



A Participant Guide to the  
My Emmaus Formation Program

# Emmaus Formation Program

The **My Emmaus Formation Program** of the Archdiocese of Hartford is designed for Catholic school teachers and parish catechists to develop and enhance their biblical, theological, and educational knowledge and skills for teaching the Catholic faith in schools and parishes.

The My Emmaus Formation Program includes an Educator Toolkit and ten self-directed Formation Modules.

**Educator Toolkit:** Teaching Approaches and Methods

## **Formation Modules**

1. Ministry: The Ministry of Teachers and Catechists
2. Bible: How to Interpret and Read the Bible Today
3. Bible: Introduction to the Old Testament
4. Bible: Introduction to the Gospels
5. Theology: Catholic Morality
6. Theology: Catholic Prayer
7. Theology: Catholic Social Teaching
8. Theology: The Creed
9. Theology: Jesus – Life, Death, and Resurrection
10. Theology: The Seven Sacraments

## **Educator Toolkit: Teaching Approaches and Methods**

The Toolkit includes twelve, 4-6 minute videos on skills and methods for teaching today, and a Guide with educational methods that complement the videos. The twelve videos are designed for just-in-time learning when a teacher or catechist wants enrichment on a particular teaching strategy. Each video is designed as a stand-alone learning experience.

1. Developing an Educator Mindset
2. Building Relationships with Learners
3. Begin at the Beginning
4. Praying as an Act of Celebrating God already Present
5. The Power of an “I Wonder”
6. A Picture is Worth a 1000 Questions
7. Five Ways to Tell a Bible Story
8. Symbols: Concrete and Tangible
9. Get Outside
10. Creative Ways to Represent Learning
11. Ways to Promote Learner Engagement
12. It’s a Wrap: Closing Learning with Joy and Challenge

## **The Learning Process**

The Formation Modules are five-hour educational program that utilize a four-step learning process:

**Part 1. Engage** involves you in reflecting on your own experience of the topic and experiencing an introduction to the key content of the program.

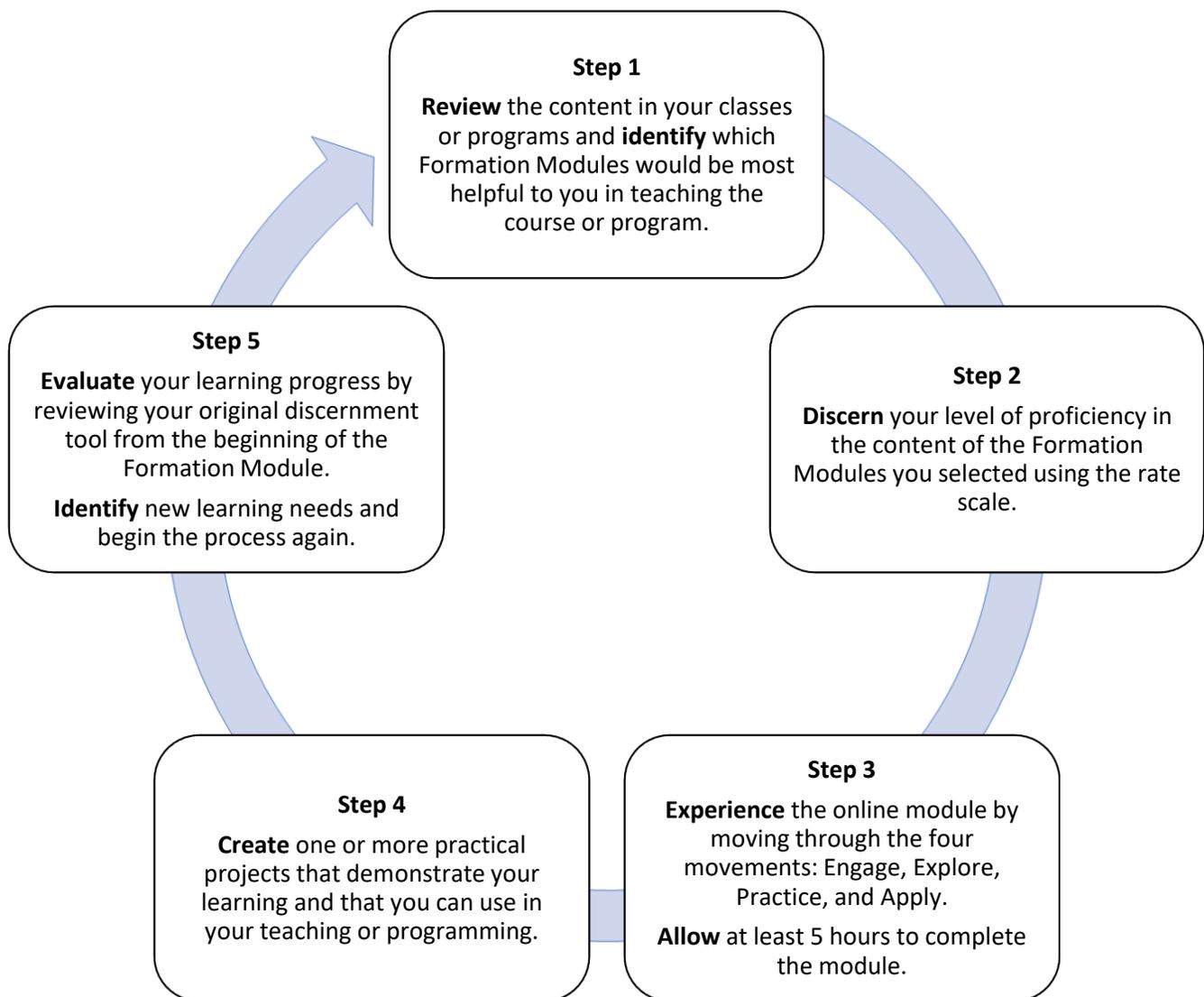
**Part 2. Explore** involves you in exploring the Catholic understanding of the topic through video presentations and guided readings.

