

2015 Survey of Religious Communities' Celibacy Formation Programs

Summary Report

The purpose of the Religious Communities' Celibacy Formation Survey is to assist in the preparation for a national meeting on practical models of celibacy formation in December 2015 at Saint Meinrad Seminary.

Survey questions were drawn from a recently developed survey regarding celibacy formation in seminaries by CARA for the USCCB Committee on Clergy, Consecrated Life and Vocations. Under the direction of Br. John Mark Falkenhain, OSB, Ph.D., a psychologist and researcher on staff at Saint Meinrad Seminary and Fellow in Human Formation with Saint Luke Institute, additional questions as well as modifications were made to more directly address celibacy formation programs in men's and women's religious communities. Working through the leadership of the Conference of Major Superiors (CMSM), Leadership Conference of Religious Women (LCWR), and the Council of Major Superiors of Women Religious (CMSWR), Br. John Mark invited directors of initial formation in religious communities across the United States, Mexico and Canada to participate by completing the survey online.

One hundred sixteen online surveys were completed, 85 from women's communities and 31 from men's communities. This report provides an overview of the survey results. We are grateful to those who took the time to complete the survey and provide an insight into their communities' approaches to celibacy formation.

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Rita Tyson Walters

T & R Research

1. <i>Is yours a community of men or women?</i>	
Men	31
Women	85

2. <i>Type of community</i>		
	Men	Women
Apostolic	14	65
Contemplative/Monastic	13	12
Mendicant	2	5
Eremitic	-	-
Secular Institute	-	-
Society of Apostolic Life	2	1
Total	31	83

3. <i>Size of province or monastery for which you serve as formation personnel</i>		
	Men	Women
Fewer than 25 members	7 (23%)	3 (4%)
Between 25 and 49 members	8 (26%)	16 (19%)
Between 50 and 99 members	4 (13%)	20 (24%)
Between 100 and 249 members	5 (16%)	26 (31%)
Between 250 and 500 members	5 (16%)	11 (13%)
Over 500 members	2 (7%)	9 (11%)

4. <i>Please estimate how many hours per year are devoted to formal program(s) in celibacy formation.</i>	
Men	The number of hours devoted to formal programs ranged from 0 to 64. The average number of formal program hours men's communities devote to celibacy formation is <u>20</u> .
Women	The number of hours devoted to formal programs ranged from 0 to 100, with response of 720 hours. The average number of formal program hours women's communities devoted to celibacy formation is <u>27</u> hours (excluding the 720 hours response).

5. Which of the following most accurately describes your celibacy formation program?		
	Men	Women
Well-established with set content and personnel	12 (39%)	29 (35%)
In progress	15 (48%)	30 (37%)
<i>Ad hoc</i> , with little consistency from year to year	4 (13%)	23 (28%)

The larger the women’s community (between 250 to over 500 members) the more likely the province or monastery is to have a program(s) that is “Well-established with set content and personnel.” This is not appear to be the case with men’s communities.

6. Do you currently have men or women in formation for your province or monastery?		
	Men	Women
Yes	29 (97%)	65 (77%)
No	1 (3%)	20 (23%)

Women’s communities which currently have individuals in formation are more likely to have well-established programs with set content and personnel than those that do not. There is only one men’s community that does not have men currently in formation.

7. What content is covered in your celibacy formation program? (Check all that apply.)		
	Men	Women
Theology of celibacy	68%	80%
Theology of the Body (Poe John Paul II)	10%	29%
Catholic theology of sexuality	58%	58%
History of celibacy	42%	45%
Meaning of chaste celibacy	81%	79%
Human sexuality	84%	74%
Affective maturity	94%	73%
Personal responsibility	84%	84%
Emotional coping and well-being	81%	79%
Dealing with loneliness	71%	79%
Appropriate boundaries	87%	81%
Dealing with falling in love	48%	65%
Friendship	81%	85%
Discernment of celibacy	45%	64%
Virtues of celibacy	48%	62%
Celibacy and aging	10%	21%
Pornography	68%	28%
Other	-	9%

8. If your celibacy program includes education in human sexuality, what content is covered? (Check all that apply.)

	Men	Women
Physiology	16%	45%
Sexual orientation/homosexuality	65%	55%
Pornography	68%	28%
Masturbation	52%	37%
Sexual abuse	61%	44%
Clergy sexual abuse	52%	21%
Sexual integration	74%	69%
Sexual addictions	48%	28%
Dealing with sexual attraction	55%	62%
Other	7%	6%

