



Parish Discipleship Profile Report for Newman Hall - Holy Spirit Parish



Contents

Introduction and Demographics 3

The Catholic Discipleship Profile for Newman Hall - Holy Spirit Parish 6

Understanding How Parishioners Express Their Catholic Faith 7

Encountering God 8

Integrating Faith and Life 12

Accompanying and Being Accompanied 15

Serving Others 18

Living as a Catholic 21

Conclusion and Reflections 24



Report for Newman Hall – Holy Spirit Parish

Thank you for taking the **Catholic Discipleship Profile** as part of Newman Hall - Holy Spirit Parish Parish.

The **Catholic Discipleship Profile** (CDP) was developed to allow us as Catholics to get a snapshot of the ways in which we are actualizing the various dimensions of discipleship in our lives. Through reporting on the frequency of an activity, we can begin to see general patterns and emphases, specifically what we tend to do most and least. This can lead to insight and potential areas of growth as we follow Jesus as his disciples.

Just as individuals benefit from looking at their patterns of behavior as disciples, parishes can benefit as well. While it is difficult to get every parishioner to participate in CDP, the more who do participate contribute to an overall picture of the ways a parish puts Catholic discipleship into action. Exploring these patterns can help parish leaders make decisions about how to build upon a parish's most active behaviors and how to boost areas where parishes can grow in discipleship as a community.

The **Catholic Discipleship Profile** is not a test for parishes in the same way it is not a test for individuals. The richness of our Catholic spiritual and pastoral tradition helps us know there are many ways our Catholic ideals can be embodied. When a parish can see the way it incarnates our Catholic tradition, it can then discuss, reflect, and plan with greater focus.

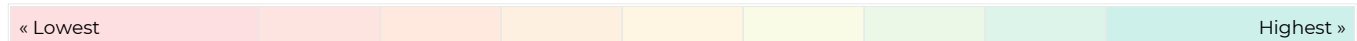
Parishioners Participating in the Catholic Discipleship Profile

Number of parishioners who took part in the CDP: **238**

Dates over which parishioners responded: **2/21/2023 - 4/12/2023**

Number of validly completed parishioner profiles: **207**

Demographic Information of Parishioners Taking the Catholic Discipleship Profile



Age

	<18	18-24	25-40	41-60	61-70	71+	No Response	Total
Number	0	31	38	36	25	73	3	206
Percentage	0%	15%	18%	17%	12%	35%	1%	100%

Gender

	Male	Female	No Response	Total
Number	78	123	5	206
Percentage	38%	60%	2%	100%

Ethnicity

	Asian or Asian American	Black or African American	Hispanic or Latino	Multi or Bi-Racial	American Indian or Alaska Native	Native Hawaiian or Other Pacific Islander	White or Caucasian	Other	No Response	Total
Number	33	9	22	9	0	2	123	4	4	206
Percentage	16%	4%	11%	4%	0%	1%	60%	2%	2%	100%

Five Expressions of Catholic Discipleship

This report will show parishioner responses in **five common expressions of Catholic discipleship** that were statistically validated in test runs of this survey. These five areas allow for an unfolding of the various themes of discipleship found in each expression.

1. **Encountering God**

As disciples, our life of faith is fundamentally rooted in our personal experiences of encountering God, especially through prayer. This awareness of God's presence calls us as disciples to conversion and commitment and brings us to a new way of life in Christ and his Spirit.

2. **Integrating Faith and Life**

As disciples, we are called to integrate our faith into all the facets of our lives. Formed by God's Word, prayer, and especially the Mass, we give witness to our faith by what we say and do, how we think, and how we make decisions.

3. **Accompanying and Being Accompanied**

As disciples, we are called to accompany, or journey with, others in faith so that we can grow together as the Body of Christ. Just as we find support for living our faith from the witness and Gospel proclamation of others, we help our family, friends, and parish community grow as disciples through letting the light of Christ shine through our witness and service.

