

Forgiveness & Moral Repair PS-8430

Required Texts:

Forgiving Others, Forgiving Ourselves: Understanding & Healing Our Emotional Wounds by: Myra Warren Isengard, PhD & Michael Spangle, PhD, ISBN: 97815944736001, \$16.99.

Forgiveness and its Moral Dimensions edited by: Warmke, Nelken, & McKenna, ISBN: 9780190602154, \$24.95.

- *The Sunflower: On the Possibilities and Limits of Forgiveness* by: Simon Wiesenthal, ISBN: 9780805210606, \$16.95.
- *Forgiveness and Remembrance: Remembering Wrongdoing in Personal and Public Life* by: Jeffrey M. Blustein, ISBN: 9780199329403, \$39.95.

November—*THEME: Soul Repair, Decoloniality & Repair of Harm-*

- *Soul Repair: Recovering from Moral Injury after War* by: Rita Nakashima Brock and Gabriella Lettini ISBN: 9780807029121, \$15.79.
- Along with selections from prior months.
- *Postcolonial Practices of Care: A Project of Togetherness during COVID-19 and Racial Violence* edited by: Helena Moon & Emmanuel Y. Lartey, ISBN: 9781666732047, \$32.60.

FOR WORK DURING THE ENTIRETY OF THE SEMESTER:

- *The Forgiveness Workbook: Cultivate Compassion, Release Resentment and Find Peace* by: Ilene S. Cohen, PhD, ISBN: 9781648769245, \$15.99.

Learning Outcomes: By the end of the semester, students will be able to:

- demonstrate a nuanced understanding of the power, complexity and limitations of forgiveness as well as other approaches to wounding;
- explain how grievance stories are created and how they can be dismantled;
- identify similarities and differences in the ways various traditions approach forgiveness, repentance, and repair;
- reflect on their personal practice with forgiveness, repentance, and repair;
- and point to the ways they listened and supported others in class on their journeys.

Relates to Thresholds: 1. Life in Religious Community and Interfaith Engagement 5.

Spiritual Practice and Care of the Soul and MFC: 2. Pastoral Care and Presence.

Maximum enrollment: 20. Auditors excluded.

Course Policies:

- **Credit Hour Policy:** <https://www.sksm.edu/wp-content/uploads/2020/12/Credit-Hour-Policy-12.15.2020.pdf>
- **Academic Conduct:** <https://www.sksm.edu/current-students/statement-academic-integrity-misconduct/>
- **Plagiarism:** <https://www.sksm.edu/plagiarism/>
- **Notice to Students About Your Privacy (FERPA):** <https://www.sksm.edu/academics?policy-statements/ferpa-family-educational-rights-and-privacy-act/>
- **Disability Policy:** <https://www.sksm.edu/resources/student-handbook/starr-king-policies/students-with-disabilities-policy/>
- **ECO Statement:** <https://www.sksm.edu/academics/introducing-our-emergent-educational-design/eco/>

Course Assignments:

- A full schedule appears below, which includes assigned reading, work, and when the *Forgiveness Project* is due.

Grading:

- **Participation (30%):** Students are expected to participate in class, online (twice a month, see schedule below) and meet with their COHORT once a month. Participation with the COHORT will be reported on in their **Forgiveness Project**, thus it is highly recommended to keep notes on each of the meetings.
- **Reading the Texts & Conversation (40%):** Students will need to engage with the texts related to that month's theme, have conversations with your classmates, and progress through The Forgiveness Workbook over the course of the semester.
 - **Populi work:** On Populi weeks students are expected to create one 200-300 word post regarding the reading, and do a 200-300 word response to one other student. Please be mindful of the number of words you are writing in these posts—**the purpose is to be concise**. Questions will be provided in Populi for this work.
 - **Cohort work:** When students meet with their COHORT, they are expected to keep a notes so that they can submit a COHORT REFLECTION portion of their **Forgiveness Project** at the end of the semester. The COHORT should discuss the reading for that month.
- **Forgiveness Project (30%):** Students will read and complete all of the exercises in The Forgiveness Workbook over the course of the semester. At the end of the course, a paper will be due, highlighting what they got out of this process. Assignment Requirements: Paper must be a minimum of 9 pages (12 pt., double-spaced). **BREAKDOWN:** 2-3 pages should be written on what they found most valuable, and the things that were least useful in The Forgiveness Workbook, along with their impressions of doing this work in conjunction with the other readings; at least 4 pages should be written about two to four exercises in the book that were impactful on their personal development and healing (details of events leading up to the work should be included for context), and the remaining pages should include their COHORT REFLECTION detailing the discussions that were had monthly including if any disagreements had any ramifications on their learning, and if forgiveness was utilized to process this work within the group. **(DUE: December 15th, 11:59pm (PST))**

Course Workload Expectations:

The amount of hours required for a 3 unit course is 135 hours for the semester. Thus, approximately 10 hours a week should go into the work for this course. I am providing the Course Workload Estimator data here that helped me determine the amount of work that is required each week, so students can have a better understanding of how the reading and assignments were designed.

