

# Design Worksheet

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*To be a designer is to be a steward of possibility. We search for outcomes that do not yet exist and in doing so we dive deep into the unexpected and unknown. (Stanford School of Design)*

**What could it look like if we designed catechesis that addressed the lives of our target audience and the new context for catechesis; and was guided by the vision and practices in the *Directory for Catechesis*?**

The vision and practices in the *Directory for Catechesis* and the new context (challenges) for catechesis today call for adaptive responses – new ways of thinking and acting – that envision new catechetical models and approaches. Technical solutions in catechesis– using existing practices and approaches – are not well suited to the new context of catechesis today. Adaptive responses are flexible and dynamic responses to changing circumstances, involving the ability to learn, innovate, and adjust behaviors or strategies to effectively address new challenges or situations.

## Design Process

1. Empathize
2. Define the Challenge
3. Connect to the *Directory for Catechesis*
4. Generate Ideas and Strategies
5. Create Prototypes
6. Test the Prototypes

## Your Design Process

**Target Audience:** Who are you designing for?

**1. Empathize:** How would you describe the life situations of your target audience? What are the life tasks specific to their stage of life? What are the religious and spiritual characteristics of your target audience?

**2. Define the Challenge:** What is the design challenge you want to address in developing catechesis with your target audience?

**3. Connect to the *Directory*:** What can you draw upon in the *Directory* to address your design challenge, especially the vision and practices described in the *Directory* for your target audience? (See Part 3 in the Convocation Program Manual.)

**4. Generate Ideas and Strategies:** What strategies would address the design challenge?

**5. Create Prototypes:** What strategies can you select to create new initiatives that address your design challenge? How can you transform your ideas and strategies into projects/initiatives that your target audience can experience?

**6. Test the Prototypes:** How can you pilot the new projects/initiatives, engage people in them, obtain feedback on people's experience, and revise/update the designs to engage more people (scale it up)?

# Example: Adult Catechesis

**Target Audience: Adults 40+**

**Design Challenge: How to address the diversity of adult faith and religious/spiritual practice today?**

- ✓ Vibrant faith and active engagement
- ✓ Occasional engagement and faith is less central to life
- ✓ Spiritual, but not engaged with a faith community
- ✓ Unaffiliated, uninvolved, religion not important

**Connect to the *Directory for Catechesis***

*The relationship of adults with the question of faith is highly varied, and it is right that every person should be welcome and listened to in his(her) uniqueness. Without diminishing the uniqueness of each situation, it is possible to consider a few types of adults who live out the faith with different approaches*

- ◆ *believing adults, who live their faith and want to get to know it better*
- ◆ *adults who, although they may have been baptized, have not been adequately formed or have not brought Christian initiation to completion, and can be referred to as **quasi-catechumens***
- ◆ *baptized adults, who although they do not live out their faith on a regular basis, nonetheless seek out contact with the ecclesial community or particular times in life*
- ◆ *adults who come from other Christian confessions or from other religious experiences*
- ◆ *adults who return to the Catholic faith having had experiences in the new religious movements*
- ◆ *unbaptized adults who are candidates for the catechumenate properly so called (258)*

***The general task of catechesis with adults needs to be configured in reference to the different types of persons and religious experiences in question.***

**Create a Prototype: What if we offered adult faith formation tailored to the adult faith profiles?**

1. Taste and See Experiences
2. Refresher Experiences
3. Growing Experiences
4. Go Deeper Experiences

**Example: Scripture Study focused on the new Lectionary Cycle**

**Introduction to the Gospel (online and through social media)**

- ✓ Online 2-part video-based introduction from The Bible Project,
- ✓ Podcasts, social media posts, etc.

**Exploration of the Gospel (4 sessions):** 4-week speaker series: Overview of Gospel, Teachings of Jesus, Ministry of Jesus, and Passion-Resurrection

- ✓ Gathered format at church (morning and evening sessions)
- ✓ Streamed live
- ✓ Recorded for viewing on YouTube
- ✓ 4-session small group format with study guide

**Growing and Going Deeper through Bible Study (six sessions)**

- ✓ At church: morning and evening groups for 6 weeks
- ✓ In homes or other setting OR online using Zoom
- ✓ On-your-own

**Going Deeper through an Online Gospel Course (8 sessions):** on your own or with a small group

# Family Catechesis

**Target Audience: Families with Young Children 0-5**

**Design Challenge: How to guide parents in forming the faith of children from Baptism to start of school?**

**Connect to the *Directory for Catechesis***

- ✓ **Holistic:** The five tasks of catechesis promote an integral Christian life. Catechesis, providing a holistic formation that includes: knowledge of the faith, understanding and experience of liturgical celebrations, Christian formation of the moral conscience, educating for prayer and in prayer, and developing belonging to the Church and living its mission.
  
- ✓ **Catechumenal:**
  - ◆ A first proclamation of the Gospel (kerygma)
  - ◆ A comprehensive introduction to the Christian life
  - ◆ Liturgies, rituals, and symbols that engage the heart and the senses
  - ◆ A community of faith and support
  - ◆ Apprenticeship and mentoring in faith
  - ◆ Engagement in the mission of the Church and service to the world
  - ◆ Formation that fosters conversion of heart and mind in a new way of life
  - ◆ Ever deeper formation in faith and the life of the community (mystagogy)

**Create a Prototype: What if we created a catechumenal process and experiences for new parents and families with young children?**

## **Preparation for Baptism**

- ✓ Catechesis tailored to the faith life and journey of the parents – offered in multiple formats – individual and small group; discerning the faith needs of parents to determine catechesis that fits
- ✓ An introduction to the Christian life as adults and parents
- ✓ Mentors/Guides from the parish community to accompany parents through the process
- ✓ Preparation for the celebration of the Sacrament of Baptism

## **Celebration of Baptism**

- ✓ Celebration of Baptism
- ✓ Welcoming the new family into the parish community
- ✓ @ Home celebrations

## **Mystagogy for the first years of life**

- ✓ Specially curated collection of developmentally-appropriate faith practices and activities for the growing "family" delivered online and in print at 6 month intervals, e.g., Bible stories, prayers, rituals, milestones.
- ✓ Celebrating the seasons of the year
- ✓ Suggestions for raising children at each age: annual webinars, online resources, mentoring
- ✓ Just for Parents continuing formation in faith: webinars, online resources, mentoring
- ✓ Online support group for parents
- ✓ Gatherings at church for parents and children (quarterly)