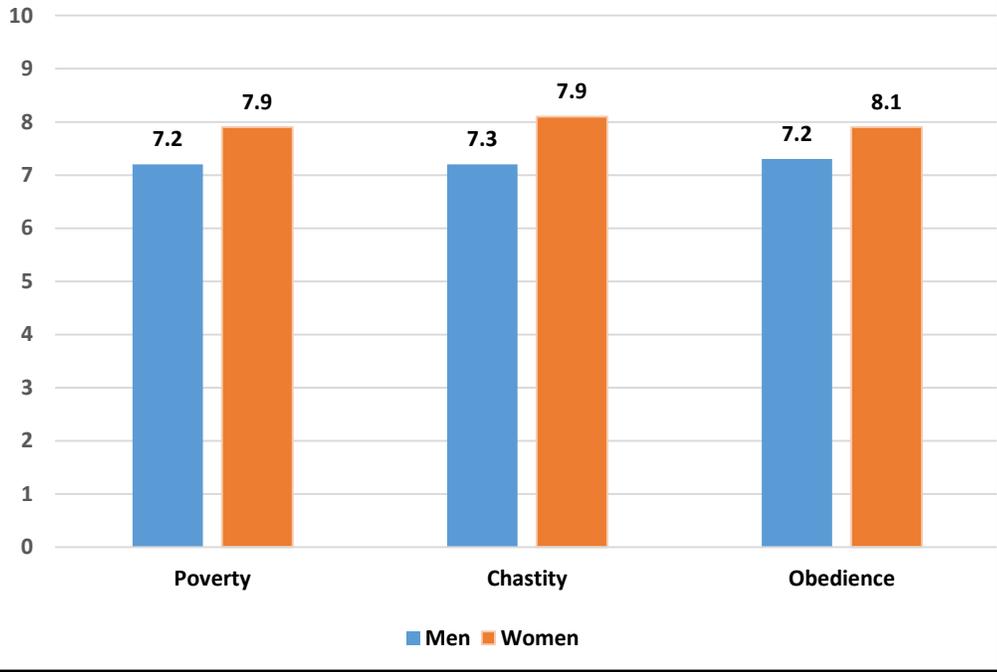
9. Which of the following theological aspects of celibacy are emphasized in formation in your formation program? (Check all that apply.)

	Men	Women
Spousal bridegroom to the Church	19%	21%
Service-oriented/celibacy for the sake of the Kingdom	74%	85%
Celibacy as asceticism	45%	35%
Celibacy and <i>in Persona Christi Capitis</i>	26%	17%
Other	10%	26%