COURSE INFO	WRITING ASSIGNMENTS	DISCUSSION POSTS	OTHER ASSIGNMENTS
Class Duration (Weeks): <input type="text" value="13"/>	Pages Per Semester: <input type="text" value="12"/>	Posts per Week: <input type="text" value="3"/>	# Per Semester: <input type="text" value="10"/>
READING ASSIGNMENTS Pages Per Week: <input type="text" value="150"/>	Page Density: <input type="text" value="250 Words"/>	Format: <input type="text" value="Text"/>	Hours Per Assignment: <input type="text" value="10"/>
Page Density: <input type="text" value="450 Words"/>	Genre: <input type="text" value="Reflection/Narrative"/>	Avg. Length (Words): <input type="text" value="300"/>	<input type="checkbox"/> Independent
Difficulty: <input type="text" value="Some New Concepts"/>	Drafting: <input type="text" value="No Drafting"/>	Estimated Hours: <input type="text" value="3.6 hours / week"/>	CLASS MEETINGS Live Meetings Per Week: <input type="text" value=".5"/>
Purpose: <input type="text" value="Survey"/>	Estimated Writing Rate: <input type="text" value="0.75 hours per page"/>	<input type="checkbox"/> manually adjust	Meeting Length (Hours): <input type="text" value="3"/>
Estimated Reading Rate: <input type="text" value="47 pages per hour"/>	VIDEOS / PODCASTS Hours Per Week: <input type="text" value="0"/>	EXAMS Exams Per Semester: <input type="text" value="0"/>	WORKLOAD ESTIMATES Total: 9.75 hrs/wk Independent: 3.88 hrs/wk Contact: 5.87 hrs/wk
<input type="checkbox"/> manually adjust	<input type="checkbox"/> manually adjust	Study Hours Per Exam: <input type="text" value="5"/>	<input type="checkbox"/> Take-Home Exams

Schedule:

Week 1	Sept 4-8
Week 2	Sept 11-15
Week 3	Sept 18-22
Week 4	Sept 25-29
Week 5	Oct 2-6
Week 6	Oct 9-13
Week 7	Oct 16-20
READING WEEK	Oct 23-27
Week 8	Oct 30-Nov 3
Week 9	Nov 6-10
Week 10	Nov 13-17
Thanksgiving Week	Nov 20-24
Week 11	Nov 27-Dec 1
Week 12	Dec 4-8
LAST DAY	Dec 11
Catch-Up	Dec 12-15

Week	Class Work	Reading Assigned for this Week
September—<i>THEME: Forgiving Others, Forgiving Ourselves</i>		
Week 1 INTRODUCTIONS	+Please introduce yourself to the group in the appropriate Populi Forum +Please choose your Cohort group in Populi	Please read the following: * <u>Forgiving Others, Forgiving Ourselves</u> , “Introduction, Chapter 1 “The Nature of Forgiveness”, Chapter 2 “Ways We Experience Forgiveness”, Chapter 3 “Benefits of Forgiving and Being Forgiven” & Chapter 4 “Resisting the Practice of Forgiveness”

Week	Class Work	Reading Assigned for this Week
Week 2	<p>+Create one 200-300 word post <i>answering one of the questions provided in Populi</i>, and do a 200-300 word response to at least one other student.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <p>* <u>Forgiving Others, Forgiving Ourselves</u>, Chapter 5 “What Facilitates Forgiveness”, Chapter 6 “The Path to Forgiveness”, Chapter 7 “Self-Forgiveness”, Chapter 8 “The Role of Apology”, Chapter 9 “Reconciliation”, Chapter 10 “When Forgiving and Reconciling are Difficult”, & Chapter 11 “Helping Others Forgive”</p> <p>* <u>The Forgiveness Workbook</u>, Introduction & Chapter 1 “The Truth about Forgiveness”</p>
Week 3	<p>+Create one 200-300 word post <i>answering one of the questions provided in Populi</i>, and do a 200-300 word response to at least one other student.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <p>* <u>Forgiveness and Its Moral Dimensions</u>, Chapter 1 “Forgiveness: An Introduction”, Chapter 2 “The Forgiven”, & Chapter 3 “Fitting Attitudes and Forgiveness”</p> <p>* <u>The Forgiveness Workbook</u>, Chapter 2 “Your Forgiveness Journey”</p>
Week 4 COHORT WEEK	<p>+Meet with your COHORT to discuss this month’s readings. Take notes on what impacted you the most during this discussion.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <p>* <u>Forgiveness and Its Moral Dimensions</u>, Chapter 5 “Forgiveness and Freedom to Do Otherwise”, Chapter 10 “Forgiveness, Self-Respect, and Humility” & Chapter 13 “Forgiveness and Consequences”</p> <p>* <u>The Forgiveness Workbook</u>, Chapter 3 “Stage 1: Identification”</p>