**Part 3. Practice** provides you with an opportunity to reflect on what you learned during the program and develop skills or practices that you can use personally and as educators.

**Part 4. Apply** engages you in creating activities and projects that apply the knowledge, skills, and/or practices from the session to your work with children, adolescents, adults, and/or families.

The My Emmaus Formation Program is designed for today’s adult learners. All of the Formation Modules are online and intended for self-directed, just-in-time learning. You will select the modules you need based on the content in your courses or programs that you are teaching and your own learning needs as a teacher or catechist. You will create your path through the Formation Modules based on your personal learning needs. There is no sequence to the eleven modules. You will select the modules that you need to develop your proficiency in a particular aspect of the Bible, Catholic theology, or education. Each module guides you toward the practical application of the knowledge you have learned through projects and activities you can use in your own teaching.

You will move through a five step process of discernment, learning, and application as illustrated in the diagram:



### **Step 1. Identify the content of what you will be teaching.**

Review the content in the classes or programs that you are teaching. For example, most children's catechetical programs include four or five major themes in the grades 1 through 6 curriculum: what we believe (Creed), how we celebrate (sacraments), how we live (morality and social teachings), how we pray, and how we celebrate the Church year seasons and feasts. Grades 7 and 8 often have one theme, such as the life, death, and resurrection of Jesus or Church history or Bible.

Identify the content themes in your curriculum that you need to learn more about and then select one or more Formation Modules that would be most helpful to you in teaching the course of program.

Review the content of Educator Toolkit to determine if there are educational methods that you want to improve in the coming year.

### **Step 2. Discover your level of proficiency in the content of the module you have selected.**

Discern your level of proficiency in the content of the Formation Modules you selected by using the learning assessment that accompanies each module. Rate your knowledge and ability on a scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

### **Step 3. Engage in your learning.**

Experience the online Formation Module by moving through the four movements: Engage, Explore, Practice, and Apply. Allow at least 5 hours to complete the module.

### **Step 4. Design your practical application.**

Create one or more practical projects that demonstrate your learning and that you can use in your teaching or programming.

### **Step 5. Evaluate your learning.**

Evaluate your learning progress by reviewing your original discernment tool from the beginning of the Formation Module. Identify new learning needs and begin the process again.

# Learning Plan Worksheet

Identify the content in your curriculum, textbook, or program (this year, semester, or season); and your teaching experience and knowledge expertise.

Rate your prior experience and level expertise from 1-4: 1 = low through 4 = high or strong.

Identify if this topic is essential to learn now so you have the knowledge and expertise to teach your group OR if this is a topic for continuing learning and personal enrichment this year.

Topic	Teaching this Year	Prior Experience	Level of Expertise	Essential to Learn Now	Personal Enrichment
How to Interpret and Read the Bible Today					
Introduction to the Old Testament					
Introduction to the Gospels					
Catholic Morality					
Catholic Prayer					
Catholic Social Teaching					
The Creed					
Jesus – Life, Death, and Resurrection					
The Seven Sacraments					
Educator Videos:					
Other Topic:					

## Create a Learning Plan

What are you going to learn (Formation Module)?	When will you begin the Formation Module?	When will you complete the module?	Will you join with one or more people to learn together?	How will you demonstrate your learning?

# Educator Toolkit: Teaching Approaches and Methods

The Toolkit includes twelve, 4-6 minute videos on skills and methods for teaching today, and a Guide with educational methods that complement the videos. The twelve videos are designed for just-in-time learning when a teacher or catechist wants enrichment on a particular teaching strategy. Each video is designed as a stand-alone learning experience.

## **Video #1. Developing an Educator Mindset**

- Faithfulness is the path to success and it defines success.
- Be the change: we change for learner success, not the other way around.
- Be curious not all knowing.

## **Video #2. Building Relationships with Learners**

- Value the importance of knowing your students.
- Value the importance of knowing yourself and your teaching strengths and tensions.
- Recognize that *Who* is always more important than *What*.
- Know your learner's families. They are and will always be the prime influence on students and their central educators. Affirming parent knowledge of their child is critical to young people and their learning success.

