Some notes about the outline and bibliography that follow

1. The outline is a journey through monastic history from its beginnings up to and inclusive of the 19th century. The outline has been broken up into what seems to be reasonable portions.

2. The bibliography that follows each portion of the outline generally records books/articles which would be most helpful to the portion of the outline listed above. The bibliography does not pretend to be exhaustive. Further, some books listed in one section may be helpful in other sections of the outline though the book’s title may not be recorded a second time.

3. The outline in its entirety would take about a year to complete provided that one met with the novice every weekday for an hour. Perhaps a rough schedule could look like the following:

   Part I: Background for the Rise of Christian Monasticism may take three weeks provided that one emphasized the scriptural roots and the figure and teaching of Origen.

   Part II: Pre-Benedictine Monasticism may take five to six weeks. One would need to emphasize Egyptian monasticism, St. Basil, Evagrius of Pontus, St. Augustine, St. Jerome, and John Cassian while taking less time on Palestinian and Syrian monasticism.

   Part III: The Life and Rule of St. Benedict of Nursia may take three weeks.

   Part IV: Section 1 may take three weeks emphasizing the Celtic form of monasticism as well as the missionaries whose work set the stage for the medieval world.

   Part IV: Section 2 may take three weeks emphasizing Charlemagne and his associates made to the spread of the RB.

   Part IV: Section 3 may take two weeks with its study of Cluny.

   Part IV: Section 4 may take two weeks with its study of the Cistercian order.

   Part IV: Section 5 may take a week.

   Part IV: Section 6 may take at least three weeks with its study of the Protestant Reformation and the beginnings of new congregations.

   Part IV: Section 7 may take four weeks to complete with a study of the Enlightenment, a study of what seems to be death of the monastic life, its revival, and the monastic life’s entry to America.

   All of the above would add up to 30 weeks. If one completed the outline in 30 weeks, then that would reflect serious study and effort. Not every novitiate, or novice master, or novice is built for such endurance. I would advise that one takes what one can from the outline and adapt it to one’s needs and inclinations.
Outline for an Introduction to the Tradition of Monastic Spirituality

Introduction

1. The meaning of the terms
   a. Introduction
   b. Tradition
   c. Spirituality

2. Monasticism as a Universal Phenomenon
   a. Marginality, the basic sociological factor of Monasticism
   b. Non-Christian and Christian monasticism
      1. Non-Christian monasticism: the Facts, the Structures, the Motivations
      2. Christian Monasticism
         a. Motives influenced by other cultures or religions
         b. Specifically Christian motives

Part I: Background for the Rise of Christian monasticism

A. Monastic currents outside of Judaeo-Christian Revelation
   1. Far Eastern Religions (especially Hinduism and Buddhism)
   2. The Greco-Roman World
      a. The Pythagoreans
      b. The Cynics
      c. The Stoics
      d. Neo-Platonism
   3. Persian Influences

B. Monastic currents in Judaism
   1. The Essenes and Qumran
   2. The Therapeuts

C. Scriptural Roots of Monasticism
   1. The Old Testament
   2. The New Testament

D. Pre-Monastic Christian Asceticism
   1. Virginity and Ascetics in the 1st centuries
   2. Martyrdom
   3. Origen’s Ascetical-Mystical teaching
   4. Rigorist and Unorthodox tendencies
Some suggested resources:


PART II: Pre-Benedictine Christian Monasticism

Introduction: Types of Monastic literature and major monastic themes

Section 1: Monasticism in Egypt
A. The Anchorites and Semi-anchorites
   1. An overview
   2. St. Athanasius, Herald and Theologian of the Incipient Monasticism
   3. Antony: Father and Model of Monks
   4. The anchoritic and semi-anchoritic way of life
   5. The Apophthegmata Patrum
   6. The *Historia Monachorum in Aegypto; The Historia Lausiaca*
   7. Aspects of desert spirituality

B. Pachomian Cenobitism
   1. Introductory Material
      a. Chronological tables
      b. Genealogical table of Pachomius’ Lives
      c. The Geography of Pachomius’ monasteries
   2. The life and deeds of Pachomius
      a. Summary of Principal Facts and dates
      b. The Biographies of Pachomius
      c. Pachomius: The man and his deeds
   3. The Rule of Pachomius
      a. Precepts
      b. Precepts and Institutes
      c. Precepts and Judgments
      d. Precepts and Laws
   4. The Institutions of the Pachomian Koinonia
      a. The normative texts: The Rules
      b. The development and extent of observances
      c. Activities of the Koinonia
      d. Scripture in the life of the Koinonia
   5. Pachomian spirituality
a. The Community Ideal
b. Life under the Rule
c. Leadership and Responsibility
d. The ascetic goal