Week	Class Work	Reading Assigned for this Week
October—THEME: Forgiveness in Public Life		
Week 5	<p>Spend this week reading the assigned reading, getting yourself acquainted with the THEME, and catching up on any exercises you did not complete in <u>The Forgiveness Workbook</u>.</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * <u>The Sunflower</u>, Book 1 “The Sunflower” * <u>The Forgiveness Workbook</u>, Chapter 4 “Stage 2: Acknowledgement”
Week 6	<p>+Create one 200-300 word post <i>answering one of the questions provided in Populi</i>, and do a 200-300 word response to at least one other student.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * <u>The Sunflower</u>, Book 2, Read 80 pages of responses to this powerful narrative (selections of your choice). * <u>The Forgiveness Workbook</u>, Chapter 5 “Stage 3: Empathy”
Week 7	<p>+Create one 200-300 word post <i>answering one of the questions provided in Populi</i>, and do a 200-300 word response to at least one other student.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * <u>Forgiveness and Remembrance</u>, Chapter 4 “Forgiveness, Commemoration, and Restorative Justice” & Chapter 5 “Commemoration and the Moral Values of Remembrance” * <u>The Forgiveness Workbook</u>, Chapter 6 “Stage 4: Self-Forgiveness”
READING WEEK	<p>+No required class work for this week. But it is highly recommended to catch up on your work in <u>The Forgiveness Workbook</u> if you have exercises that have not be completed.</p>	<p>No assigned reading this week.</p>

Week	Class Work	Reading Assigned for this Week
Week 8 COHORT WEEK	+Meet with your COHORT to discuss this month's readings. Take notes on what impacted you the most during this discussion. +Do your work with <u>The Forgiveness Workbook</u> —being sure to do all of the exercises listed.	Please read the following: * <u>Forgiveness and Remembrance</u> , Chapter 6 "The Nature and Value of Memorialization as Symbolic Activity" & Chapter 7 "Human Rights and the Internalization of Memory" . * <u>The Forgiveness Workbook</u> , Chapter 7 "Stage 5: Release"
November—THEME: Soul Repair, Decoloniality & Repair of Harm		
Week 9	Spend this week reading the assigned reading, getting yourself acquainted with the THEME, and catching up on any exercises you did not complete in <u>The Forgiveness Workbook</u>.	Please read the following: * <u>Soul Repair</u> , Introduction, Chapter 1 "I Became a Soldier", Chapter 2 "Killing Changes You" & Chapter 3 "Coming Home is Hell" * <u>The Forgiveness Workbook</u> , Chapter 8 "Stage 6: Reflection"
Week 10	+Create one 200-300 word post answering one of the questions provided in <i>Populi</i> , and do a 200-300 word response to at least one other student. +Do your work with <u>The Forgiveness Workbook</u> —being sure to do all of the exercises listed.	Please read the following: * <u>Soul Repair</u> , Chapter 4 "I Will Live with Moral Injury the Rest of My Life", Chapter 5 "Soul Repair" & Conclusion * <u>The Forgiveness Workbook</u> , Chapter 9 "The Journey Continues"
Thanksgiving Week	+Utilize this week to catch up on any exercises you missed in <u>The Forgiveness Workbook</u> along with starting your <i>Forgiveness Project</i> .	Feel free to read ahead.

Week	Class Work	Reading Assigned for this Week
Week 11	<p>+Create one 200-300 word post <i>answering one of the questions provided in Populi</i>, and do a 200-300 word response to at least one other student.</p> <p>+Do your work with <u>The Forgiveness Workbook</u>—being sure to do all of the exercises listed.</p>	<p>Please read the following:</p> <p>* <u>Postcolonial Practices of Care</u>, Chapter 1 “Soul Processing: A Postcolonial African Path to Well-Being”, Chapter 15 “Fighting for Change and Inclusion: Tools for the New Generation”, & Chapter 17 “STOP AAPI HATE”</p>
Week 12 COHORT WEEK	<p>+Meet with your COHORT to discuss this month’s readings. Take notes on what impacted you the most during this discussion.</p>	<p>*<u>Postcolonial Practices of Care</u>, Chapter 2 “Decoloniality of the Shared Wounds” Forgiveness as a Refusal of Ownership” & Chapter 3 “Repair through Practices of Care”</p>
STUDY WEEK	<p>+Submit your Forgiveness Project to the Populi Assignment Dropbox by 11:59pm (PST) on Friday, December 15th.</p>	