

# THE PHILOKALIA AND THE INNER LIFE: ON PASSIONS AND PRAYER

Saturday 15<sup>th</sup> September 2012

A day with **Professor Chris Cook**.

During the course of the day, Professor Chris Cook will introduce the Philokalia as a highly influential anthology of spiritual texts, spanning the 4<sup>th</sup> to the 15<sup>th</sup> Centuries, which has had a seminal influence on Orthodox spirituality.

Some of the key themes of the Philokalia will be considered, including the key concept of “the passions” as an endemic affliction of human thoughts, appetites and feelings which impedes the life of prayer. Consideration will be given to the range of remedies that the Philokalia prescribes for the passions and, in particular, its approach to the life of prayer.

The day will include opportunity for interactive discussion, prayer, and engagement, with the possible implications for spiritual direction.

No previous knowledge is necessary.

## **Professor Chris Cook**

*Professor Chris Cook is a Professorial Research Fellow in the Department of Theology & Religion at Durham University and a Consultant in Substance Misuse with Tees, Esk & Wear Valleys NHS Foundation Trust. He trained at St George's Hospital Medical School, London, and has worked in the psychiatry of substance misuse for 25 years. He was ordained as an Anglican priest in 2001. He is Director of the Project for Spirituality, Theology & Health at Durham University and an editor (with Andrew Powell and Andrew Sims) of Spirituality and Psychiatry (Royal College of Psychiatrists Press, 2009).*

## Programme

9.30am	Arrivals and coffee
10.00am	Introduction, with passage from the Philokalia for meditation
10.15am	The Philokalia: History and Influence
10.50am	Short Break
11.00am	Readings from the Philokalia – with opportunity for prayer and discussion
11.50am	Short Break
12.00pm	The Passions
12.50pm	Finish of Morning Session
1.00pm	Lunch
2.00pm	Remedies for the passions
2.45pm	Break
3.00pm	Discussion and implications for our active and contemplative life, and spiritual direction
3.45pm	Concluding prayers and finish at 4pm