10. Which of these methods are used for celibacy formation in your formation program? (Check all that apply.)

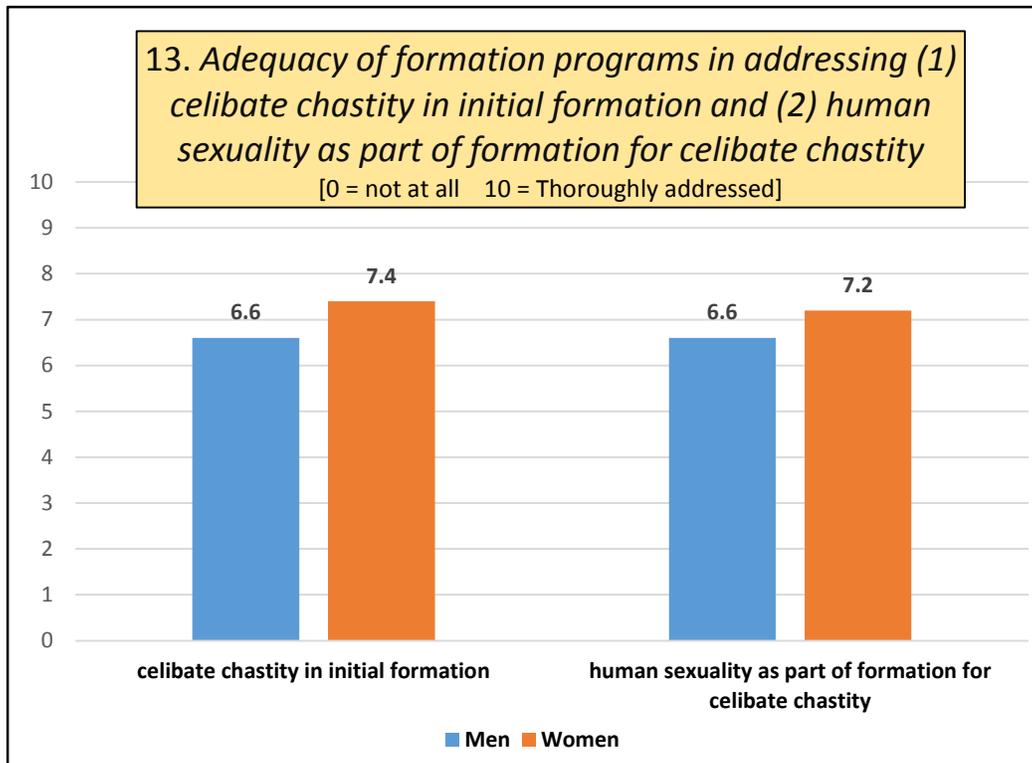
	Men	Women
Books and articles	77%	93%
Group discussions	74%	79%
Films/videos	42%	34%
Lectures/conferences by formation staff/faculty	71%	72%
Lectures/conferences by mental health professionals	42%	52%
Day-long workshop(s)	39%	49%
Multiple-day workshop(s)	39%	49%
Semester-long course(s)	23%	13%
Spiritual conference(s)	42%	46%
Spiritual direction	87%	78%
Private counseling services on campus	26%	19%
Other	7%	8%

11. Emphasis placed on formation for the vows of poverty, chastity and obedience
 [0 = not at all 10 = Thoroughly addressed]



12. Does your community have a formal ongoing formation program for celibate chastity?

	Men	Women
Yes	13 (42%)	12 (14%)
No	18 (58%)	72 (86%)



With men’s and women’s communities, the larger the community the more likely they are to give a higher rating of adequacy to their program(s) for celibate chastity in initial formation.

Women’s communities with individuals in formation rate the adequacy of their formation program higher than those who do not have women in formation. There is little difference between women’s communities with individuals in formation and those without regarding the adequacy of their programs for “human sexuality as part of formation for celibate chastity.” Because only one men’s community has no person in formation, it is not possible to comment on this point for men.

14. Does your community/monastery have adequate access to qualified personnel to address the following?		
	Men	Women
<i>Theological aspects of celibacy</i>		
Yes, we have qualified in-house personnel	48%	46%
Yes, we have qualified external personnel	39%	48%
No personnel	10%	6%
<i>The Church's teaching on sexuality</i>		
Yes, we have qualified in-house personnel	48%	45%
Yes, we have qualified external personnel	39%	51%
No personnel	10%	4%
<i>Sexual identity</i>		
Yes, we have qualified in-house personnel	39%	28%
Yes, we have qualified external personnel	48%	59%
No personnel	13%	13%
<i>Internet pornography</i>		
Yes, we have qualified in-house personnel	13%	3%
Yes, we have qualified external personnel	68%	54%
No personnel	23%	27%
<i>Sexual addictions</i>		
Yes, we have qualified in-house personnel	3%	6%
Yes, we have qualified external personnel	58%	60%
No personnel	36%	21%
<i>Boundaries in relationships</i>		
Yes, we have qualified in-house personnel	48%	61%
Yes, we have qualified external personnel	61%	34%
No personnel	7%	2%
<i>Emotional coping and well-being</i>		
Yes, we have qualified in-house personnel	52%	58%
Yes, we have qualified external personnel	58%	51%
No personnel	10%	2%
<i>Discernment of celibacy</i>		
Yes, we have qualified in-house personnel	61%	60%
Yes, we have qualified external personnel	29%	48%
No personnel	16%	6%

15 What behaviors do you associate with healthy celibacy among members of your community?¹

Men	Women
<ul style="list-style-type: none"> - Strong prayer life - Good friendships - Ability to set and respect appropriate boundaries - Regular participation in community prayer and community life - Ability to relate easily with both men and women - Ability to have healthy conversations re: celibacy - Comfort with one's own sexuality - Working with a spiritual director 	<ul style="list-style-type: none"> - Ability to set and sustain appropriate boundaries - Healthy relationships within community - Open, healthy friendships/relationships - Comfortable with people of both sexes - Comfortable with self and own sexual identity - Adequate self-care and personal hygiene - Strong prayer life - Openness in spiritual direction

