

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.

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.