## **Video #3. Begin at the Beginning**

- Engage students in the first 5 minutes.
- Use simple ideas to engage students.
- Practice the importance of a simple opening ritual.

## **Video #4. Praying as an Act of Celebrating God already Present**

- Create a space that inspires real world connections through prayer.
- Practice the power of simple movements in prayer.

## **Video #5. The Power of an "I Wonder"**

- Shift your style from all-knowing to awe and wonder.
- Share the importance of mystery together.
- Embracing a new definition of "fear of the Lord."

## **Video #6. A Picture is Worth a 1000 Questions**

- Begin learning through visual images
- Learn how to represent and communicate learning through visual faith images.

## **Video #7. Five Ways to Tell a Bible Story**

- Tell a Bible story from your heart.
- Tell a Bible story from a contemporary lens.
- Tell a Bible story with a community response.
- Tell a Bible story with props and sound effects generated by the learners.
- Tell a Bible story with images and no text.

## **Video #8. Symbols: Concrete and Tangible**

- Invite student interaction with symbols.
- Invite a vision of the holy in simple ways through symbols.
- Transform the ordinary into a celebration of the transcendent.

### **Video #9. Get Outside**

- Nurture love of God and learning about God through nature.
- Make a list of connections between faith and learning outside.

### **Video #10. Creative Ways to Represent Learning**

- Invite learners to observe, converse, communicate.
- Harvest snapshots of learner thinking.

### **Video #11. Ways to Promote Learner Engagement**

- Prepare in advance to engage learners.
- Use seven simple techniques to engage learners.

### **Video #12. It's a Wrap: Closing Learning with Joy and Challenge**

- Use simple strategies to close a learning experience with joy and challenge.

## Formation Modules

**Ministry of Catechists and Teachers** will help you reflect on your ministry as “a person of faith who lives the baptismal call by sharing the faith with others... and helping bring others to Christ through the traditions and teachings of the Catholic faith. . . . (A person who) realizes God’s voice in this call to serve and recognizes the ongoing need to grow in a relationship with Christ and deepen an understanding of the Catholic faith (Pope Francis, 2021). You will explore six ways of following Jesus – as a worshipper, witness, neighbor, forgiver, prophet, and steward—and what they mean for your life as a disciple and teacher or catechist. You will reflect on the three primary roles of a catechist or teacher and how you live them out through your teaching: 1) as a witness of faith and keeper of the memory of God, 2) as a teacher and spiritual role model, and 3) as an accompanier and educator (see *Directory for Catechesis*, para 113).

### The Bible

**How to Read and Interpret the Bible Today** will help you develop an understanding of the Catholic approach to reading and interpreting the Bible. While the Bible is one unified story, it cannot all be read in the same way. The Bible contains a variety of literary styles which each uniquely contributes to the overall storyline. Each literary style lives by its own rules and structure. You will explore: 1) the Catholic approach to Scripture: understanding the concepts of inspiration and revelation, literary form, types of biblical literature, biblical history, and the Bible as a library; 2) how to read the Old Testament using a Catholic approach to Scripture; 3) how to read the Gospels using a Catholic approach to Scripture; and 4) how to read the Letters of Paul using a Catholic approach to Scripture.

**Introduction to the Old Testament** will help you develop an understanding of the different types of literature in the Old Testament and their central message or story; and the understandings and skills necessary for reading the Old Testament as an informed reader and believer. You will explore the story of the Old Testament as told through four different types of Books: 1) The Pentateuch (first five books of the Old Testament), 2) the Historical Books, 3) the Prophetic Books., and 4) the Wisdom Books.

**Introduction to the Gospels** will help you explore how each Gospel presents the life, teachings, death and resurrection of Jesus in a unique way. The Gospel according to **Mark** introduces Jesus as a leader who suffers to save his people, leaving the reader to decide if Jesus is the promised Messiah. The Gospel according to **Matthew** tells the story of Jesus' birth, life, death, and resurrection as a fulfillment of the whole biblical story. The Gospel according to **Luke** emphasizes the upside-down nature of God’s Kingdom—a place where all are welcome

and power structures are reversed. The Gospel according to **John** emphasizes Jesus' identity as the Messiah and Son of God, one who performs miracles and gives eternal life to all who believe in him

## Catholic Theology

**Catholic Morality** will help you develop an understanding of the foundations of contemporary Catholic morality by exploring Jesus' vision of the moral life and the Church's understanding of the moral life. You will explore Catholic morality as presented in the *United States Catholic Catechism for Adults*: 1) life in Christ; 2) love of God: the first, second, and third Commandments; 3) love in the family: the fourth, sixth, and ninth commandments; and 4) love of neighbor: the fifth, seventh, eighth, and tenth commandments. You will experience the application of Catholic moral principles through a moral decision-making process.

**Catholic Prayer Practices** will help you develop a deeper understanding of the meaning of prayer, and experience a variety of prayer practices, including scriptural prayer (lectio divina), contemplative prayer, intercessory prayer, praise prayer, thanksgiving prayer, daily prayer and liturgy of the hours, and the Examen. You will apply your knowledge and experience of prayer to deepening your prayer life and leading others in prayer.