4. **Serving Others**

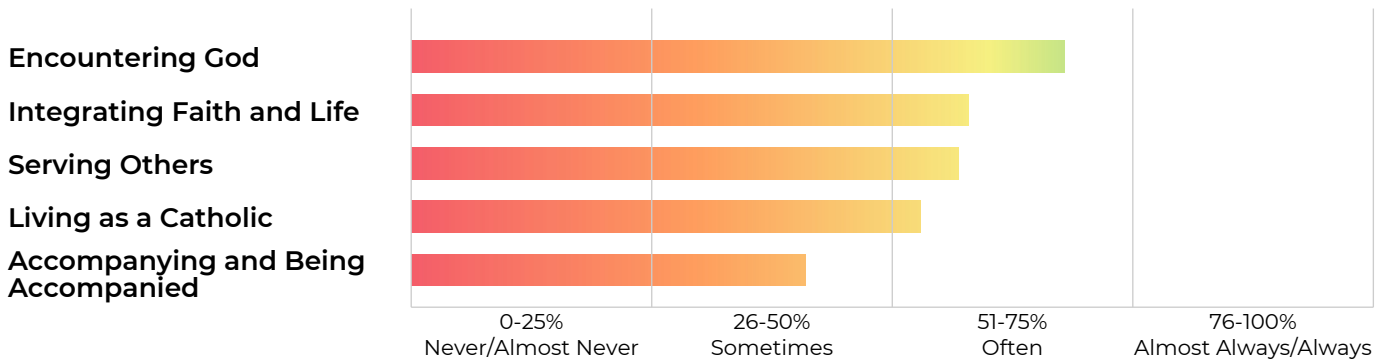
As disciples, strengthened by God's grace, we are sent forth to extend God's reign in the world through faithful service. We share God's mercy by striving for justice and dignity for all, especially the poor and those most vulnerable.

5. **Living as a Catholic**

As disciples, our Catholic traditions and practices of prayer and worship strengthen us as we follow Jesus. Celebrating the sacraments and participating in rituals of our faith bind us together as Catholics missionary disciples.

The Catholic Discipleship Profile for Newman Hall – Holy Spirit Parish

Summary of 5 Main Expressions of Catholic Discipleship Behavior



Your parish profile shows the parishioners' average responses in terms of **five common expressions of Catholic discipleship**. The graph above gives you a **summary** of the average behavior frequencies of parishioners completing the CDP for all 5 expressions on a percentage scale from 0% (Almost Never/Never) to 100% (Almost Always/Always).

According to the responses, parishioners most often express their discipleship through **Encountering God** followed by **Integrating Faith and Life**.

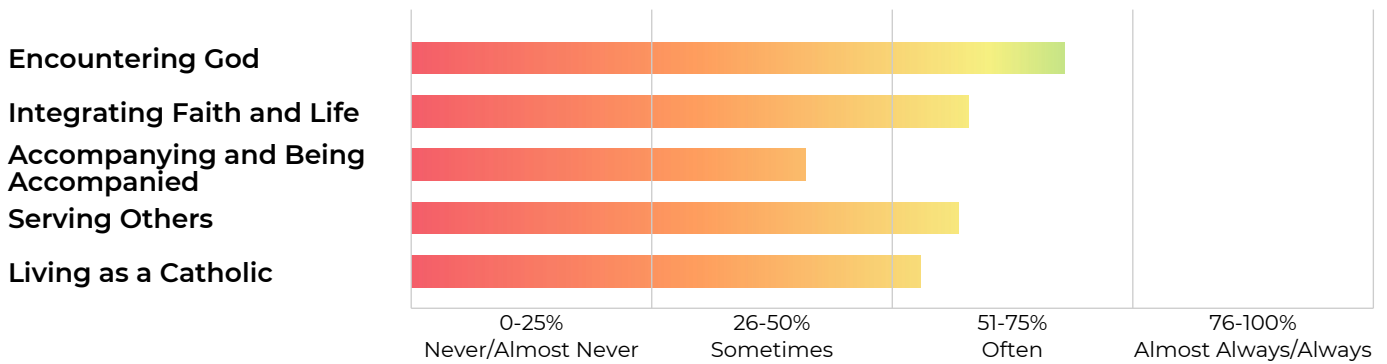
Encountering God: This expression exhibits itself in your lives in many ways from trusting in God's forgiveness for your sins and failings to giving thanks to God when you receive blessings. Parishioners also encounter God by praying daily.

