

Spiritual Guidance

Serving your personal journey toward enlightenment...

A COURSE IN MIRACLES STUDY GROUP BACKGROUND AND INFORMATION SHEET

What is *A Course in Miracles*?

A Course in Miracles (ACIM) is a self-study course in personal and spiritual transformation. The *Course* was scribed through Helen Schucman, with assistance from William Thetford, both Professors of Medical Psychology at Columbia University College of Physicians and Surgeons in New York City.

ACIM is arranged as a teaching device. It is comprised of: a 669-page Text; a 498-page Workbook for Students; and a 92-page Manual for Teachers. Some volumes of ACIM also contain a Clarification of Terms used throughout the *Course*, and two supplements: Psychotherapy—Purpose, Process, Practice; and The Song of Prayer. Both supplements are helpful adjuncts to Students who study ACIM.

The Text is the theoretical underpinning of the *Course*. The Workbook contains 365 lessons, one for each day of the year, that provides Students an opportunity to apply *Course* principles regardless of any prior commitment (or not) to spiritual or theological goals or ideologies.

Intention and Purpose:

This study group is intended as a forum for ACIM Students to:

- Come together and share in ACIM learning and teaching;
- Seek an expanded understanding of *Course* principles;
- Support each other through our respective personal and spiritual transformation; and
- Prepare us for fulfillment of our earth-plane journey.

Spiritual Guidance

Serving your personal journey toward enlightenment...

A COURSE IN MIRACLES **STUDY GROUP BACKGROUND AND INFORMATION SHEET**

Approach and Methodology:

As with any spiritual practice, there is no right way when it comes to our journey toward enlightenment. ACIM should be studied and practiced in a way that is most comfortable for the individual Student.

To facilitate group discussion, and the proposed purpose of the study group, without adding unnecessary structure to the gatherings, any / all of the following approaches and study activities may be used:

- Meditation / contemplative reflection on a prayer or passage from the Course;
- Discussion of selected readings from the Course;
- Review of experiences with individual lessons;
- Exploration of topical areas in the Course (e.g., love, forgiveness, etc.);
- Sharing of Course experiences and how we are living the Course in our daily lives;
- Sharing of questions that arise from the above.

Scheduling:

ACIM Study Groups meet for 1.5 - 2 hours on Monday evenings, Wednesday afternoons, Thursday evenings and Friday evenings. Some gatherings are weekly; some gatherings are bi-weekly. Please contact Spiritual Guidance at 613-204-0299 or rmeagher@servinyourjourney.com to confirm day, time and location for the next Study Group meeting.

Offering:

Study groups are offered and facilitated from the heart. Spiritual Guidance does gratefully accept your in-kind donation or free will offering for participation in the study group.