

Course in  
**The Theology of Spirituality**  
with a Benedictine-monastic profile

**UNIVERSITY OF S. ANSELMO - ROME**  
Theological Faculty  
**International Benedictine Monastic Institute**

## THE THEOLOGY OF SPIRITUALITY

**Christian spirituality** is the intellectual and affective orientation of the individual based on belief in Jesus Christ which finds its expression in a concrete way of life. In the course of history different '**styles of spirituality**' have emerged (monastic, Carmelite, Franciscan, Jesuit etc.). **Monastic spirituality** is the only spiritual style at the present time that goes right back to the faith of the Church of the first centuries. This style is not simply one among other later styles of spirituality but is in fact the **foundation** of these spiritualities. The principles of spiritual accompaniment, of *discretio* / discernment, individual confession, vows, the Liturgy of the Hours, community life, as well as the ideals of poverty, celibacy and obedience are all of monastic origin.



'**The Theology of Spirituality**' is intended to be an official area of study in theological **formation**. The person who studies this subject accepts the challenge to deal intellectually with a complex theme which is often laden with emotional connotations. Christian spirituality seeks to encompass the **whole** person in his or her relationship with God - for this reason it includes an intellectual component. Therefore, the study of spirituality is itself a **spiritual process**.

'The Theology of Spirituality' is studied from the perspective of a specific style. Those who are looking for the foundations of spirituality study in the Benedictine-monastic ambience of the **Monastic Institute at the University of S. Anselmo in Rome**.

## STUDYING IN ROME?

**Rome is an international city**. Those who study there get to know and respect different cultures and have a great opportunity to expand their linguistic horizons.

**Rome means 'The Universal Church'**; it is the residence of the Pope and the centre for decision-making of Catholic Christianity.

**Rome is a spiritual centre**, a place of pilgrimage and a place that offers endless possibilities for the deepening of faith.

**Rome is a centre of scholarship** with excellent universities and libraries.

**Rome is an unsurpassed cultural centre** rich in works of art from all eras and offering a wide programme of concerts and exhibitions.



## THE BENEDICTINE UNIVERSITY OF SANT'ANSELMO IN ROME

The Pontifical University of Sant'Anselmo on the Aventine Hill in Rome is one of the few Benedictine Universities in the world that, among other faculties, has a **Theological Faculty** vested with full ecclesiastical and civil rights and can thus confer **doctoral degrees in Theology**. Practising a **sapiential approach** to the discipline, the faculty offers courses for beginners leading to the Baccalaureate. Specializations are offered for post-graduate students in: Monastic Theology of Spirituality; Sacramental Theology and The History of Theology.

## THE BENEDICTINE MONASTIC INSTITUTE

The international Monastic Institute of the Theological Faculty was established on 21st March, 1952, as a centre for research into Christian Monasticism. In addition, its purpose was to make it possible for students, by means of lectures and seminars, to acquire a thorough knowledge of monastic history and theology. In 1977 the Institute was given the right to confer the degrees of **licence** and **doctorate**.

The Institute serves **Benedictines**, other orders and the universal Church. Countless spiritual writers, scholars, teachers, monks and nuns, novice-masters and novice-mistresses, priors and abbots have studied at the Institute.

Several times in the course of its history the programme of studies at the Monastic Institute has been adjusted to meet the needs of the times. **At the beginning of 2012** the whole programme was completely **revised**. This revision is intended to cater for the strong interest in the universal Church and in the Benedictine family in a **monastic theology of spirituality**.

The result of this revision is **an academic programme, 'The Theology of Spirituality' with a Benedictine-monastic profile which is unique in the world**.



## CURRICULUM

The programme is divided into 6 modules. **Personalized programmes** for three months (1 semester) or six months (2 semesters), leading to a certificate, are also possible.

**Module I: The Sources of Spiritual Theology.**

**Module II: The History of Christian Monasticism.**

**Module III: Special Topics of Spiritual Theology.** (E.g. Spirituality and Anthropology - Liturgical Spirituality - Biblical Spirituality - Modern Monastic Theology - Monasticism, Spirituality and Society.)

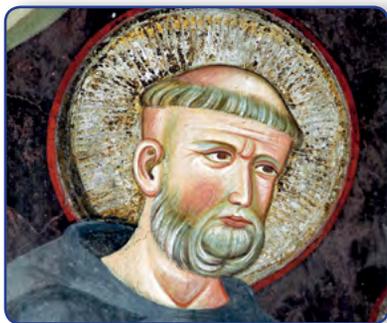
**Module IV: Monasticism and Spirituality - inter-cultural, interconfessional and interreligious.** (E.g. the Spiritualities of Islam, of East Asian Religions and the Orthodox Churches - Theology and Inculturation - Post-modern Society and Spirituality.)