Integrating Faith and Life: As disciples, you integrate faith by relying on your faith for guidance in your life and being influenced by the life and teachings of Jesus when making important decisions.

The next three expressions parishioners indicated, in order, are Serving Others, Living as a Catholic, and Accompanying and Being Accompanied. You may find certain behaviors within these expressions that can be opportunities for the parishioners to grow in their discipleship.

As parish leaders communicate the aggregated responses of those who took the **Catholic Discipleship Profile**, you might invite your parishioners to compare their individual responses with the combined responses in this parish report.

Understanding How Parishioners of Newman Hall – Holy Spirit Parish Express Their Catholic Faith



This graph looks different from the graph on the previous page because it shows the five discipleship expressions in a different order, not in the order of highest to lowest responses, but that used in the profile reports of individual parishioners.

Parishioners may find, for example, that they only express discipleship strongly in one or two main areas, or perhaps in all five areas. All these insights will serve as the basis for fruitful conversations among parish leaders and parishioners.

Reflecting on Parishioner Experience

This report will help Newman Hall - Holy Spirit Parish parish reflect on discipleship by focusing on one expression at a time in the order displayed in the graph above. The pages for each expression include 1) a **graph** that shows the average frequency parishioners indicated for that expression; 2) the **statements** in each expression grouped by the highest frequency response percentage to the lowest (100-0%); and 3) **questions** to help your parish reflect on your discipleship activity.

Remember, there is no one way to be a disciple. We trust that God lovingly and continually calls each of us to imitate Jesus Christ, grow in holiness, and do our part to build God's kingdom.



Encountering God

Average Frequency Percentage



Parishioners self-reported an average frequency of **OFTEN** (68%) in this area of discipleship behavior. According to their responses, they most often express their discipleship through Encountering God in the following ways: trusting in God's forgiveness for your sins and failings, giving thanks to God when you receive blessings, and praying daily. These are just a few of the ways in which parishioners personally encounter God as disciples.

Behavioral Statements on Encountering God

Below is a summary of parishioner responses ranked from the highest average frequency to the lowest.

Statements Ranked According to Avg Frequency (0-100% Scale)

Avg Frequency (%)

Almost Always/Always

I trust in God's forgiveness for my sins and failings.	86%
I give thanks to God when I receive blessings in my life.	83%
I pray daily.	82%
I rely on my faith for guidance in my life.	79%
Attending Mass strengthens my commitment to follow Jesus.	78%
I have a strong sense that God loves me unconditionally.	78%

The life and teachings of Jesus influence my important decisions.	76%
When making important decisions, I turn to God in prayer.	76%

Often

I trust in the Holy Spirit's presence and power to guide my life.	74%
I pray for those in need in my local community and around the world.	71%
My faith influences how I carry out my work responsibilities.	70%
I recognize God's presence or blessings when I experience moments of struggle and loss.	69%
I pray spontaneously and conversationally with God.	68%
Receiving Holy Communion strengthens my sense of mission to bring Jesus' love to the world.	65%
When I go to Mass, I feel Jesus' presence.	65%
I am aware of God's presence with me throughout the day.	64%
I sense God's presence in my family or friends.	64%
My relationship with Jesus helps me deal with the imperfections and scandals in the Catholic Church.	64%
I sense God's presence when I read or hear Scripture.	56%
I sense Jesus' presence when I am serving others.	56%
When someone shares about a hardship or struggle, I offer to pray with or for them.	50%
I seek and pray for Christian unity and understanding among all faiths.	50%

Sometimes

I pray with members of my family.	31%
-----------------------------------	-----

What does the expression of Encountering God include?

Our relationship with God lies at the core of the life of discipleship. Disciples' lives are infused with an awareness of God's presence, and we recognize these moments as encounters with God. As disciples, we trust God, even in times of suffering or struggle. We have the confidence and commitment to engage with God personally in prayer, to pray with or for others, and to be strengthened for mission by our encounter with Jesus in the Eucharist and in our faith community at Mass. Disciples are mindful of how God the Father, Jesus Christ and the Holy Spirit are active in our lives, guiding us toward discernment and ongoing conversion.