**Catholic Social Teaching** will help you learn how the Catholic faith calls us to work for justice, to serve those in need, to pursue peace, and to defend the life, dignity, and rights of all our sisters and brothers. You will explore how seven principles (or themes) of Catholic social teaching seek to embody the teachings of Jesus, the challenge of the Old Testament prophets, and the living tradition of the Church: 1) call to family, community, and participation; 2) care for God's creation; 3) dignity of work and the rights of workers; 4) life and dignity of the human person; (5) option for the poor and vulnerable; 6) rights and responsibilities, and 7) solidarity.

**The Creed** learning program will help you deepen your understanding of the basic beliefs of the Catholic faith through an exploration of the Creed and its elements. The Nicene Creed is a detailed summary of what the whole Church believes about the great doctrines of the Christian faith. As we say the Creed at Sunday Mass, we join Christians past and present, and from all over the world, in proclaiming our common faith. You will explore the Creed in four movements: 1) we believe in God, 2) we believe in Jesus Christ, 3) we in the Holy Spirit, and 4) we believe in the Church.

**Jesus—Life, Death, and Resurrection** will help you deepen your understanding of the **birth** of Jesus (the Incarnation) as presented in the Gospels of Matthew and Luke; the **ministry** of Jesus as presented in the four Gospels; the **message** of Jesus as presented in the four Gospels, with a special focus on the Sermon on the Mount (Matthew) and Sermon on the Plain (Luke); and the death and resurrection of Jesus as presented in the Synoptic Gospels and in the Gospel of John. You will be engaged in the study of Jesus Christ: his identity; what he accomplished on our behalf by his birth, public ministry, passion, death, and resurrection; and what role Jesus has in our life today.

**The Seven Sacraments** will help you deepen your knowledge and understanding of the Catholic sacramental life and of the seven sacraments: Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Marriage, and Holy Orders. Sacraments not only reveal the presence and action of God, they are also an effective means by which grace—God's own life—is given to us to be shared with others.

# The Ministry of the Teacher and Catechist

**Ministry of Catechists and Teachers** will help you reflect on your ministry as “a person of faith who lives the baptismal call by sharing the faith with others... and helping bring others to Christ through the traditions and teachings of the Catholic faith. . . . (A person who) realizes God’s voice in this call to serve and recognizes the ongoing need to grow in a relationship with Christ and deepen an understanding of the Catholic faith (Pope Francis, 2021). You will explore six ways of following Jesus – as a worshipper, witness, neighbor, forgiver, prophet, and steward—and what they mean for your life as a disciple and teacher or catechist. You will reflect on the three primary roles of a catechist or teacher and how you live them out through your teaching: 1) as a witness of faith and keeper of the memory of God, 2) as a teacher and spiritual role model, and 3) as an accompanier and educator (see *Directory for Catechesis*, para 113).

## Outline of Learning Activities

### Part 1. Called to be a Follower of Jesus

- The call of the disciples
- What it means to be a follower of Christ today
- Six ways of following Jesus as a worshipper, witness, neighbor, forgiver, prophet, and steward

### Part 2. Called to be a Teacher and Catechist

- Your ministry as a teacher or catechist
- The three roles of teachers and catechists: 1) a witness of faith and keeper of the memory of God, 2) a teacher and a mystagogue, and 3) an accompanier and educator
- The three roles applied to my life as a teacher or catechist
- A scriptural reflection on accompaniment

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding six ways of following Jesus – worshipper, witness, neighbor, forgiver, prophet, and steward – presented in the Gospels	1	2	3	4	5
2. Understanding my role as a witness of faith and keeper of the memory of God	1	2	3	4	5
3. Understanding my role as a teacher and a mystagogue	1	2	3	4	5
4. Understanding my role as an accompanier and educator	1	2	3	4	5
5. Ability to see my call to be a follower of Jesus as central to my ministry as a teacher and catechist	1	2	3	4	5
6. Ability to see my ministry as a witness of faith and keeper of the memory of God, as a teacher and mystagogue, and as an accompanier and educator	1	2	3	4	5

# Bible: How to Read and Interpret the Bible Today

**How to Read and Interpret the Bible Today** will help you develop an understanding of the Catholic approach to reading and interpreting the Bible. While the Bible is one unified story, it cannot all be read in the same way. The Bible contains a variety of literary styles which each uniquely contributes to the overall storyline. Each literary style lives by its own rules and structure. You will explore: 1) the Catholic approach to Scripture: understanding the concepts of inspiration and revelation, literary form, types of biblical literature, biblical history, and the Bible as a library; 2) how to read the Old Testament using a Catholic approach to Scripture; 3) how to read the Gospels using a Catholic approach to Scripture; and 4) how to read the Letters of Paul using a Catholic approach to Scripture.

## Outline of Learning Activities

**Part 1. Engage** involves you in reflecting on your personal experience of reading and studying the Bible, and then in interpreting the meaning of some of the oldest stories in the Bible.

**Part 2. Explore** engages you in exploring the Catholic approach to understanding and reading the Bible and the topics of inspiration and revelation, literary form, types of biblical literature, and biblical history.

