

# What is Tessera?

The Tessera is a certificate program, offered by the Diocesan Institute. It includes five courses for Culture of Life leaders and interested parties who want to learn the theological background and Catholic Social Teaching principles regarding human life and dignity in order to enhance the effectiveness of their ministry.

It also provides the tools to interpret and respond to the contemporary challenges that affect the lives of the most vulnerable.

Completion of the Tessera marks the halfway point toward the fulfillment of requirements for an advanced diocesan certificate.

## Who should enroll in the Tessera program?

Those already engaged or seeking to formally become involved in building the Culture of Life in their community would benefit from completing this program.

## What are the requirements?

Students are required to take a total of 120 class hours, plus a 30 hrs. practical skill after completion of the following courses:

C110 Catechism of the Catholic Church (15 hrs)  
S290 Christian Anthropology (15 hrs)  
C200 Intro to Christian Morality (30 hrs)  
S430 Biomedical Ethics (15 hrs)  
S440 Principles of Catholic Social Teaching (15 hrs)

Practical Skills: (30 hours): Select one  
-Side-walk Counseling  
-Post-Abortion Grief Processes and Support  
-Whole Person Care  
-Skills for Christian Leadership  
-Creation Care

## What is the student's commitment?

Students must attend classes, complete reading and assignments, participate in discussion, and take exams for a grade of "C-" or better.

## How much does it cost?

Individual rate: 15 hr. class is \$50 plus books  
30 hr. class is \$75 plus books  
Group rate: 15 hr. class is \$40 plus books  
30 hr. class is \$55 plus books  
(Group rate=four students per parish)

## When and where are courses offered?

Courses are held one evening per week at the Diocesan Pastoral Center (3888 Paducah Dr. San Diego, 92117). See the 2020 class schedule on the back of this brochure.

## What are the course descriptions?

### C110 Catechism of the Catholic Church (15 hrs)

A survey of the Catechism of the Catholic Church as an introduction to foundation elements of Catholicism as well as how to navigate the Catechism and use it fruitfully as a resource.

### S290 Christian Anthropology (15 hrs)

The Christian understanding of the human person and the basis for human dignity, the relationship between body and soul, and the social character of human beings, all as affected by sin and elevated by the grace of Christ.

### C200 Intro to Christian Morality (30 hrs)

Based on the Christian anthropology of Vatican II, focusing on conversion in Christ, conscience, freedom, and moral values of the individual in relation to the Church and society, realities of sin grace, natural law, Ten Commandments and Beatitudes as guides to Christian living.

### S430 Biomedical Ethics (15 hrs)

Principles of morality for scientific and medical research and procedures: based on dignity and integrity of the human person, theology of the body, and the theology of suffering in biblical and church teaching. Prerequisite: C200

### S440 Principles of Catholic Social Teaching (15 hrs)

Exploration of the human person as image of God, including stewardship of creation, the value of human work and family life. The material resources to fulfill the gospel mandate toward the poor and afflicted, and the criteria for justice and peace in society's activities and structures will be examined.

### Practical Skills (30 hrs)

An integrative hands-on learning experience in a supervised setting aimed at the preparation and training in an specific area of interest.

## Tessera in Culture of Life 2020 Course Calendar

### **C110 Catechism of the Catholic Church (15 hr)**

Wednesdays, Jan 29 - Mar 4, 2020  
(No class Feb 26)  
6:00 pm - 9:00 pm  
Diocesan Pastoral Center

### **S290 Christian Anthropology (15 hr)**

Wednesdays, Mar 11 - Apr 22, 2020  
(No class on Apr 1 and 8, 2020)  
6:00 pm - 9:00 pm  
Diocesan Pastoral Center

### **C200 Intro to Morality (30 hr)**

Wednesdays, Apr 29 - Jul 1, 2020  
6:00 pm - 9:00 pm  
Diocesan Pastoral Center

### **S430 Biomedical Ethics (15 hrs)**

Wednesdays, Sep 16 - Oct 14, 2020  
6:00 pm - 9:00 pm  
Diocesan Pastoral Center

### **S440 Principles of Catholic Social Teaching (15 hrs)**

Wednesdays, Oct 21 - Nov 18, 2020  
6:00 pm - 9:00 pm  
Diocesan Pastoral Center

### **Practical Skills Training (30 hrs)**

It will be scheduled on an individual basis following the completion of the above courses.

*Immerse yourself in  
the Culture of Life to  
strengthen your  
talents and gifts in  
order to put them at  
the service of the  
community.*

#### **Information**

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# TESSERA IN CULTURE OF LIFE MINISTRY

