sheldrake, Philip, S.J. *Spirituality and History*. New York: Orbis Books, 1998.

Snyder, Mary Henbrow. (ed.) *Spiritual Questions for the Twenty-First Century*. New York: Orbis, 2000.

Thompson Lana. *The Wandering Womb: A Cultural History of Outrageous Beliefs About Women*. New York: Prometheus Books, 1999.

Walsh, Mary Roth. "Doctors Wanted: No Women Need Apply." New Haven: Yale University Press, 1977.

Psychology

Gilligan, Carol. *Mapping the Moral Domain*. Cambridge, MA: Harvard University Press, 1988.

_____. *In a Different Voice*.

Goodrich, Thelma Jean, ed. *Women and Power: Perspectives for Family Therapy*. New York: W.W. Norton and Company, 1991.

McLeod, Eileen. *Women's Experience of Feminist Therapy and Counseling*. Philadelphia: Open University Press, 1994.

Gilman, Charlotte Perkins. *The Yellow Wallpaper*. NY: The Feminist Press at CUNY, 1996.

The Diagnostic and Statistical Manual. Latest edition.

Literature

Byrne, Lavinia. *The Hidden Tradition: Women's Spiritual Writings Rediscovered*. New York, Crossroad, 1991.

Exum, J. Cheryl. *Fragmented Women: Feminist Subversions of Biblical Narratives*. England: Sheffield Academic Press, 1993.

Stanford, Ann Folwell. *Bodies in a Broken World: Women Novelists of Color and the Politics of Medicine*.

Wear, Delese and Nixon, Lois. *Literary Anatomies: Women's Bodies and Health in Literature*. NY: SUNY, 1994.

Shelley, Mary W. *Frankenstein*. NY: Barnes and Noble, 2003.

Health Care Professions

Achterberg, Jeanne. *Woman as Healer*. Boston: Shambala, 1990.

American Medical Association, Women in Medicine Services. *Women in Medicine in America*. Chicago, IL: AMA, 1991.

Belmonte, Frances R., Ph.D. *Women and Health: An Annotated Bibliography*. London: The Scarecrow Press and Pasadena, CA: Salem Press, 1997.

Borysenko, Joan, Ph.D. *A Woman's Book of Life: The Biology, Psychology and Spirituality of the Feminine Life Cycle*. NY: Riverhead Books, Putnam, 1998.

Bowman, Marjorie A. and Allen, Deborah I. *Stress and Women Physicians*. New York: Springer-Verlag, 1985.

Dann, Alice B. *Reframing Women's Health: Multidisciplinary Research and Practice*. Thousand Oaks, CA: Sage Publications, 1994.

Lewis, Judith A. and Bernstein, Judith. *Women's Health: A Relational Perspective Across the Life Cycle*. Boston: Jones and Bartlett, 1996.

Marchessault, Janine and Sawchuck, Kim. (eds.) *Wild Science: Reading Feminism, Medicine and the Media*. New York, Routledge, 2000.

Orchard, Helen. (ed.) *Spirituality in Health Care Contexts*. Philadelphia: Jessica Kingsley Publishers, 2001.

Rosser, Sue V. *Women's Health- Missing From U.S. Medicine*. Bloomington: Indiana University Press, 1994.

Stark, Evan, Ph.D. and Flitcraft, Anne, Ph.D. *Women at Risk: Domestic Violence and Women's Health*. London: Sage Publications, 1996.

Todd, Alexandra Dundas. *Intimate Adversaries: Cultural Conflict Between Doctors and Women Patients*. Philadelphia: University of Pennsylvania Press, 1989.

White, Evelyn C., ed. *The Black Women's Health Book: Speaking for Ourselves*. Seattle: Seal Press, 1994.

Web Sites

www.womenshealthmatters.ca

www.thehealingway.org

www.ciis.edu

www.ajph.org

www.nchealthywoman.org

