

Spiritual Traditions of Christianity

October 2021



This four-week course will focus on the spirituality of the common life both historical and contemporary.

Since at least the third century some Christians have intentionally lived a life of self-denial as a way of following Jesus:

either alone as a hermit, or together as nuns and monks.

This course will look at the origins and early examples of monastic life; and the spirituality of monastic worship and prayer.

We will also examine contemporary examples of monastic life and spirituality.

Participants will receive a course book, weekly resource materials and access to PowerPoint presentations

Course Leader: Revd Dr Paul Collins

Contact: info@edu-improve.co.uk

Course costs:

£ 15 per session for an individual

£20 per session for a household

Venue:

St Francis of Assisi Church,
Charminster Road

7 – 9 pm

7th October

Call to a spiritual life:
Christian ascetism

Antony of Egypt (AD 251-356) and
Pachomius (AD 292-348)

14th October

Life in common: God's work –
worship and daily work:

John Cassian (AD 360-435) and
Benedict of Nursia (AD d. 547)

21st October

Praying the psalms: daily office;
meditation and contemplation:

Thomas Merton (1915-1968) and
Carlo Caretto (1910-1988)

28th October

New monasticism:

Community of Resurrection
(1892)

Society of St Francis (1934)

Northumbria Community
(1990)