

***Spirituality: A Brief History*, Philip Sheldrake**

This Fall please join the Rector's Discussion Group for a study of Philip Sheldrake's classic, *Spirituality: A Brief History*. Tracing the evolution of Christian spirituality from the New Testament era up to contemporary times, Sheldrake charts key historical figures, ideas, and images, illustrating how spirituality has been understood and expressed across different periods. The book also considers:

- o The nature and meaning of spirituality
- o 21st-century spirituality
- o The dynamics of devotional spirituality
- o How Christian spirituality has interacted with other faith traditions over time

About the Author

Philip Sheldrake is an influential religious historian and theologian, with a strong academic background in spirituality as an emergent discipline. He has taught at University of London, University of Cambridge, Durham University, and the University of Wales.

Sheldrake has served as president of the Society for the Study of Christian Spirituality and holds positions at the Von Hügel Institute (Cambridge) and the Institute for the Study of Contemporary Spirituality (Oblate School of Theology).

Syllabus and Schedule

Gatherings occur via zoom at **12pm on Wednesdays**. Please contact Stefanie Nelson in the office for the Zoom link. The schedule is as follows:

September 24th	Chapter 1: What is Spirituality
October 1st	Chapter 2: Foundations: Scriptures and Early Church
October 8th	Chapter 3: Monastic Spiritualities 300 - 1150
October 15th	Chapter 4: Spirituality in the City 1150 - 1450
October 22nd	Chapter 5: Spiritualities in the Age of Reformations 1450 - 1700
October 29th	Chapter 6: Spirituality in an Age of Reason 1700 - 1900
November 5th	Chapter 7: Modernity to Postmodernity: 1900 - 2000
November 12th	Chapter 8: Twenty-First Century Trajectories