

Disciple Maker Index Survey Report (Part 1)

for



This past December (2024), our parish took part in a 75-question survey administered by the Catholic Leadership Institute. The purpose of this survey was to give us a deeper perspective on four factors of a thriving parish which include:

- Spiritual Practices
- Missionary Impulse
- Sunday Experience
- Leadership Indicators

PART 1 FOCUS: SPIRITUAL PRACTICES

In this report, we will focus on the specific questions related to frequency of spiritual practices. These include: bible study, individual prayer time, Mass attendance, confession, pastoral counseling/spiritual direction, class/workshop, social event, retreat, Eucharistic adoration, and Catholic devotions.

366

RESPONDENTS

366 people took this survey, which is a good sample size both in respect to our number of registered families (896) and our average Sunday Mass attendance (~462 over a weekend).



RELIABLE DATA

The Catholic Leadership Institute considers anything over 10% of average Sunday Mass attendance as statistically significant.

Notre Dame Parish's Current Spiritual Life

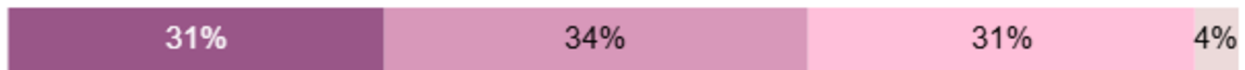
Which of the following best describes the pace of your spiritual growth?



Legend

- In a period of rapid spiritual growth
- Growing at a steady, continued pace
- Growing in my faith, but would like to grow more than I am
- Content staying right where I am spiritually
- Stalled in my spiritual growth
- In a period of spiritual decline

Which of the following best describes where you are on your Catholic journey?



Legend

- My relationship with Jesus Christ is the most important relationship in my life
- I have personally encountered Jesus Christ and am growing as a disciple
- I practice my Catholic faith, but do not know Jesus personally like a friend
- I consider myself Catholic, though faith is not a significant part of my life

Notre Dame Parish's Current Spiritual Practices

In viewing the results of the survey, we were able to see where we can help you grow in your frequency of spiritual practices over the past year and where we are seeing spiritual fruits.

Legend

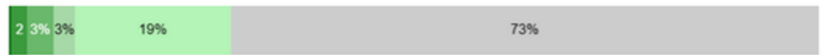
- Daily
- Weekly
- Monthly
- Quarterly
- Once or Twice a Year
- Never
- Group Daily, Weekly & Monthly



How often do you participate in a retreat?



How often do you participate in pastoral counseling or spiritual direction?



How often do you attend Mass?



How often do you participate in individual prayer time with God?





Retreat:

A retreat is a time to step away from regular life to refocus and reenergize your relationship with God. It gives you an opportunity to rest in God's presence. Are you too busy for a retreat? You might need one!

Retreats at Notre Dame:

As a result of this survey, we reviewed our parish activities and we realized we have not hosted a retreat here for a couple of years. With this knowledge we will be adding retreat opportunities and make Archdiocesan retreat opportunities publicized more in the near future.

Create your own adventure:

Scan the QR code below for a list of different retreat houses within and outside of the Archdiocese of Dubuque.



Pastoral Counseling:

Do you have a question about church teaching or your spiritual life? Is there a problem in your life you'd like to talk about? Set up a time to confidentially meet with one of our staff members.

Pastoral Counseling also includes our one on one ministries such as Behold Your Child (child loss) and "Finding Light, Hope, and Healing" (divorced/separated).

Spiritual Direction:

Spiritual direction is for individuals who have a hunger for holiness and a desire for a closer relationship with God.

Spiritual direction focuses on the prayer life of the directee and how God is working in the individual.

Sessions are typically one-on-one and often take place monthly. For a list of spiritual directors in the Archdiocese scan the QR code below:



Mass Attendance:

We can see from our survey that weekly Mass is well attended. There is also a faithful attendance at our daily Masses. Though this is one of our top two spiritual practices survey results, there is still room for growth.

How can we grow?

Here are a list of action steps you can take:

- Invite someone to a Mass
- Introduce yourself to someone you don't know at Mass
- Read the readings before you go (attend Bible Study for a chance to talk about the readings with others)
- Try a new Mass ministry (lector, cantor, Eucharistic Minister, usher, etc.)

Notre Dame Parish Mass Times:

- Tuesday: 5:15 p.m.
- Wednesday: 8:00 a.m.
- Thursday: 9:00 a.m.
- Friday: 8:00 a.m.
- Saturday: 4:00 p.m.
- Sunday 8:00 a.m. & 10:00 a.m.

Not in Cresco? Scan the QR code below to find a Mass near you:



Individual Prayer Time:

We can see from our survey that we have many of our parish family members praying on a daily basis. This was our most consistent and strongest spiritual practice based on our parish community.

How can we grow?

Here are a list of questions you can ask yourself:

- Recalling that prayer is the lifting of one's heart and mind to God, are you keeping in mind that prayer primarily changes us?
- Are you praying for people you don't like as well as those close to you?
- Are you remembering to express gratitude as well as things you need?
- Do you express gratitude in times of both joy and suffering?

Scan the QR code for a list of prayer resources:

