



Purpose

Catechetical Foundations is a course for anyone in the Diocese of Sacramento who wishes to understand the fundamentals of the Christian Faith, and how to pass it on to others. In particular it is for parish leaders, catechists, teachers, home schooling parents, and those involved in pastoral or liturgical ministries. At the completion of the course, participants can use this formation toward Certification with the Diocese of Sacramento. This formation is designed to ensure catechists and ministers are fit for the mission: not only to impart knowledge of the faith, but to make disciples of Jesus Christ.

Content

The course is comprised of eight units, each consisting of four or more topics. Each unit is designed to be one month in length, with new topics introduced each week. Participants in the course will be enrolled into an online learning platform. There will be an assigned Master Catechist Mentor to follow along with the participants and assist with questions. Each week participants will work through parts and should take no longer than 1 hour per week:

- Prayer Practice – Introduction to different prayers, prayer styles, and an opportunity to use the material in their own spiritual life.
- Unit Objectives – Varies on unit. The first week of each unit will include an overview of the materials and then an assigned reading/video or both.
- Methodology – This area will focus on elements they have learned applied. There may be vignettes, short readings, etc.
- Assignment/Assessment – Questions/prompts will be available for discussion on the online discussion board.

Student Expectations

1. Participate in the weekly prayer practice and invite the holy Spirit to illuminate you on this journey.
2. Spend roughly one hour per week on coursework.
3. Post to the weekly discussion (either as a new post or response). Facilitator will create discussion posts and students can respond by commenting on the post and replying to other students.
4. Attend the monthly session.

Required Materials

- Access to the internet
- Catechism of the Catholic Church (Online version available at Vatican.va)
- US Catechism for Adults
- Catholic Bible (Online version available at USCCB)



Cohort: St. John the Baptist
Orientation: 1/9/26 at 6-7 pm

Facilitator: Shannon Langer
Email: slanger@folsomcatholic.org

Unit	Topic Themes	Course Dates/ Hours: 6-8pm
Unit 1: Who is called to Beatitude?	1. Introduction 2. Each person is created as a unique and unrepeatable image of God. 3. All people are called to union with God. 4. We are called to holiness which is our vocation and through the Christian life.	1/30/26 St. John Paul Room
Unit 2: How are we called to Beatitude?	1. Christ calls us to a discipleship that has both graces and responsibilities. 2. A sacramental imagination enables Catholic disciples to experience God and the world as imbued with the mysterious presence of God. 3. As baptized Christians we all share in the mission of Christ's church and fulfill that in differing roles according to our vocational state of life. 4. We experience inspiration as God working through human writers and evolving through stages and that the will of God is also revealed through Tradition.	2/27/26 St. John Paul Room
Unit 3: Called to Discipleship (Discipleship in General)	1. Mary and the Saints are an integral part of the Church. 2. Our ultimate end is eternal beatitude/sainthood. 3. Accompaniment and service are necessary on the path to holiness. 4. As stewards, we have a responsibility toward one another.	3/27/26 St. John Paul Room
Unit 4: Called to the Spiritual Life (Discipleship in Particular ways)	1. Prayer is a gift and it is God through the Holy Spirit who first invites man to pray. 2. The Lord's Prayer is the summary of the whole Gospel. 3. Spiritual life must continually be nourished by practice, learning and sacramental grace. 4. Christ established the Church to be his Mystical Body and we are each members of that body individually and in community.	4/24/26 St. John Paul Room

Unit 5: Called to Virtue (to Love as Christ Loves)	1. Virtues lead to a happy life. 2. The conscience must be formed in light of truth. 3. The Old Law was fulfilled by Christ, who revealed the deeper implications of the 10 Commandments. 4. God's power is at its height when he forgives sin.	5/22/26 St. John Paul Room
Unit 6: Called to build up a Virtuous Society (Catholic Social Teaching)	Week 1: Made in the image and likeness of God, every man and woman is created with an inherent dignity. Week 2: All men and women are made for communion. Week 3: All men and women have a right and responsibility to the common good. (Pt. 1) Week 4: All men and women have a right and responsibility to the common good. (Pt 2)	6/19/26 St. John Paul Room
Unit 7: Called to Continual Conversion - The Heart of the New Evangelization	Week 1: Salvation comes from the Church which is the Pillar of Truth and we are continually correcting our path to align to that Pillar of Truth. Week 2: Conversion is a lifelong process. Week 3: By sinning, one can fall out of the state of Grace. Week 4: Through our suffering we can participate in the redemptive action of Christ's own passion. Suffering and death are the just result of original sin and by Jesus' sacrifice we are redeemed.	7/24/26 St. John Paul Room
Unit 8: Called to Build up the Kingdom of God	Week 1: The Church is missionary by her nature and the mission to evangelize. Week 2: Catechesis is central to evangelization and follows the Catechumenate as a model and guide. Week 3: Ongoing catechesis helps us open ourselves to a spiritual understanding of the economy of salvation. Week 4 In Mystagogy we begin a post-baptismal catechesis which is a lifelong catechesis carried into the world.	8/28/26 St. John Paul Room

If you find yourself falling behind or are in need of assistance, please do not hesitate to reach out.