



‘Be who God meant you to be and you will set the world on fire.’
St. Catherine of Siena

This course is for those who wish to learn more about their Catholic faith. No previous knowledge of theology or philosophy is required, and with no exams and no essays to complete, you are invited to take these modules at your own pace.

The course aims to provide a comprehensive understanding of the foundations of the Catholic faith by facilitating the intellectual, spiritual, and ethical formation of its participants from the sources of the Catholic faith—and thus to tap the deep wells of grace dwelling in the Christian faithful so that this grace may come to life and overflow in one’s Christian life.

Course Structure

After an introductory session setting the scene, the course is divided into four modules of six sessions each (in each module, four sessions will be on Zoom, two in person in Cork, Newry, Sligo and Dublin).

Prologue: Jesus Christ: *‘... the way, the truth, and the life.’* (Jn. 14:6)

Module One: Creator and Creation

1. The Heritage of Christianity
2. The Nature of Faith & Reason
3. The Existence of God
4. The Nature of God
5. The Order of Creation
6. The Providence of God

Module Two: The Human Person

7. The Personal Individual
8. The Structure of Human Nature
9. The Ethical Order: True, Good, and Beautiful
10. The Power of Life: Habit and Virtue
11. The Power of Life: Habit and Virtue [cont.]
12. The Law of Life: Eternal and Natural

Module Three: Jesus Christ and the Sacraments

13. The Person of Jesus Christ
14. The Person of the Holy Spirit
15. The Mystery of the Trinity
16. The Angelic Hierarchy
17. The Sacraments and Sacramental Life
18. The Sacraments and Sacramental Life [cont.]

Module Four: Vocation and Prayer

19. Reading Sacred Scripture
20. Personal Prayer and Devotional Practice
21. Hearing the Voice of God
22. Vocational States
23. Discerning & Deciding
24. Witnessing to Christ

Epilogue: *‘... for freedom Christ has set us free.’* (Gal. 5:1)

The Catechism of the Catholic Church, the primary text of the course, will be supplemented by short readings extracted from the writings of Sts. Augustine and Aquinas, Pope St. John Paul II and Joseph Ratzinger, Joseph Pieper, Anselm Moynihan OP, and Frank Sheed.