

# Dr. Matthew DuBroy

Teacher | Theologian | Speaker



Dr. DuBroy is a Catholic theologian who holds a doctorate in Thomistic theology and has spent over a decade teaching. As founder of the Aquinas Institute for Christian Perfection, he helps ordinary Catholics grow in holiness through Thomistic wisdom and the enduring riches of the Catholic tradition.

## Our Approach

Many parish speakers stir up emotions, but their impact fades quickly. Our approach is different: serious, deep teaching drawn from the treasury of the Catholic tradition, presented in a way that people can wrestle with and live by.

## Formats for Spiritual Formation

**Parish Missions** — Multi-night series (typically 2–4 evenings) offering a sequence of meditations, guided prayer, and Q&A.

**Mornings or Evenings of Recollection** — A single, stand-alone session (or recurring monthly series) offering meditations on the spiritual life and a time of guided prayer.

**Retreat Days** — Half-day or full-day with multiple talks and guided prayer.

**Reading Seminar** — Serious engagement with selected Catholic works (classic or contemporary), blending expert commentary and discussion, helping participants grapple with serious arguments in an accessible way.

**Catholic Formation Seminars** — Highly interactive, dialogue-based seminars with extended time for Q&A. Available as a single intensive session (half-day or evening) or as a multi-week course (6 weeks of 90-minute sessions).

## Signature Themes

### The Universal Call of Holiness Made Clear: Christian Perfection, Charity, & Friendship with God

- A clear vision of the spiritual life rooted in charity, and a roadmap for growth in holiness.

### The Theological Virtues: The Backbone of the Spiritual Life

- How faith, hope, and charity shape the spiritual life and how to live them in everyday life. (Also available as separate missions on faith, hope, or charity).

### Friendship and Holiness: We Can't Grow Alone:

- Why we cannot reach holiness alone, but through friendship with those who love God deeply, and recovering the art of friendship in the Christian life.

### From God to Neighbor: How Penance Heals Every Relationship

- What penance really is, why it is essential for healing relationships (including with God), and how to put it into practice in daily life.

## Contact



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INSTITUTE**

FOR CHRISTIAN PERFECTION

FORMING CATHOLICS IN THE TRADITION