**Spiritual Theology - 202**  
**A History of Catholic Spirituality**

**Syllabus**

Rev. Minh Phan

**Goal:** To introduce the student to a survey history of Catholic spirituality.

**Objectives:**

- by offering an historical survey of the principal themes in Christian spirituality
- by engaging the student in a prayerful reading of selected spiritual classics from each historical period.

**Description:**

This course will provide an overview of the important developments in the history of Catholic spirituality, east and west, including biblical, patristic, medieval and modern periods. The student will have the opportunity to learn about the principal schools of spirituality in the Catholic tradition. This study will also encourage the student to explore implications for his own personal spiritual life.

**Methodology:**

- A presentation on the historical context for each period and the spiritual challenges in each period, based on the Jordan Aumann text.
- Class reflection on the reading assignments.

**Requirements:**

- Four hours of prayerful reading of the assigned chapter of the text each week.
- Keeping of a journal.
- Active participation in the reflection sessions.
- Class participation (10%), quiz 1 (10%), mid-term exam (25%), quiz 2 (10%), term paper (20%), final exam (25%).
- The term paper should include a five-page synthesis of the historical background of the period, the spiritual teaching contained in it and an application to one’s personal life.

Calendar

Introduction to the course (Jan. 16)
- Working definition of Christian spirituality
- Organic historical development
- Syllabus

Sacred Scripture (Jan. 23)

Spirituality of the Early Church (Jan. 30)

Monasticism in the East (Feb. 6)
- Aumann, Jordan, pp. 35-56.

Monasticism in the West (Feb. 13) Quiz 1
- Aumann, Jordan, pp. 57-79.

Spirituality of the Middle Ages (Feb. 20)

Spirituality of the Middle Ages - Continued (Feb. 27)

Mid-Term Exam (Mar. 6)

Dionysian Spirituality (Mar. 13)
- Aumann, Jordan, pp. 144-179.
Catholic Reformation Spirituality (Mar. 20)

Catholic Reformation Spirituality - Continued (Mar. 27)

Catholic Spirituality in the Modern Period (Apr. 10) Quiz 2
- Aumann, Jordan, pp. 218-228 and 245-260.

Presentations: (Apr. 10)

20th Century Catholic Spirituality (Apr. 17)

Conclusions and Final