16. What behaviors do you associate with unhealthy celibacy among members of your community?

Men	Women
<ul style="list-style-type: none"> - Isolationism (most frequently mentioned) - Inability to relate to or hostility toward members of same or opposite sex - Inability to talk about sex - Denial of self as a sexual being - Lack of close personal friends - Addictive behavior, e.g. work, alcohol, masturbation, porn, internet - Lack of appropriate boundaries 	<ul style="list-style-type: none"> - Exclusive friendships, "coupling" (by far the most often mentioned) - Unhealthy attachments - Discomfort with self - Addictive behaviors - Unable to set/respect appropriate boundaries - Seeking attention - Immature behavior - Private, non-healthy sexual activity, e.g. porn, masturbation, illicit relationships - Inability to form appropriate relationships - Poor care of body - Personal isolation - Poor sense of self/discomfort with self

*** Questions 15 through 19 list the most commonly mentioned themes. The themes are not rank ordered.**

17. What resources for celibacy formation would you recommend to others who are engaged in celibacy formation work in religious communities?

Men	Women
<ul style="list-style-type: none"> - John Mark Falkenhain, OSB 4-part series on celibacy, various presentations - Sandra Schneider, IHM <i>Selling All</i> - Resources to educate and assess 	<ul style="list-style-type: none"> - Lynn Levo, CSJ, presenter - Sandra Schneiders, IHM, <i>Finding the Treasure</i> - Ronald Rolheiser, <i>Holy Longing</i> - St. Luke Institute - Intercongregational formation programs - Dkiarmuid O’Murchu

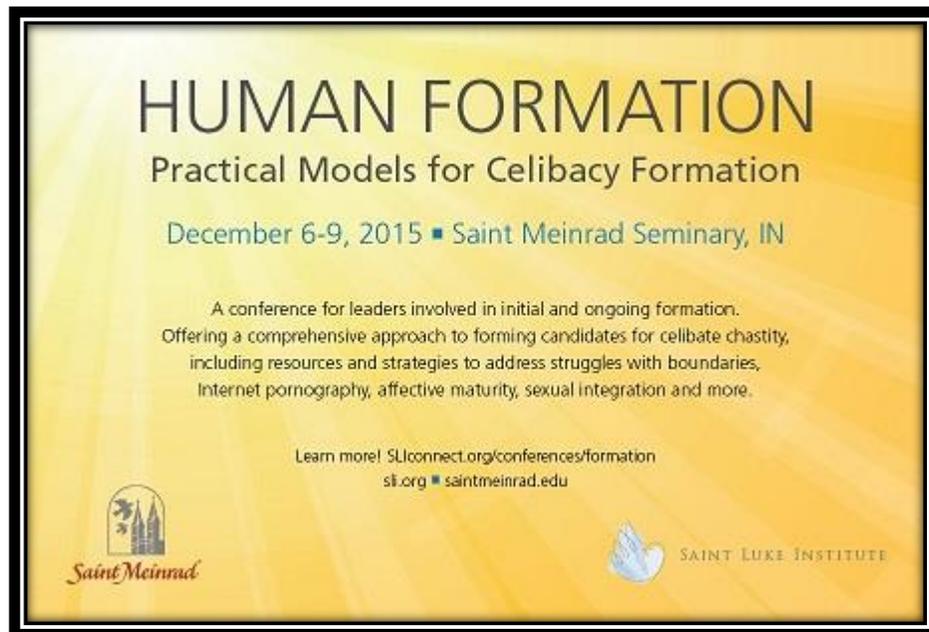
18. What resources do you wish were available to you in your efforts to form community members in celibate chastity?

Men	Women
<ul style="list-style-type: none"> - Material on internet use, internet/pornography addiction - Ongoing formation on healthy human sexuality 	<ul style="list-style-type: none"> - Opportunities to join with other communities - Distance learning opportunities - Ongoing formation - More speakers on intimacy, boundaries, etc.

#19 What do you perceive to be the greatest challenge in providing formation for celibate chastity?