Reflection

As you look at this area of Encountering God, invite parish leaders to discuss:

What in these results affirms our parish's experience of discipleship? What surprises us?

What conclusions can we draw about our parish's general practice of discipleship in this area?

When we look at the highest and lowest ranked statements in this area, what does this say to us as a parish?

What are some aspects of "Encountering God" that our parish would like to grow in the next year?



Integrating Faith and Life

Average Frequency Percentage



Parishioners self-reported a frequency of **OFTEN** (58%) in this area of discipleship behavior. According to their responses about Integrating Faith and Life, they most often express their discipleship in the following ways: your faith influencing the way you vote and approach political issues, being influenced by the life and teachings of Jesus when making important decisions, and relying on your faith for guidance in your life. While there are many ways to integrate your faith and life, these are the ways which are most comfortable for this parish.

Behavioral Statements on Integrating Faith and Life

Below is a summary of parishioner responses ranked from the highest average frequency to the lowest.

Statements Ranked According to Avg Frequency (0-100% Scale)		Avg Frequency (%)
Almost Always/Always		
I rely on my faith for guidance in my life.		79%
The life and teachings of Jesus influence my important decisions.		76%
Often		
My faith influences the way I vote and think about political issues.		70%
I support my faith community financially.		70%

My faith influences how I carry out my work responsibilities.	70%
On my own, I spend time learning about and understanding my Catholic faith.	68%
I talk with someone who provides spiritual support.	64%
After listening to someone share their struggles, I offer support and guidance that is influenced by my faith.	62%
I reflect on how to live out my vocation.	62%
When making important decisions, I consider the teachings of the Catholic Church.	61%
I promote causes or movements that reflect the values of my faith.	60%
The personal stories and opinions I share with others reflect the teachings and values of Jesus.	56%
In an effort to live according to God's Word, I am willing to take actions that might be unpopular with others.	55%
I talk about spiritual topics and/or religion, when appropriate, with my friends.	54%
I read and pray with the Mass readings outside of Mass.	53%
My discipleship influences how I do my job/career.	51%

Sometimes

My commitment to Jesus and his values guides my personal budget and spending.	48%
I use the Bible or Scripture readings in my regular prayer.	47%
When making important decisions, I consider insights from Scripture.	45%
When I discuss current events with others, I try to bring a faith perspective to the discussion.	40%
I recommend Catholic resources to encourage others to grow in their faith.	32%
I discuss Scripture with others.	31%

Almost Never/Never

As a disciple of Jesus, my Catholic faith influences how I raise my children.	15%
---	-----

What does the expression of Integrating Faith and Life include?

Our experience of God's Word (e.g., at Mass, in personal reading, in discussion with others) invites us to a deeper relationship with God, inspires our desire to follow God's way, and challenges us to grow in faithfulness and holiness as we integrate faith into our decisions and daily actions. In other words, reflecting and acting on the Word of God helps us to not just "talk the talk" but "walk the walk!" Disciples strive to make all facets of our daily lives reflective of our relationship with Jesus Christ.

Reflection

As you look at this area of Integrating Faith and Life, invite the parish leaders to discuss:

What in these results affirms our parish's experience of discipleship? What surprises us?

What conclusions can we draw about our parish's general practice of discipleship in this area?

When we look at the highest and lowest ranked statements in this area, what does this say to our parish?

What are some aspects of "Integrating Faith and Life" that our parish would like to grow in the next year?



Accompanying and Being Accompanied

Average Frequency Percentage



Parishioners self-reported a frequency of **SOMETIMES** (41%) in this area of discipleship behavior. They indicated that they most often express their discipleship through Accompanying and Being Accompanied in the following ways: being involved in ministries in your faith community, serving others, and talking with someone who provides spiritual support. These are just some of the ways that accompaniment is a part of your parishioner discipleship behaviors.

Behavioral Statements on Accompanying and Being Accompanied

Below is a summary of the responses ranked from the highest average frequency to the lowest.

