



SEEKING GOD TOGETHER COMPANION RESOURCES SEASON 5 – YOUNG ADULTS & SINGLES OF ANY AGE

- Accompanying/supporting the family's relational life as a place where God dwells
- Parish and school welcoming, accompanying, serving, particularly those on the margins
- Building community as the Body of Christ

NOTE ABOUT RESOURCES

Single people of all ages are gifted and involved in a range of ministries in the Church, and in their families. There are few resources specifically aimed at support or engagement of single people. However everyone is single at different points in their lives, and everyone makes a personal journey in faith. You will find a number of resources in the 'spirituality' section of this pdf. However, it is important to be conscious of single people and ensure they are welcomed and included in every opportunity – in the social, spiritual, liturgical life of the parish and its service in the wider community

Across the dioceses of England & Wales the Catholic Church has a network of **Co-Ordinators for Marriage and Family Life Ministry**

<http://www.catholicfamily.org.uk/diocesan-work/diocesan-family-ministry> And
<http://www.catholicfamily.org.uk/wp-content/uploads/2017/03/FAMILIAS-Membership-Leaflet-2017-1.pdf>

Parish Family Groups support and care for all families – including all generations is a priority. The Family Group Movement seeks to create a true sense of community in fulfilment of Jesus Christ's command for love, friendship, and companionship in the lives of his disciples, and as experienced by the early Christian communities. E.g. Create family groups, and signpost single people to try the experience of a family group <http://www.catholicfamily.org.uk/related-work/parish-family-groups>
<https://www.catholicfamily.org.uk/wp-content/uploads/2015/07/Family-Group-Movement-Parish-Toolkit.pdf> (free toolkit for developing family groups in a parish)

National Office for Vocations for framework in support of young people discerning vocations to single, married, or religious life, or to the ordained ministry.

<http://www.ukvocation.org/> and **God Calls app** for iOS or Android at www.godcalls.co.uk

ENCOURAGING VOLUNTEERING IN PARISH MINISTRIES (some examples)

- **Mental health awareness and training** to support people living with mental health problems <http://www.catholicfamily.org.uk/related-work/mental-health-project>
- **Young Suicide:** Information and training, and support of young adults at risk of suicide, and their families <https://www.papyrus-uk.org/>
- **Ministry of Consolation** in event of a death in the family (child, adolescent or adult) see examples in Diocese of Hexham and Newcastle, or Archdiocese of Liverpool for resources and support, contact via email: spirituality@diocesehn.org.uk
- **Listening skills training** via <https://www.acornchristian.org/> (training books/DVDs, and events)
- **Bereavement support training available from Cruse** <http://www.cruse.org.uk/training/regional-courses>

SUPPORT FOR FAMILIES WITH A MEMBER WHO IDENTIFIES AS LGBT+

For sensitive support of single people who identify as LGBT+, and their families please contact lgbtcatholicswestminster@gmail.com and see <https://rcdow.org.uk/diocese/lgbt-chaplaincy/> 'Building a Bridge' by James Martin SJ, on developing pastoral support for LGBT+ people and their parents

SUPPORT FOR FAMILIES LIVING IN POVERTY & IN CHALLENGING CIRCUMSTANCES

Raising Awareness of Young Single People (including Single Parents) Living in Poverty in the UK

- https://www.npi.org.uk/files/7114/2892/2456/Poverty_among_young_people_in_the_UK_FINAL.pdf
- Information about poverty in the UK <https://www.jrf.org.uk/> from the Joseph Rowntree Foundation.
- <https://www.gingerbread.org.uk/policy-campaigns/publications->

[index/statistics/](#)

- For tips and information on how the parish could support **single parents** <https://www.gingerbread.org.uk/skills-and-learning/single-parent-support-practitioner/>

Support For Families of Prisoners and Ex-Offenders

- <https://www.prisonadvice.org.uk/> an independent Catholic prison charity serving families of prisoners, ex-offenders and prisoners, across England & Wales
- Bishops Conference Prison Chaplains' Adviser <http://www.cbcew.org.uk/CBCEW-Home/Departments/Christian-Responsibility-and-Citizenship/Prison-Ministry>
- <https://www.prisonadvice.org.uk/>