**Part 3. Practice** is an opportunity for you to practice the skills of reading a Biblical text by reading one of Jesus' most famous parables—The Parable of Prodigal Son in Luke 15:11-32—in the context of the whole Gospel of Luke. Even though it is so familiar to everyone, there's more meaning in this parable when you consider the story in context.

**Part 4. Apply** engages you in a personal application of the learning from the module and in the creation of a practical project to teach your age how to read the and interpret the Bible.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding the Bible as one unified story with a variety of literary styles	1	2	3	4	5
2. Understanding the origins, content, and purpose of the Bible	1	2	3	4	5
3. Understanding the different literary styles in the Bible	1	2	3	4	4
4. Understanding how the Bible is inspired by God	1	2	3	4	5
5. Understanding the "big picture" of the Old Testament and how to read the Old Testament using a Catholic approach to Scripture	1	2	3	4	5
6. Understanding the "big picture" of the Gospels and how to read the Gospels using a Catholic approach to Scripture	1	2	3	4	5
7. Understanding the "big picture" of the Letters of Paul and how to read the Letters using a Catholic approach to Scripture	1	2	3	4	5
8. Ability to read the Biblical text contextually, rather than literally	1	2	3	4	5
9. Ability to integrate reading the Bible into my personal life	1	2	3	4	5
10. Ability to teach the Bible and incorporate the Bible in classes, programs, prayer experiences, and more	1	2	3	4	5

# Bible: Introduction to the Old Testament

**Introduction to the Old Testament** will help you develop an understanding of the different types of literature in the Old Testament and their central message or story; and the understandings and skills necessary for reading the Old Testament as an informed reader and believer. You will explore the story of the Old Testament as told through four different types of Books: 1) The Pentateuch (first five books of the Old Testament), 2) the Historical Books, 3) the Prophetic Books., and 4) the Wisdom Books.

## Outline of Learning Activities

**Part 1. Engage** tests your knowledge of the Old Testament by matching Old Testament people with their characteristics, and matching Old Testament terms with their definitions.

**Part 2. Explore** engages you in exploring 1) the “big picture” of the Old Testament storyline and literary design; 2) the story of the Old Testament as told through four different types of Books: The Pentateuch (first five books of the Old Testament), the Historical Books, The Prophetic Books, and the Wisdom Books; and 3) ten key themes in the Old Testament.

**Part 3. Practice** engages you in a tour of selected Bible readings that highlight some of the important people, teachings, and events in the Old Testament.

**Part 4. Apply** engages you in a personal application of your learning and in the creation of a practical project to engage your age group in learning about the Old Testament.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding the “big picture” of the Old Testament storyline and literary design	1	2	3	4	5
2. Understanding the story of the Old Testament as told through the Pentateuch	1	2	3	4	5
3. Understanding the story of the Old Testament as told through the Historical Books	1	2	3	4	5
4. Understanding the story of the Old Testament as told through the Prophetic Books	1	2	3	4	5
5. Understanding the story of the Old Testament as told through the Wisdom Books	1	2	3	4	5
6. Understanding the major themes, events, and people of the Old Testament that help us understand God’s message to the people of Israel	1	2	3	4	5
7. Ability to integrate my understanding of the Old Testament into my life through reading, study, and prayer with Old Testament texts	1	2	3	4	5
8. Ability to teach the Old Testament and incorporate the Bible in classes, programs, prayer experiences, and more	1	2	3	4	5
9. Ability to utilize Old Testament texts in prayer (such as the Psalms)	1	2	3	4	5

# Bible: Introduction to the Four Gospels

**Introduction to the Gospels** will help you explore how each Gospel presents the life, teachings, death and resurrection of Jesus in a unique way. The Gospel according to **Mark** introduces Jesus as a leader who suffers to save his people, leaving the reader to decide if Jesus is the promised Messiah. The Gospel according to **Matthew** tells the story of Jesus' birth, life, death, and resurrection as a fulfillment of the whole biblical story. The Gospel according to **Luke** emphasizes the upside-down nature of God's Kingdom—a place where all are welcome and power structures are reversed. The Gospel according to **John** emphasizes Jesus' identity as the Messiah and Son of God, one who performs miracles and gives eternal life to all who believe in him