Statements Ranked According to Avg Frequency (0-100% Scale)	Avg Frequency (%)
Often	
I talk with someone who provides spiritual support.	64%
One of the ways I express my faith is through service to others.	63%
I am involved in ministries of my faith community.	55%
I talk about spiritual topics and/or religion, when appropriate, with my friends.	54%
Sometimes	
I spend time with others learning about my Catholic faith and growing spiritually.	45%

I participate in a prayer group or pray with others.	44%
I participate in a small group that shares about our faith and how we live it out in our daily lives.	42%
I share faith-related content with others that has been meaningful to me.	41%
I feel called to tell others about Jesus' love and mercy.	36%
I recommend Catholic resources to encourage others to grow in their faith.	32%
I pray with members of my family.	31%
I speak about my faith with people besides close friends or family members.	31%
I discuss Scripture with others.	31%
When possible, I pray with those I am serving.	27%
I mentor others in faith.	26%

Almost Never/Never

When I meet people without a church community, I invite them to my parish.	20%
--	-----

What does the expression of Accompanying and Being Accompanied include?

We are strengthened as disciples when we are accompanied in faith, witness to the Gospel, and accompany others in faith. This accompaniment happens in community, in a variety of contexts - in parish settings, in personal settings with friends or family, or in ministry with and for others. As baptized Catholics, we are called to participate in Jesus' mission of making disciples by helping others encounter Christ, including one's family, friends, and co-workers.

Reflection

As you look at this area of Accompanying and Being Accompanied, invite parish leaders to discuss:

What in these results affirms our parish's experience of discipleship? What surprises us?

What conclusions can we draw about our parish's general practice of discipleship in this area?

When we look at the highest and lowest ranked statements in this area, what does this say to us as a parish?

What are some aspects of "Accompanying and Being Accompanied" that our parish would like to grow in the next year?



Serving Others

Average Frequency Percentage



For this expression, parishioners self-reported a frequency of **OFTEN** (57%) in this area of discipleship behavior. When it comes to Serving Others, they indicated that they most often express their discipleship in the following ways: welcoming those from diverse backgrounds, working to overcome your biases and prejudices, and treating others with respect and kindness even when you may disagree with them. These are some of the many ways that parishioners live out their discipleship through service to others.

Behavioral Statements on Serving Others

Below is a summary of parishioner responses ranked from the highest average frequency to the lowest.

Statements Ranked According to Avg Frequency (0-100% Scale)		Avg Frequency (%)
Almost Always/Always		
I welcome those from diverse backgrounds and help them feel included.		76%
Often		
Because of Jesus' teaching, when I dislike or disagree with someone, I treat them with respect, fairness, kindness, or generosity.		71%
I work to overcome my biases and prejudices.		69%

I strive to be a peacemaker when there is conflict.	66%
One of the ways I express my faith is through service to others.	63%
I go out of my way to comfort those who are suffering or mourning a loss.	61%
I promote causes or movements that reflect the values of my faith.	60%
I take action to live out the Catholic Church's teachings on social justice, solidarity, and peace.	58%
I speak up for the needs and rights of those who are marginalized, isolated, or discriminated against.	58%
I extend friendship to people who seem left out and/or troubled.	58%
I am able to move beyond my comfort zone to "welcome the stranger."	57%
I volunteer my time to help others in need in my local community.	55%
In an effort to live according to God's Word, I am willing to take actions that might be unpopular with others.	55%
My discipleship influences how I do my job/career.	51%
I seek and pray for Christian unity and understanding among all faiths.	50%

Sometimes

I make efforts to work for justice in society and challenge systems of injustice and oppression.	49%
I take action to address the needs of the poor.	49%
I take action to live out the Catholic Church's teaching on the sacredness of life from conception through natural death.	44%
I support efforts of missionaries to bring faith to others and other cultures.	38%
I reflect on what missionaries to other countries and cultures are trying to accomplish.	28%

What does the expression of Serving Others include?

A disciple participates in building the Kingdom of God on earth through acts of justice and mercy. Our faith inspires us to care for the needs of others. Disciples reject injustice and indifference and witness to the teachings of Jesus both systemically and personally. Discipleship can involve living out the spiritual and corporal works of mercy, as well as practicing radical hospitality and inclusion. It can also be expressed by living justly and advocating for greater care and concern for those who are most vulnerable, in our own communities and around the world.