Men	Women
<ul style="list-style-type: none"> - Secular culture gives little support or understanding for the value of celibate chastity. - Finding competent and compassionate professionals for presentations, workshops and courses - Church speaks of sex in hushed and secret tones, leading to fear of frank and joyful conversations on the topic. 	<ul style="list-style-type: none"> - Working with women from the Gen X and Millennial Generations who have an experience of sexuality different from the formator and may have been sexually active before coming to community. - Working with women from other cultures who have a different view of sexuality and their bodies than Americans have. - Lack of conversation about celibacy and sexuality among community members - Present culture that objectifies human sexuality

Appendix I



This survey is being distributed to directors of initial formation in religious communities across the United States, Mexico and Canada by Br. John Mark Falkenhain, OSB, Ph.D., a psychologist and researcher on staff at Saint Meinrad Seminary and Fellow in Human Formation with Saint Luke Institute. This survey is part of a larger research program being conducted in preparation for a national meeting on models of celibacy formation in December 2015. Your responses will be helpful to us in informing best practices for celibacy formation in seminaries and religious houses of formation. Please take a few minutes to complete the survey to the best of your abilities. The survey is completely anonymous. No names of individuals or specific religious communities will be reported in the findings. We estimate that this questionnaire should take 10-15 minutes to complete. Thank you for your assistance.

1. Is yours a community of men or women?

- Men
- Women

2. Type of community

- Apostolic
- Contemplative/Monastic
- Mendicant

- Eremitic
- Secular Institute
- Society of Apostolic Life

3. Size of province or monastery for which you serve as formation personnel

- Fewer than 25 members
- Between 25 and 49 members
- Between 50 and 99 members
- Between 100 and 249 members
- Between 250 and 500 members
- Over 500 members

4. Please estimate how many hours per year are devoted to formal program(s) in celibacy formation.

5. Which of the following most accurately describes your celibacy formation program?

- Well-established, with set content and personnel
- In progress
- Ad hoc*, with little consistency from year to year

6. Do you currently have men or women in formation for your province or monastery?

- Yes
- No

If no, how many years has it been since you have had someone in formation?

7. What content is covered in your celibacy formation program? (Check all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Theology of celibacy | <input type="checkbox"/> Dealing with loneliness |
| <input type="checkbox"/> Theology of the Body (Pope John Paul II) | <input type="checkbox"/> Appropriate boundaries |
| <input type="checkbox"/> Catholic theology of sexuality | <input type="checkbox"/> Dealing with falling in love |
| <input type="checkbox"/> History of celibacy | <input type="checkbox"/> Friendship |
| <input type="checkbox"/> Meaning of chaste celibacy | <input type="checkbox"/> Discernment of celibacy |
| <input type="checkbox"/> Human sexuality | <input type="checkbox"/> Virtues of celibacy |
| <input type="checkbox"/> Affective maturity | <input type="checkbox"/> Celibacy and aging |
| <input type="checkbox"/> Personal responsibility | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Emotional coping and well-being | <input type="checkbox"/> Other (Please describe) <input type="text"/> |

8. If your celibacy formation program includes education in human sexuality, what content is covered? (Check all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Physiology | <input type="checkbox"/> Clergy sexual abuse |
| <input type="checkbox"/> Sexual orientation/homosexuality | <input type="checkbox"/> Sexual integration |
| <input type="checkbox"/> Pornography | <input type="checkbox"/> Sexual addictions |
| <input type="checkbox"/> Masturbation | <input type="checkbox"/> Dealing with sexual attraction |
| <input type="checkbox"/> Sexual abuse | <input type="checkbox"/> Other (Please describe) <input type="text"/> |

9. Which of the following theological aspects of celibacy are emphasized in formation in your formation program? (Check all that apply.)

- Spousal: bridegroom to the Church
- Service-oriented/celibacy for the sake of the Kingdom
- Celibacy as asceticism
- Celibacy and *In Persona Christi Capitis*
- Other (Please describe.)

10. Which of these methods are used for celibacy formation in your formation program? (Check all that apply.)

<input type="checkbox"/> Books and articles	<input type="checkbox"/> Multiple-day workshop(s)
<input type="checkbox"/> Group discussions	<input type="checkbox"/> Semester-long course(s). Please provide title(s) below.
<input type="checkbox"/> Films/videos	<input type="checkbox"/> Spiritual conference(s)
<input type="checkbox"/> Lectures/conferences by formation staff/faculty	<input type="checkbox"/> Spiritual direction
<input type="checkbox"/> Lectures/conferences by mental health professionals	<input type="checkbox"/> Private counseling services on campus
<input type="checkbox"/> Day-long workshop(s)	<input type="checkbox"/> Other (Please describe.) <input type="text"/>

Please provide title(s) of semester-long courses.

