



Session 2: The Spirituality of the Catechist

Keynote: Sr. Janet Schaeffler, OP

1. Sr. Janet said that spirituality is who we are and what we do because of what we believe because of what we've experienced.

Reflecting on the last two weeks, when was a time I experienced God, God's love, God's care, God's creativity?

2. Spiritualities are often described by one's state in life (lay, married, single, in the workplace, etc.) or one's culture (Hispanic, French, Celtic, Indigenous).

What characteristics would describe my spirituality?

3. What roles in my life at this present time impact who I am? What has helped me realize there is more to life than meets the eye? Who or what has helped me experience God in my life?

4. What are my spirituality initials? (E.g. HFC (Husband, Father, Caregiver), ADT (Aunt, Dreamer, Teacher), PGC (Protector, Grandparent, Catechist).)

5. Some of the characteristics of catechist spirituality are Christ-centred, community-focused, hopeful, compassionate, and sees the sacred in the ordinary.

How do these characteristics help me to accompany others through catechesis?