## Outline of Learning Activities

- Part 1. Engage** involves you in the process of writing a gospel (good news) for the people you teach—children, adolescents, adults, or families using the materials in the learning activity.
- Part 2. Explore** engages you in exploring the Catholic approach to how the Gospels were developed, the structure and major themes of each Gospel, and the portraits of Jesus in each Gospel.
- Part 3. Practice** is an opportunity for you to reflect on your gospel writing experience and to practice reading a Gospel using the knowledge you learned in Part 2.
- Part 4. Apply** engages you in a personal application of reading a Gospel using the insights from your learning and in the creation of a practical project to engage your age group in learning about the Gospels.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. Understanding the three-stage process of Gospel development  | 1 | 2 | 3 | 4 | 5 |
| 2. Understanding the structure and main themes in the Gospel of Mark                                    | 1 | 2 | 3 | 4 | 5 |
| 3. Understanding the portrait of Jesus in the Gospel according of Mark                                  | 1 | 2 | 3 | 4 | 5 |
| 4. Understanding the structure and main themes in the Gospel of Matthew                                 | 1 | 2 | 3 | 4 | 5 |
| 5. Understanding the portrait of Jesus in the Gospel of Matthew   | 1 | 2 | 3 | 4 | 5 |
| 6. Understanding the structure and main themes in the Gospel of Luke                                    | 1 | 2 | 3 | 4 | 5 |
| 7. Understanding the portrait of Jesus in the Gospel of Luke  | 1 | 2 | 3 | 4 | 5 |
| 8. Understanding the structure and main themes in the Gospel of John                                    | 1 | 2 | 3 | 4 | 5 |
| 9. Understanding the portrait of Jesus in the Gospel of John  | 1 | 2 | 3 | 4 | 5 |
| 10. Ability to integrate the Gospels into my life through reading, study, and prayer                    | 1 | 2 | 3 | 4 | 5 |
| 11. Ability to teach the Gospels and use the Gospels in classes, programs, prayer experiences, and more | 1 | 2 | 3 | 4 | 5 |

# Theology: Catholic Morality

**Catholic Morality** will help you develop an understanding of the foundations of contemporary Catholic morality by exploring Jesus’ vision of the moral life and the Church’s understanding of the moral life. You will explore Catholic morality as presented in the *United States Catholic Catechism for Adults*: 1) life in Christ; 2) love of God: the first, second, and third Commandments; 3) love in the family: the fourth, sixth, and ninth commandments; and 4) love of neighbor: the fifth, seventh, eighth, and tenth commandments. You will experience the application of Catholic moral principles through a moral decision-making process.

## Outline of Learning Activities

- Part 1. Engage** invites you to reflect to reflect on your understanding of the moral life and how you make moral choices in your life.
- Part 2. Explore** engages you in exploring the foundations of contemporary Catholic morality that is informed by Jesus’ vision of the moral life found in the Gospels and by the Church’s understanding of the moral life which has developed over the centuries.
- Part 3. Practice** is an opportunity to apply the moral teachings of Jesus and the Catholic Church through a moral decision-making and discernment process.
- Part 4. Apply** engages you in a personal application of Catholic moral principles to your own life and in the creation of a practical project to engage your age group in learning about the Jesus’s moral teachings and Catholic moral principles.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

- 1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.
- 3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.
- 5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding Jesus’ moral vision as it is presented in the four Gospels	1	2	3	4	5
2. Understanding the moral vision and principles in the first, second, and third commandments (love of God)	1	2	3	4	5
3. Understanding the moral vision and principles in the fourth, sixth, and ninth commandments (love in the family)	1	2	3	4	5
4. Understanding the moral vision and principles in the fifth, seventh, eighth, and tenth commandments (love of neighbor)	1	2	3	4	5
5. Understanding the key elements of Catholic moral decision-making	1	2	3	4	5
6. Ability to apply Catholic moral principles and decision-making to moral dilemmas today	1	2	3	4	5
7. Ability to integrate my understanding of Catholic moral principles and decision-making into my life	1	2	3	4	5
8. Ability to teach the Catholic moral vision, principles, and decision-making In classes, programs, and more	1	2	3	4	5

# Theology: Catholic Prayer Practices

**Catholic Prayer Practices** will help you develop a deeper understanding of the meaning of prayer, and experience a variety of prayer practices, including scriptural prayer (lectio divina), contemplative prayer, intercessory prayer, praise prayer, thanksgiving prayer, daily prayer and liturgy of the hours, and the Examen. You will apply your knowledge and experience of prayer to deepening your prayer life and leading others in prayer.

## Outline of Learning Activities

**Part 1. Engage** invites you to reflect on your prayer life today and what prayer means to you.

**Part 2. Explore** engages you in exploring an understanding of Catholic prayer and how prayer is a relationship with God, opening of our lives to God and willing to be changed by God, and being attentive to God and others.

**Part 3. Practice** provides an opportunity to experience a variety of prayer practices that can enrich your prayer life and help you lead others in developing a prayer life, including the practices of contemplation, intercessory prayer, praise prayer, thanksgiving prayer, and praying with scripture,

**Part 4. Apply** engages you in deepening your personal prayer life and discovering practical ways to engage your age group in learning how to pray and experience prayer—for individuals and groups.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. Understanding the meaning of Catholic prayer and what it means for my prayer life  | 1 | 2 | 3 | 4 | 5 |
| 2. Understanding the meaning of The Lord's Prayer in the Catholic life  | 1 | 2 | 3 | 4 | 5 |
| 3. Understanding the meaning of five essential Catholic prayer practices: adoration, petition, intercession, thanksgiving, and praise   | 1 | 2 | 3 | 4 | 5 |
| 4. Practicing the prayer of adoration, petition, intercession, thanksgiving, and praise in my prayer life   | 1 | 2 | 3 | 4 | 5 |
| 5. Practicing praying with scripture, such as lectio divina, in my prayer life  | 1 | 2 | 3 | 4 | 5 |
| 6. Practicing reflective prayer, such as the examen, in my prayer life  | 1 | 2 | 3 | 4 | 5 |
| 7. Ability to utilize Catholic prayer practices to deepen my prayer life  | 1 | 2 | 3 | 4 | 5 |
| 8. Ability to teach people how to pray and to lead experiences of prayer—for individuals and groups in classes, programs, experiences of prayer, prayer services, retreat experiences, and more | 1 | 2 | 3 | 4 | 5 |