Support for Families Living with Mental Health Problems

<http://www.catholicfamily.org.uk/related-work/mental-health-project> - for parish mental health first-aid training. See the range of resources and links at www.catholicmentalhealthproject.org.uk

Domestic Abuse <http://www.cedar.uk.net/>

for resources to help Catholic community grow in awareness of the issues surrounding domestic abuse see *Updated Guide 2018: Catholics Experiencing Domestic Abuse*, National Board of Catholic Women, in collaboration with CBCEW/Catholic Social Action Network (CSAN)

Ministry of Consolation

In event of a death in the family (child, adolescent or adult) see examples in Diocese of Hexham and Newcastle, or Archdiocese of Liverpool for resources and support, contact via email: spirituality@diocesehn.org.uk

Support for Single People with Learning Difficulties and Their Families

- **St Joseph's Pastoral Centre** <http://www.stjoseph.org.uk/>
- **L'Arche** <https://www.larche.org.uk/> communities offering families support and love, and offering home to a family member with learning disabilities
- **Faith and Light:** Supporting all families with members with learning disabilities, offering friendship, worship and celebration <http://www.faithandlight.org.uk/>

CSAS (Catholic Safeguarding Advisory Service) are responsible for driving and supporting improvements in practice; primary role of co-ordination, advice and support in safeguarding children, young people and vulnerable adults

<https://www.csas.uk.net/>

Caritas Social Action Network

<http://www.caritascare.org.uk/> for the many organisations and networks supporting pastoral care and formation of families, offering friendship, worship and celebration

<http://www.faithandlight.org.uk/>

SERVING THE WIDER COMMUNITY (some examples)

- **CAFOD youth leadership** <http://cafod.org.uk/Education/Youth-leaders-and-chaplains>
- **Society of St Vincent de Paul** – caring for those in need <http://svp.org.uk/>
- **Food bank** organisations information and how to get involved <https://www.trusselltrust.org/what-we-do/>

Accompanying a developing family spirituality, rituals and traditions at home, parish and school nurturing relationship with God in Christ through scripture, teaching, liturgy, sacraments

- **Retreats and Prayer guides** <http://www.retreats.org.uk/spiritualdirection.html>
- **Opportunities for faith-life conversations with other singles and across generations** about life connecting with Scripture, resource “**Counting our Blessings**” <http://www.catholicfamily.org.uk/related-work/counting-our-blessings>
- **CAFOD resources** <http://cafod.org.uk/Pray/Prayer-resources>
- **Specific websites/APPS for prayer including number of *Lectio Divina*/contemplative resources**
 - <http://www.pray-as-you-go.org/home/> daily prayer
 - <http://www.sacredspace.ie/> daily prayer
 - <http://www.theway.org.uk/> spirituality and life articles
 - <http://www.universalis.com/> daily readings and divine office
 - https://www.biblesociety.org.uk/uploads/files/our_work/lectio_divina/year_a_nov_feb.pdf
 - <http://www.soulshpherd.org/2012/07/lectio-divina-guides/>
 - <http://www.liturgyoffice.org.uk/Resources/Scripture/Lectio-Divina.pdf>

- <http://wccm.org/> for routes into Christian meditation and contemplative prayer
- <https://www.ocp.org/en-us/artists/1092> Bernadette Farrell music for spirituality
- <http://www.margaretrizza.com/> inspirational music for prayer/contemplation

COURSES PROMOTING CHURCH TEACHING ON MARRIAGE AND FAMILY AND THE PASTORAL CARE OF THE FAMILY (some examples):

- **Maryvale Institute course** – forming catechists to teach on marriage & family life
<https://www.maryvale.ac.uk/catechesis-on-marriage-and-family.html>
- **Chaplaincy courses** for pastoral care of families, via schools, hospitals/healthcare, prisons and other specific groups, e.g. Travellers' community at St Mary's University <https://www.stmarys.ac.uk/home.aspx>
- <http://www.brs-ccrs.org.uk/> **Catholic Certificate in Religious Studies**, with modules in Marriage & Family Life ministry