Spiritual Wellness & Belonging

UIW Mission & Ministry



Spirituality and our Woung Adults

UIW Mission and Ministry

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Who are they; what are they experiencing?

2016

62.3 Million 16-29 y.o. 19.35% of US population

> Average age 1st marriage

Men - 29.5 Women - 27.4

Employment

20.5 million YA working 53% of US population 25% leisure, hospitality, and food services 18% retail 13% education and health care

Average of 7 jobs between 18-28

College

Women more likely to go to college (72%) than men (63%) and earn 4 year degree (Women 34%/Men 26%)

YA - ages 18-24 40% enrolled in college 59.5% NOT enrolled in college

Experiencing

Isolation
Finances
Relativism
Drugs and Alcohol
Pressure and Anxiety
A need to be understood
Personal/Domestic Issues



Stages of Faith based on the work of theologian James Fowler, author of Stages of Faith

PRE-STAGE: UNDIFFERENTIATED FAITH

- · Birth-2 years
- · know faith through caregivers

STAGE 1: INTUITIVE-PROJECTIVE FAITH

- · Pre-school Age
- · known through experiences of their religious community

STAGE 2: MYTHIC-LITERAL FAITH

- Ages 6-12
- · Age of Reason
- know difference between fact and fantasy
- · concrete thinkers
- experience expands

Too scary! Retreat!

STAGE 3: SYNTHETIC-CONVENTIONAL FAITH

- Ages 13-18
- · Abstract thinking begins
- · start seeing things from other's perspective
- · Claim faith as own
- · Trust in the authority of people and the system
- · Stuck inside a "belief box"
- · Some stay here their whole life

Doubts not resolved! Drop out!

STAGE 4: INDIVIDUATIVE-REFLECTIVE FAITH

- Ages 18-22
- · Questioning
- · Disillusion
- Realizing there are other perspectives
- · Doubts
- Questions
 - · authority structures
 - o disconnect with reality/world experiences
- Greater ownership of their faith journey
- · Deep need for selfreflection

STAGE 5: CONJUNCTIVE FAITH

- Age 30
- Acceptance of mystery and paradox
- · Comfortable with not having all the answers
- Move from individual to community
- · Maturity & Life experience

STAGE6: UNIVERSALIZING FAITH

- · Rare to reach
- · True freedom and joy
- · Able to live and serve others without expectation
- · No real doubts

What do they want and how do we help? (as parents and the Church)

- 1. Listening, Accompaniment, Vocational Discernment that is constant (from us and the church)through the transitions they are experiencing
- 2. Effective, faith-filled, and reliable mentors who model Christ in sharing their Catholic (Faith) perspective and foster a relationship with God and the Church.
- 3. Want to better understand the teaching of the Church that relate to their daily experiences
- 4. Asking the Church to be relevant and relatable
- 5. Safe environments where they can be free to discuss complex issues such as same-sex attraction, marriage, abortion, the death penalty, climate change, etc. Some are open to being challenged, while others are simply seeking a better understanding of Church teaching, so they might in turn share that faith
- 6. They have a need for belonging and connection
- 7. Being present during moments of return. Even if they should disconnect, welcoming them when they do engage or return with openness.
- 8. Invitation to participate in major Church experiences.
- 9. Engagement with the world.
- 10. Leadership formation

University Mission and Ministry

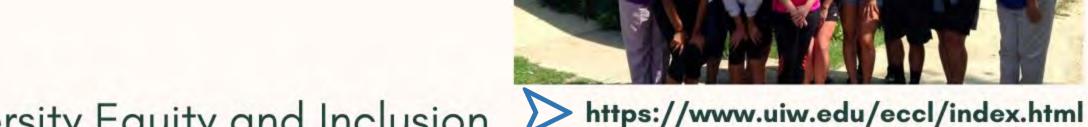
Campus Ministry

Catholic, Protestant, and Interfaith



https://my.uiw.edu/ministry/

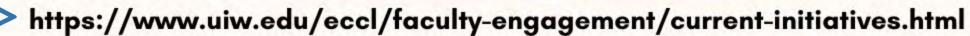
Diversity Equity and Inclusion



Ettling Center for Civic Leadership

and Sustainability





Other Resources





https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-young-adults



https://waterloocatholics.org/college-bound-resources