11. On a scale of 0-10, how much emphasis is placed on formation for the vow of

	Not at all											Thoroughly addressed										
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
poverty?	<input type="radio"/>																					
obedience?	<input type="radio"/>																					
chastity?	<input type="radio"/>																					

12. Does your community have a formal ongoing formation program for celibate chastity?

Yes No

If yes, please briefly describe.

13. Please rate how adequately your formation program addresses

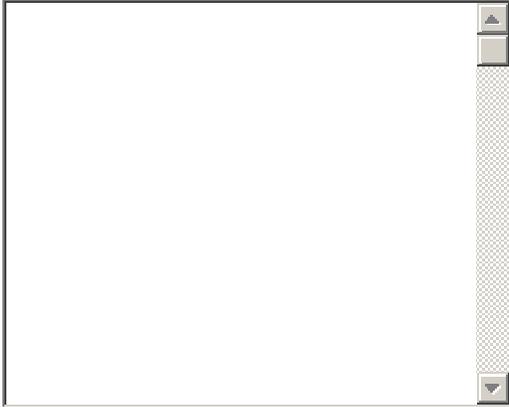
	Very inadequately										Very adequately
	0	1	2	3	4	5	6	7	8	9	10
celibate chastity in initial formation	<input type="radio"/>										
human sexuality as part of formation for celibate chastity.	<input type="radio"/>										

14. Does your community/monastery have adequate access to qualified personnel to address the following: (Check all that apply.)

	Yes, we have qualified in-house personnel	Yes, we have qualified external personnel	No personnel
Theological aspects of celibacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Church's teaching on sexuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sexual identity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Internet pornography	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual addictions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boundaries in relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional coping and well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discernment of celibacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

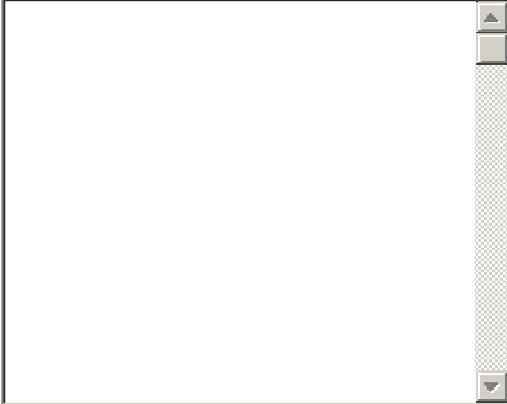
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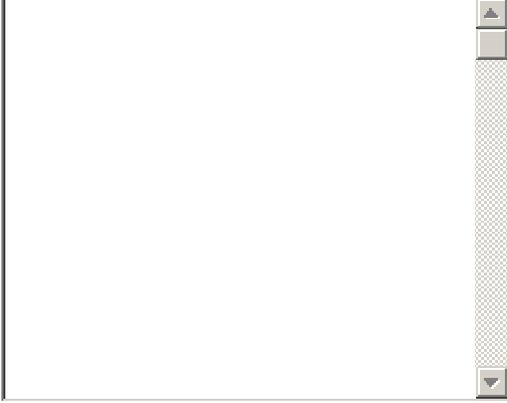
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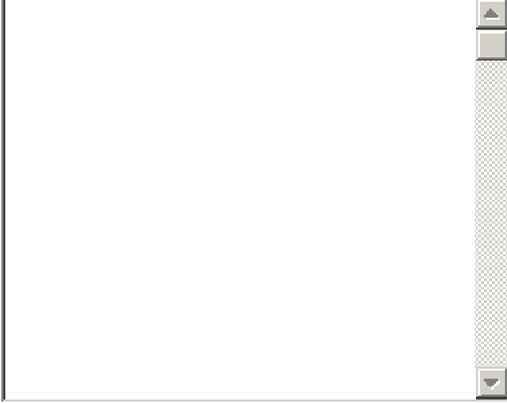
17. What resources for celibacy formation would you recommend to others who are engaged in celibacy formation work in religious communities?



18. What resources do you wish were available to you in your efforts to form community members in celibate chastity?



19. What do you perceive to be the greatest challenge in providing formation for celibate chastity?



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