# Theology: Catholic Social Teaching: Seven Principles

**Catholic Social Teaching** will help you learn how the Catholic faith calls us to work for justice, to serve those in need, to pursue peace, and to defend the life, dignity, and rights of all our sisters and brothers. You will explore how seven principles (or themes) of Catholic social teaching seek to embody the teachings of Jesus, the challenge of the Old Testament prophets, and the living tradition of the Church: 1) call to family, community, and participation; 2) care for God's creation; 3) dignity of work and the rights of workers; 4) life and dignity of the human person; 5) option for the poor and vulnerable; 6) rights and responsibilities, and 7) solidarity.

## Outline of Learning Activities

**Part 1. Engage** tests your knowledge of the Catholic Church's social teachings through ten multiple choice questions.

**Part 2. Explore** engages you in learning about seven principles of themes of Catholic social teaching founded on the life and words of Jesus Christ, inspired by the passion for justice of the Hebrew prophets, shaped by the social teaching of our Church, and lived by the People of God: 1) call to family, community, and participation; 2) care for God's creation; 3) dignity of work and the rights of workers; 4) life and dignity of the human person; 5) option for the poor and vulnerable; 6) rights and responsibilities, and 7) solidarity.

**Part 3. Practice** engages you in analyzing a social issue facing society today using the seven principles of Catholic Social Teaching, and then identifying how to move from analysis to action—charitable works (or service) and social justice.

**Part 4. Apply** engages you in a personal application of Catholic social teachings to your own life and in the creation of a practical project to engage your age group in learning about the seven principles of Catholic social teaching, analyzing social issues, and developing action strategies for addressing the issues.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding the biblical and Church teaching on "call to family, community, and participation"	1	2	3	4	5
2. Understanding the biblical and Church teaching on "care for God's creation"	1	2	3	4	5
3. Understanding the biblical and Church teaching on "dignity of work and the rights of workers"	1	2	3	4	5
4. Understanding the biblical and Church teaching on "life and dignity of the human person"	1	2	3	4	5
5. Understanding the scriptural and Church teaching on "option for the poor & vulnerable"	1	2	3	4	5
6. Understanding the scriptural and Church teaching on "rights and responsibilities"	1	2	3	4	5
7. Understanding the scriptural and Church teaching on "solidarity"	1	2	3	4	5
9. Ability to analyze a social issue using the Catholic social teaching principles and develop an action response to the issue	1	2	3	4	5
10. Ability to design practical project to engage your age group in learning about the seven principles of Catholic social teaching ,analyzing social issues, and developing action strategies for addressing the issues	1	2	3	4	5

# Theology: Creed: We Believe in God, Jesus, Holy Spirit, and Church

**The Creed** learning program will help you deepen your understanding of the basic beliefs of the Catholic faith through an exploration of the Creed and its elements. The Nicene Creed is a detailed summary of what the whole Church believes about the great doctrines of the Christian faith. As we say the Creed at Sunday Mass, we join Christians past and present, and from all over the world, in proclaiming our common faith. You will explore the Creed in four movements: 1) we believe in God, 2) we believe in Jesus Christ, 3) we believe in the Holy Spirit, and 4) we believe in the Church.

## Outline of Learning Activities

**Part 1. Engage** involves you in reflecting on “what you believe” and then completing a short knowledge test on the Apostles’ Creed and Nicene Creed.

**Part 2. Explore** engages you in exploring what Catholics believe as expressed in the Nicene Creed and its four major themes: God, Jesus, Holy Spirit, and Church.

**Part 3. Practice** engages you in reflecting on what the Creed means to you now, after you have completed the learning program.

**Part 4. Apply** engages you in a personal application of the Creed to your life today and in the creation of a practical project to engage your age group in learning about what Catholics believe about God, Jesus, Holy Spirit, and Church as expressed by the Creed.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding what the Creed teaches us about God	1	2	3	4	5
2. Understanding what the Creed teaches us about Jesus Christ	1	2	3	4	5
3. Understanding what the Creed teaches us about the Holy Spirit	1	2	3	4	5
4. Understanding what the Creed teaches us about the Church	1	2	3	4	5
5. Ability to express what I believe about God, Jesus, Holy Spirit, and Church; and how that is informed by the Creed	1	2	3	4	5
6. Ability to integrate my understanding of the Creed into my faith life	1	2	3	4	5
7. Ability to teach the Creed – and what Catholics believe about God, Jesus, Holy Spirit, and Church in classes, programs, prayer experiences, and more	1	2	3	4	5

# Theology: Jesus: the Life, Death, and Resurrection of Jesus

**Jesus–Life, Death, and Resurrection** will help you deepen your understanding of the **birth** of Jesus (the Incarnation) as presented in the Gospels of Matthew and Luke; the **ministry** of Jesus as presented in the four Gospels; the **message** of Jesus as presented in the four Gospels, with a special focus on the Sermon on the Mount (Matthew) and Sermon on the Plain (Luke); and the death and resurrection of Jesus as presented in the Synoptic Gospels and in the Gospel of John. You will be engaged in the study of Jesus Christ: his identity; what he accomplished on our behalf by his birth, public ministry, passion, death, and resurrection; and what role Jesus has in our life today.

