

KeenCatholic launches personalised “Faith Plans” to help Catholics grow in their faith

Personalised plan guides each Catholic’s faith journey, while supporting parish priests

LONDON, UK, 15 October 2026 – KeenCatholic, a lay Catholic formation apostolate, today announced the public launch of its online platform, which helps Catholics know where to focus and how to progress in their faith. Each member receives a personalised Faith Plan showing their strengths, areas for growth and priorities for what to do next, drawn from 164 Catholic practices across 24 practice areas.

It responds to a common difficulty. With countless books, devotions and online resources available, many Catholics find it hard to know where to focus, how to recognise progress, or which guidance reflects Catholic teaching.

KeenCatholic creates each Faith Plan from members’ answers to questions about what they have studied and what they practise across Catholic life. The plan identifies their priorities for growth, linking each to a practice guide in the Katechon, KeenCatholic’s library of formation resources. The guides explain what each practice means, why it matters, its foundations in Church teaching and how to adopt it in daily life, supported by videos from Catholic clergy and theologians. Plans update as members progress, and KeenCatholic recommends an hour a week for ongoing formation.

KeenCatholic provides a coherent formation system for the Church, connecting individual Catholics with their parishes and, ultimately, dioceses. Parishioners take responsibility for their own formation through personalised Faith Plans, while priests gain aggregated insights into their parish’s formation needs and access to Katechon-based parish courses. These resources are free for clergy and complement existing parish programmes.

Catholics can begin with a free, 10-minute Faith Map at www.keencatholic.com. The full Faith Plan takes approximately 45 minutes to complete and, together with the Katechon practice guides, is available through annual membership.

KeenCatholic was developed in London by John Nugent, a lifelong Catholic and technology executive, following research and conversations with priests and diocesan staff about the challenges of growing Catholicism.

Nugent said:

“I felt called to help the Catholic Church grow. My research led me to ask what a ‘perfect Catholic’ would actually know and practise. Yet I couldn’t answer a simple question about my own faith: what should I be working on next? It took months to identify and organise the practices taught by the Church. But a list alone couldn’t tell me where I stood, what to prioritise or how to keep progressing. So I built KeenCatholic, a formation system that gives Catholics a personalised Faith Plan to guide their growth, while making it easier for parish priests to support them.”

Before its public launch, KeenCatholic underwent testing and gathered feedback, attracting Catholics from 19 parishes across six dioceses. Early users reported positive changes from their Faith Plans, including correcting long-held misunderstandings of Catholic teaching, going to confession more frequently and beginning regular parish contributions.

Catholic author and lecturer Joanna Bogle DSG, who has used KeenCatholic, said:

“KeenCatholic was a challenge – and a revelation! It opened up new avenues of thought in my relationship with God, and with the Church. This could revitalise our parishes.”

Canon Peter Newby, a Diocese of Westminster parish priest and dean, said:

“What struck me was how accurately KeenCatholic reflected my own faith formation. It’s an excellent resource to develop your faith to positively affect every aspect of your life.”

KeenCatholic’s goal is for one million Catholics to have a Faith Plan by 2033.

ENDS

Notes to editors

About KeenCatholic. KeenCatholic is a lay Catholic formation apostolate founded by John Nugent. Its system covers 164 Catholic practices across 24 practice areas and five formation stages, with guidance grounded in Scripture, the Catechism and Church teaching. Available worldwide, it currently supports parish linking in Great Britain, Ireland, the United States, Canada, Australia and New Zealand.

Media resources. The press release, high-resolution photographs, platform screenshots and logos are available in the Press & Media Centre at www.keencatholic.com/press. Founder interviews, platform demonstrations and free access for independent review are available on request.

Media contact. John Nugent, Founder, KeenCatholic | press@keencatholic.com | www.keencatholic.com