**Dianne Anderson: BIO 101 – Human Biology & Bioethics Integration of Spiritual practices**

1. Students will be introduced, using a set of PowerPoint slides shown in class, to the idea of valuable practices in 5 aspects of life.
2. Students will be invited to sign up to eat one meal with some of their classmates and Dr. Anderson; there will be 6 opportunities (various places and times) during the semester.
3. Students will complete 5 small assignments spread throughout the semester.

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| **Unit** | **Practice** | **Assignment** |
| Ecology | Sabbath, solitude, silence | #1  During your Sabbath time, turn your phone off, and find an outdoor setting where you can be at least 20-30 feet away from anyone else. Spend 30 minutes resting (sitting or lying down) and thinking about the Creator God who loves you, and created this incredible planet that you get to enjoy, and that provides you with food, water, oxygen, etc. Write and submit on Canvas a 200+ word summary of your experience/thoughts including a brief description of where you spent your time. |
| Ecology | Simplicity | #2  Think about the life that you have here at PLNU, and the life that you anticipate having after college. What changes can you imagine that would mean a simpler life in terms of belongings, busy-ness of life, and/or use of resources. Think of changes that are realistic, as well as a couple that would be more difficult, but possibly attainable. Write and submit on Canvas a 200+ word summary of your ideas, as well as your thoughts on how practicing simplicity can be seen as a spiritual practice. |
| Genetics | Sabbath, solitude, silence | #3  During your Sabbath time, turn your phone off, and find a beautiful outdoor setting where you can be at least 20-30 feet away from anyone else, and near a large tree. Spend 30 minutes resting (sitting or lying down) and thinking about how this tree has been here since before you were born. Think about how this tree has been doing cell respiration, mitosis, and meiosis for all of those years in almost exactly the same way that you do because you and the tree share many genes. Think about all of the references to trees in the Bible – often referring to strength and shelter, and think about the strength and shelter that God has provided, and will provide, in your life. Write and submit on Canvas a 200-300 word summary of your experience/thoughts including a brief description of where you spent your time. |
| Physiology | Sabbath, solitude, silence | #4  During your Sabbath time, turn your phone off, and find a beautiful outdoor setting where you can be at least 20-30 feet away from anyone else. Spend 30 minutes resting (sitting or lying down) and thinking about your physical health (or limitations if you have them), and being thankful for the body that you have. Breathe deeply and slowly as you pray for God to show you ways in which you can use your hands/eyes/heart to serve Him and to care for others around you. Take a nap if you have not been getting enough sleep, and be thankful for the gift of sleep and renewal for both your mind and body. Write and submit on Canvas a 200+ word summary of your experience/thoughts including a brief description of where you spent your time. |
| End of class | Sabbath | #5  Write and submit on Canvas a 200+ word summary of your own definition of what Sabbath means to you, and how practicing keeping the Sabbath has impacted you (or has had no impact) this semester. |

**Student responses to the Wesleyan practices integrated into BIO 101**

**Dianne L. Anderson – CTL presentation 3-17-16**

**Student 1:** The topics you gave us to think and write about… made me think deeper about the world I live in and focus on my inner thoughts instead of worrying about the buzz of life. I found a lot of peace through this and…want to continue…. If you have more topics that I could practice and reflect on like the ones we had, I would love a list…Thank you!

**Student 2:** At first, I…thought that only biblical literalists kept (the Sabbath)…but, as time has worn on, I have realized that it is so much more than that. Because I usually do all of my homework on Sundays, it’s been a great way to take a break from that and remember what is really important and to experience God on even the most stressful of days. So, I am really happy… and I hope to continue it each week.

**Student 3:** The sabbath and shared meals was something I discussed with my family at our thanksgiving dinner…that made them so thankful that I am getting my education from Point Loma. It truly made me feel like my professor actually cared about my well-being…. Once I set down my phone, stopped doing homework, and go away from people, I was able to think about things I have never thought of before. It forced me to create a habit that I feel will not only benefit me throughout college, but my whole life.

**Student 4:** I am so blessed to go to a school with teachers who care about me and help me in in my walk with Christ.

**Student 5:** Thank you so much for making this class centered around God and our faith. Faith should always be first, and you really gave us the opportunities to explore and expand our views throughout the course. I am glad quiet time with God was an assignment.

**Student 6:** I found that engaging in this practice has been deeply beneficial for me, allowing me to find a silent space to have healthy conversation with both myself and God. I was able to meditate on the lessons we were learning about in Biology class and appreciate the incredible richness and diversity of life that exists on this planet thanks to our incredible Creator. Also, I was able to meditate on how I can implement practices and lifestyle habits that promote and sustain healthy balance in my own life and the eco-systems around me. These Sabbath practices helped me to slow down, during my busy and stressful day to rest and recuperate. I found that giving myself this time helped me center myself and organize my thoughts so that I was prepared for the coming week. It helped me re-assess my motivation and where I was finding my strength. I hope (to) continue in these practices so that I maintain a healthy perspective on work and keep my eyes focused on my only true source of life, God.