## Outline of Learning Activities

- Part 1. Engage** guides you in reflecting on your understanding of Jesus through the titles Jesus was given in the Gospels and identifying the titles that are meaningful for you.
- Part 2. Explore** engages you in studying the life of Jesus as presented in the Gospels in four movements: the birth of Jesus, the ministry of Jesus, the message of Jesus, and the death and resurrection of Jesus.
- Part 3. Practice** guides you in reflecting on what the Gospels teach us about the life, ministry, message, and death and resurrection of Jesus.
- Part 4. Apply** engages you in a personal application of 12 key teachings of Jesus and how you are living them in your life today; and in the creation of a practical project to engage your age group in learning about what the life, ministry, message, and death and resurrection of Jesus by telling Gospel stories of Jesus.

## Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

- 1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.  
3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.  
5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. Understanding the birth of Jesus as presented in the Gospel of Matthew and Luke  | 1 | 2 | 3 | 4 | 5 |
| 2. Understanding the characteristics of the ministry of Jesus as presented in the Gospels   | 1 | 2 | 3 | 4 | 5 |
| 3. Understanding the key teachings of the message Jesus proclaimed as presented in the Gospels  | 1 | 2 | 3 | 4 | 5 |
| 4. Understanding the meaning of Jesus' death and resurrection as presented in the Gospels   | 1 | 2 | 3 | 4 | 5 |
| 5. Ability to integrate the meaning of Jesus' life and message into my life a Christian   | 1 | 2 | 3 | 4 | 5 |
| 6. Ability to teach the life of Jesus – message, ministry, death and resurrection – in my classes, programs, prayer experiences, and more | 1 | 2 | 3 | 4 | 5 |

# Theology: The Seven Sacraments

## Baptism and Confirmation, Eucharist, Reconciliation and Anointing, Holy Orders and Marriage

**The Seven Sacraments** will help you deepen your knowledge and understanding of the Catholic sacramental life and of the seven sacraments: Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Marriage, and Holy Orders. Sacraments not only reveal the presence and action of God, they are also an effective means by which grace—God’s own life—is given to us to be shared with others.

### Outline of Learning Activities

**Part 1. Engage** guides you in identifying your understanding of essential Catholic symbols and how we utilize symbols in the many rituals and the ceremonies of our life.

**Part 2. Explore** engages you in understanding the ritual and theology of the seven Catholic sacraments: Baptism and Confirmation, Eucharist, Reconciliation and Anointing of the Sick, Marriage and Holy Orders.

**Part 3. Practice** guides you in reflecting on the meaning of the seven Catholic sacraments in your life and the meaning of the symbols in Catholic sacraments.

**Part 4. Apply** engages you discovering ways to participate more meaningfully in the sacramental life of the Church and in the creation of practical projects to engage your age group in learning about the seven sacraments and experiencing the sacramental rituals.

### Before You Begin: Discern Your Level of Expertise

To determine your current knowledge and practice on this topic, complete the following learning assessment using the scale from 1-5 with 1 = beginning, 3 = familiarity, and 5 = proficiency. At the completion of the Formation Module and your practical project, return to this initial assessment to identify how you have grown in each area.

1 = I am a beginner and need to develop my understanding of this topic in my role as a teacher or catechist.

3 = I am familiar with this topic and need to grow in my understanding so that I can teach and share my knowledge as a teacher or catechist.

5 = I am able to teach and share my knowledge of this topic as a teacher or catechist.

1. Understanding the theology and ritual of Baptism	1	2	3	4	5
2. Understanding the theology and ritual of Confirmation	1	2	3	4	5
3. Understanding the theology and four movements of Eucharist (the Mass)	1	2	3	4	5
4. Understanding the theology and ritual of Reconciliation (Penance)	1	2	3	4	5
5. Understanding the theology and ritual of Anointing of the Sick	1	2	3	4	5
6. Understanding the theology and ritual of Marriage	1	2	3	4	5
7. Understanding the theology and ritual of Holy Orders	1	2	3	4	5
8. Ability to integrate my understanding of the seven sacraments into my life as a Catholic	1	2	3	4	5
9. Ability to use my understanding of the meaning and ritual of each sacrament to participate more meaningfully in the sacramental experience	1	2	3	4	5
10. Ability to teach the seven sacraments in my classes and programs, and to engage people in participating in sacrament celebrations	1	2	3	4	5