

## ADULTS

Much has been made of the language of young adults, adults, and even seniors. Though we mention both groups on the following page, these indicators and recommendations are meant to include all adults. Young adults must be welcomed into the community and their gifts nurtured. Our senior adults tell us that they do not want programs specifically for themselves, rather they wish to be included in life of the parish and not forgotten. People in between these two phases of adulthood tell us that small group faith sharing, movements like *Walking with Purpose* and the many Ecclesial Movements in our diocese, should be examined for the great communities they have become. We should learn from each other's successes and openly share ideas that work.

### Indicators for Effective Pastoral Ministry: Adults

- ❑ We offer opportunities for adults to encounter Christ through parish missions, retreats, and the witness of other members of the community. (1,5,6)
- ❑ We give adults the skills and opportunities to grow spiritually through private prayer, shared prayer, meditation and popular devotions. (1,3,5)
- ❑ We give adults the skills and opportunities to study and reflect upon Scripture together as a community. (1,5)
- ❑ We seek to empower adults to care for others, to reach out to those in need, and to educate adults on topics of peace, justice, and human dignity. (1,6)
- ❑ We actively invite adults to regular reception of the sacrament of Reconciliation through penance services, frequent reminders and readily available priests to hear them. (2,3,4)
- ❑ We offer opportunities and direction for adults to adore Jesus Christ in the Blessed Sacrament. (2,4)
- ❑ We assist adults in participating fully, consciously and actively in the Mass through education and engaging liturgies. (1,2,4)
- ❑ We offer opportunities and regularly invite adults to become fully initiated into the Catholic Church. (1,2,3,4,5,6) (see section on RCIA)
- ❑ We offer opportunities and regularly challenge adults to learn and grow in their knowledge of the faith. (1)
- ❑ We help form in adults a moral responsibility that allows them to apply Christian ethics, virtues and principles to moral decision making in their everyday actions of daily life. (3)
- ❑ We give adults the tools to explore God's call to vocation through prayer, reflection and discernment. (1,4,6)
- ❑ We actively invite adults to discern how they can use their gifts to actively participate in the life, mission and work of the Catholic Church. (5,6)
- ❑ We give adults opportunities to explore how God is present in their own lives, the lives of others, and the world around them. (1,4,5,6)
- ❑ We help adults understand how to be good stewards of their time, talent and treasure. (5,6)
- ❑ We accompany adults on their journey of faith by inviting them to be a part of a ministry in which they feel at home. (5,6)
- ❑ We properly prepare adults for the sacrament of Matrimony. (1,2,3,4,5,6) (see section on marriage prep).
- ❑ We properly prepare adults to have their children baptized in the faith. (1,2,3,4,5,6) (see section on baptism prep)
- ❑ We celebrate both the sacramental and personal milestones in the lives of adults and their families with the larger community. (2,5)
- ❑ We offer opportunities for adults to celebrate their diverse cultures in the larger community through cultural celebrations. (5,6)
- ❑ We give adults the tools and opportunities to live out their lives as disciples of Christ in the world today by sharing of their faith. (1,2,3,4,5,6)
- ❑ We are intentional about making connections between the parish church and the diocesan and universal church. (5,6)



## Recommendations for Effective Pastoral Ministry: Adults

*(including welcoming new members to the community)*

### Provide opportunities to deepen their prayer life through various prayer experiences

- Private prayers and communal, shared prayer
- Retreats
- Spiritual devotions
- Scripture reading
- Reception of the sacraments
- Eucharistic Adoration
- Provide generation-specific opportunities and sensitivity to cultural diversity in the parish community

### Equip adults to live out lives of faith in their everyday lives

- Teach them how to explain their faith to those without it
- Show them how to apply Christian principles to moral decision making in their everyday actions of daily life

### Use media and technology to keep them informed and connected

- Text alerts with prayers, articles, or short reflections

- Periodic surveys to see their current needs
- Ability to opt into other groups (men's group, women's group, dads, moms, single parents, widows, etc.)

### Invite them into the greater parish community

- Help them identify their gifts and how they can be of service to the Church
- Make connections between their work, home, and parish life
- Host appealing events to various populations with appropriate timeframes (weekends vs. weekday evening vs. Skype, etc.)
- Unite with them in prayer during their good times and hard times
- Respond to their needs in times of crisis – loss of child, divorce, addiction, financial struggle, etc.

### Effectively communicate with adults on a regular basis

- Social media
- Website
- Email/text blasts

## A Word About Young Adults

*(National Directory for Catechesis (NDC), 48.C.)*

The most effective catechesis of young adults is integrated into a comprehensive program of pastoral care that understands the concerns of young adults and candidly addresses the questions they ask and the problems they face. The goals of such a comprehensive program of young adult ministry are as follows:

- To connect young adults with Jesus Christ, through spiritual formation/direction, religious education/formation, and vocation discernment.
- To connect young adults with the Church through evangelizing outreach, formation of the faith community, and pastoral care.

- To connect young adults with the mission of the Church in the world through forming a Christian conscience, educating and working for justice, and developing leaders for the present and future.
- To connect young adults with a peer community through developing peer leadership and identifying a young adult team for the purpose of forming faith communities of peers.

## The Wisdom of Age

*(National Directory for Catechesis (NDC), 48.B.)*

The practical experience, wisdom, attitude, and example of many older people make them especially valued gifts to the life of the Church. The catechesis of older people takes into account the diversity of their personal, family, and social conditions. The most effective catechesis for older persons occurs within the context of a comprehensive program of pastoral care specifically developed for and with them. Such programs should be built on several fundamental principles:

- Older people are providers, not simply recipients of pastoral care

- Older people themselves should help to identify their pastoral needs and decide how they are met
- Older people are as diverse as other generational groups, if not more so
- Older people need a mix of activities that connect them with each other as well as the larger faith community
- Spiritual health affects and is affected by the individual's physical, emotional, mental, and social health. While the faith community is especially concerned about meeting their spiritual needs, it cannot ignore these other realities.