Some suggested resources:
Louf, Andre. “Spiritual Fatherhood in the Literature of the Desert,” in *Abba: Guide to Wholeness and Holiness*


PART II: Pre-Benedictine Christian Monasticism, continued

Section 2: Palestinian Monasticism

Section 3: Syriac Monasticism

Section 4: Cappadocian Monasticism

A. Basil the Great
   1. Background: Place, Family, Chronology of his life
   2. Basil’s monastic teaching and practice
   3. Basil’s ascetical and monastic writings
   4. Some aspects of Basil’s spiritual teaching

B. Evagrius of Pontus
   1. His life and writings
   2. Evagrius’ “System”: The Nature and stages of the spiritual life
   3. Aspects of Evagrius’ Spiritual teaching
      a. Logismoi
      b. Apatheia
      c. Acedia
Some suggested resources:


Rousseau, Philip. *Basil of Caesarea*, The transformation of the classical heritage. Berkeley, Calif.: University of
Section 5: Western monasticism (North Africa, Italy, Gaul)

A. North Africa: Augustine
   1. Geography, Chronology
   2. Augustine’s Personal Monastic Experience
   3. The “Rule” of St. Augustine: Background and Text
   4. Augustine’s monastic spirituality

B. Italy
   1. Origins
   2. Augustine, Ambrose, Eusebius of Vercelli, Paulinus of Nola
   3. St. Jerome
   4. Rufinus
   5. Opposition to the monastic movement

C. Gaul
   1. Early Christian Gaul
2. Martin of Tours; Sulpicius Severus
3. Lerins
4. John Cassian
   a. Gaul in Cassian’s time
   b. Cassian’s life and writings
   c. Cassian’s view of the Monastic life
   d. Cassian’s *Institutes*
   e. Cassian’s *Conferences*

D. Cenobitic Rules of the West
Some suggested resources:


PART III: The Life and Rule of St. Benedict of Nursia

A. Introduction
   1. The 6th century: Political, Social and Ecclesiological Background
   2. Benedict and his Rule: State of the Question

B. Benedict of Nursia
   1. Biographical details in Gregory the Great Dialogues
   2. Gregory’s Spiritual portrait of Benedict
   3. Recent controversy about the authenticity of the Dialogues

C. The Rule of Benedict
   1. The historical context of the RB
   2. Relationship of the RB to the Regula Magistri (RM)
   3. The Content of the RB
   4. The language of the RB
   5. Text and editions of the RB
   6. An overview of the RB and its place in Monastic History
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century

Section 1: From St. Benedict of Nursia (d. ca 550) to St. Benedict of Aniane (b. ca 750)

A. Celtic Monasticism and Celtic Monastic Missions
   1. Introduction
   2. Celtic Christianity
   3. Celtic Monasticism and Columbanus’ Mission to Gaul
   4. Monasteries founded under Celtic influence (590-680)
   5. Columbanus’ *Regula Monachorum*

B. Monasticism in 7th – 8th century England
   1. The conversion of England: Major persons, places and times
   2. 7th – 8th century monasticism: A spotlight on Bede and Jarrow

C. Monastic missions in Germany
   1. The Irish influence: Noteworthy persons, places, times
   2. The Anglo-Saxon Missions: Willibrord, Boniface and their collaborators

D. Monastic movements elsewhere (550 to 750)
   1. Italy: Rome, Bobbio, Lombard monasteries, Farfa, Monte Cassino
   2. Spain: Historical Background; Major Monastic figures and Rules
   3. Crisis and Reform in the Frankish Kingdom

E. Diffusion of the RB between 550 and 750
   1. Italy
   2. Gaul
   3. England
   4. Germany
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 2: 750-900: Monastic problems, Carolingian Reforms, Monastic Decline

A. Background on Carolingian rulers and reforms
   1. Charlemagne
   2. Alcuin of York (Tours)
   3. The need for reform
   4. Civil and Ecclesiastical reform
   5. Renewal of Studies

B. Carolingian Monasticism
   1. Monasticism and the royal power
   2. The Physical and human setting: population and buildings

C. Reform under Benedict of Aniane
   1. The life of Benedict of Aniane
   2. The role of the RB in Carolingian reform

D. Factors influencing monastic decline
   1. Invasions by Norsemen
   2. Warfare and natural disasters
   3. Breakdown of the Carolingian empire; land ownership, selection of abbots