Reflection

As you look at this area of Serving Others, invite parish leaders to discuss:

What in these results affirms our parish's experience of discipleship? What surprises us?

What conclusions can we draw about our parish's general practice of discipleship in this area?

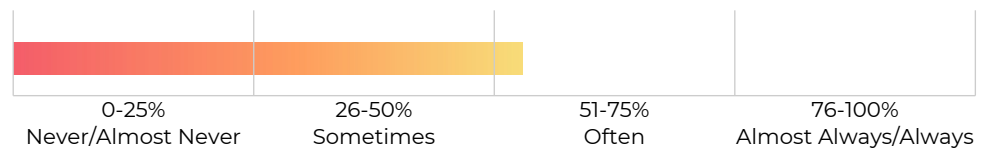
When we look at the highest and lowest ranked statements in this area, what does this say to us as a parish?

What are some aspects of "Serving Others" that our parish would like to grow in the next year?



Living as a Catholic

Average Frequency Percentage



For this expression, parishioners self-reported a frequency of **OFTEN** (53%) in this area of discipleship behavior. Based on their responses about Living as a Catholic, they most often express their discipleship in the following ways: examining your conscience, attending Mass on Saturday evenings or Sundays, and celebrating religious holidays, feasts, and festivals through Mass or other special rituals. While there are many ways to live as a Catholic, these represent some of the parishioners' most frequent discipleship behaviors.

Behavioral Statements on Living as a Catholic

Below is a summary of parish responses ranked from the highest average frequency to the lowest.

Statements Ranked According to Avg Frequency (0-100% Scale)		Avg Frequency (%)
Almost Always/Always		
I attend Mass on Saturday evenings or Sundays.		87%
I celebrate religious holidays, feasts, and festivals by participating in Mass or other special religious rituals.		87%
Often		
I examine my conscience.		72%
I go to Mass on holy days of obligation.		70%

I ask Mary, the Mother of God, for guidance, comfort, and help.	55%
When someone shares about a hardship or struggle, I offer to pray with or for them.	50%

Sometimes

I celebrate the sacrament of reconciliation.	50%
In prayer, I ask the saints to help and support me.	42%
I pray with traditional Catholic devotional prayer forms.	40%
I look to the lives of the saints for inspiration and wisdom for my own life.	39%
I use religious objects or images when I pray.	38%
I encourage my family and friends to celebrate the sacraments.	34%
When the opportunity is available, I spend time in front of the Blessed Sacrament in prayer and adoration.	26%

What does the expression of Living as a Catholic include?

As Catholic disciples, we embrace and integrate Catholic traditions and practices into our lives. In celebrating the sacraments, especially the Eucharist, we open ourselves to God's grace and strengthen our relationship with God and each other. Inspired by the witness of Mary, the Mother of God, and the saints, our commitment to Catholic spiritual practices enhances our reliance on God in order to live as missionary disciples.

Reflection

As you look at this area of Living as a Catholic, invite parish leaders to discuss:

What in these results affirms our parish's experience of discipleship? What surprises us?

What conclusions can we draw about our parish's general practice of discipleship in this area?

When we look at the highest and lowest ranked statements in this area, what does this say to us as a parish?

What are some aspects of "Living as a Catholic" that our parish would like to grow in the next year?

Concluding Reflections

After parish leaders have reflected on the five areas, they might briefly summarize certain directions in response to these questions:

What seem to be the strongest discipleship traits of our parishioners? What assets do these traits bring to our parish?

What seem to be the least-exercised aspects of discipleship in our parishioners? What consequences do these have for our parish?

Are there general directions for parish leadership for the future that emerge from this report and our reflections?

What follow-up discussions might seem appropriate in view of this report? With what committees or ministries?

Conclusion

Thank you for taking the **Catholic Discipleship Profile** as a parish. Remember that this profile only provides a snapshot of where your parish is in terms of various discipleship behaviors at this time. As such, it provides a point of departure for further discussion and decisions.

Please note any agenda items that parish leaders want to pursue in future meetings.

Please say a prayer of thanksgiving for any insights parish leaders have received through participating in this exercise. Also pray for the guidance of the Holy Spirit for the growth of all parishioners as missionary disciples of Jesus Christ.