**Module V: Spirituality and the Human Sciences.** (E.g. The Psychology of Vocation - Community Life and the Processes of Human Maturation - Emotions and Personal Growth - The Theory and Practice of the Transmission of Spiritual Themes.)

**Module VI: Methodology and Propaedeutic.**

The official language of instruction is **Italian**. Certain lectures will also be offered in **English**. Depending on the professor, examinations can also be held in other European languages.

## THE BENEDECTINE PROFILE



### A sapiential approach to theology.

Benedictine theology is based on Scripture. Inspired by the symbolic thinking of the Church Fathers, the transmission of the Faith, liturgical and private prayer, community living

and everyday experience mutually influence and contribute towards the interpretation of each other.

**Interested in the present.** Our theology asks itself how spiritual themes can be convincingly discussed in the linguistic, cultural and social conditions of contemporary society.

**Balanced and unideological.** Our manner of working is committedly scholarly and academic. Based on serious study of the sources, the fundamental theological questions of spirituality are analysed and transmitted without prejudice.

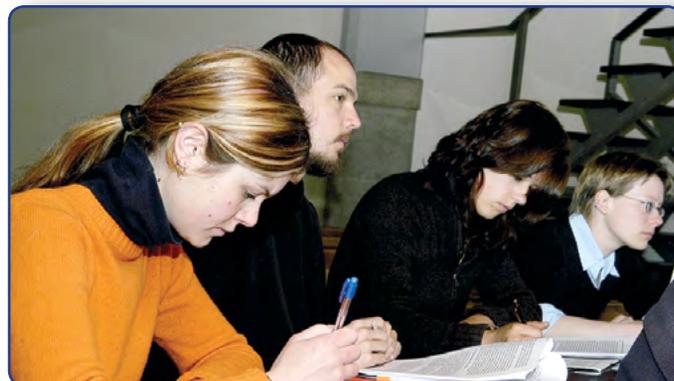
**Committed to the human person.** Benedictines understand spirituality as a quality peculiar to concrete individuals. Thus, the programme reflects the psychological aspects of spirituality and monasticism and gives a pedagogically sound practical introduction to the transmission of spiritual topics.

**Flexible while exigent.** The *curriculum* is constantly developing. Small student numbers facilitate contact between professors and students and make possible the elaboration of individual study-programmes.

## FOR WHOM IS THE PROGRAMME INTENDED?

The programme is intended for all who are interested in a deeper study of the theology of spirituality with a specifically Benedictine-monastic profile, thus for (future):

- **Students**, who wish to acquire a qualification in the specialization 'The Theology of Spirituality' or 'Spiritual Theology'.
- **Novice-masters, novice-mistresses** and **Leaders of Juniors**, who wish to acquire a thorough training for their important roles.
- **Professors** of the theology of spirituality / spiritual theology at universities, theological academies and the major seminaries of dioceses and religious orders.
- **Lecturers** in retreat-houses and institutes for theological adult education.
- **Expert members** of commissions for spiritual matters in dioceses, deaneries, parishes and religious communities.
- **Women and men** who, for personal reasons, are interested in the topics of spirituality and monasticism.



## QUALIFICATIONS OFFERED AND REQUIREMENTS FOR ADMISSION

### A) Ecclesiastically and state (European Union) recognized academic degrees:

1. **Licence in Monastic Spiritual Theology** (120 ECTS, 2 years); requirements for admission: Bachelor's degree in theology or an equivalent preparation; sufficient knowledge of Italian and Latin.
2. **Doctorate in Monastic Spiritual Theology**; requirement for admission: Licence.

### B) Ecclesiastically recognized academic degrees:

3. **Licence in Monastic Studies** (120 ECTS, 2 years); requirements for admission: Qualification in a discipline connected with theology, sufficient knowledge of theology, Latin and Italian.
4. **Doctorate in Monastic Studies**; requirement for admission: Licence.

### C) Diploma from the University of Sant'Anselmo:

5. **Diploma in Monastic Studies / Monastic Spirituality** (63 ECTS, 1-2 years); requirements for admission: Qualification for university entrance; sufficient knowledge of Italian.

*(1<sup>st</sup> edition)*



### For further information:

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