E. Spread of Christianity to the North and East
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 3: 900 to 1100 – Cluny and other reform movements

A. The history of the Cluniac order
   1. Its origins, organization, development and influence
   2. Liturgy and spirituality at Cluny
   3. Cluny’s Five greatest abbots

B. Other reform movements
   1. An overview
   2. Reforms in France: Brogne, Gorze, Dijon, Bec
   3. Reform in Italy: Cava
   4. England: Dunstan and the *Regula Concordia*

C. Hermitical tendencies
   1. The Camaldolese
   2. Fonte Avellana & Peter Damian
   3. The Vallombrosians
   4. The Carthusians
   5. The Grandmontines
Some suggested resources
“Peter the Venerable” C. Waddell Dictionary of Middle Ages
“Gerard of Brogne” New Catholic Encyclopedia
“Gorze” John B. Freed Dictionary of Middle Ages,
Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 4: 1100 to 1300 – The Cistercians and other reform movements

A. The Cistercian Order
   1. Origins, Ideals and Observances
   2. The Cistercian Reform and the RB
   3. Early official Cistercian documents
   4. Cistercian expansion
   5. Some outstanding figures: Bernard of Clairvaux, William of St.-Thierry, Aelred of Rievaulx

B. Other 12th-13th century reform movements
   1. Fontevrault
   2. The Norbertines (Premontre)
   3. The Sylvestrians
   4. The Celestines
   5. A new approach: The Mendicants (Dominicans, Franciscans)
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 5: 1300 to 1500 – Decline, Decay, and Reform

A. External factors influencing monasticism
   1. New intellectual and spiritual currents
   2. The Avignon Papacy
   3. Wars
   4. The Black Death
   5. The Great Western Schism
   6. The system of commendatory abbots

B. Internal factors
   1. Decrease of austerity
   2. Abandonment of fully communal life
   3. Breakdown of abbot-monk relationship

C. Some significant reform movements
   1. Italy
      a. The Olivetans
      b. The Congregation of St. Justina of Padua and its influence
   2. The Kastl, Melk and Bursfeld reforms and their influence
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 6: 1500 to 1700 – Reformation and Counter-reformation – Collapse and Recovery

A. The world and church in the 16th – 17th centuries
   1. Exploring a new world
   2. The discoveries of science
   3. Philosophical explorations
   4. New worlds of art and Literature
   5. New orders, renewed sanctity in the church
   6. New versions of Christianity: Old and New in conflict
      a. The Protestant Reformation
      b. The Catholic Counter-Reformation
      c. The Thirty-Year’s War
   7. Spread of new communications media: printing

B. Monasticism in the 16th – 17th centuries
   1. Monasticism around 1500; Protestant objections to it
   2. The Mass suppression of monasteries
   3. Post-Tridentine survivals and new congregations
      a. The work of the Council of Trent
      b. An overview of the new congregations
      c. Two types of congregations: Centralized and Federated
      d. New Congregations: St. Vanne and the Maurists
      e. Some great monk scholars and writers: A Baker, J. Mabillon, B. de Montfaucon
      f. Internal life of the new congregations
      g. Cistercian reform: The Trappists
      h. Benedictines in the new world
Some suggested resources:


Part IV: From St. Benedict of Nursia to the 19th century, continued

Section 7: 1700 to 1900 – The Knock-Out Punch and the Come-Back Kid

I. The Knock-out Punch
   A. The Challenger: A Powerful Zeitgeist – The Enlightenment and Rationalism
      1. Welcome to the Goddess Reason
      2. Farewell to old images of God
      3. Flashes from the Siècle des Lumières (Century of Light)
   
   B. A preview bout: Josephinism

   C. The Battle Royal
      1. In this corner: Monasticism
      2. The Ten Rounds at a Glance
      3. The Bloody blows of the Enlightenment
      4. Punches, Punches, Everywhere
      5. Knocked out

II. The Come-back kid
   A. An overview of the stages of revival
   
   B. The Context: Remarkable spiritual renewal in the 19th century
   
   C. New life, new congregations
      1. Early signs of Revival: The Hungarian, English and Brazilian Congregations
      2. The Solesmes Congregation
      3. Restoration of Metten and the Bavarian Congregation
      4. The rise of the American-Cassinese Congregation
      5. Foundation of the Subiaco Congregation
      6. Foundation of the Beuronese Congregation
      7. Foundation of the Swiss-American Congregation
      8. A congregation for the missions: St. Ottilien
      9. Establishment of the Benedictine Confederation
     10. Brief summary of the 19th century monastic recovery

   D. Cistercian Reform and Growth
Some suggested resources:


