

Spirituality and Young Adults

This past summer, the community of Saint Anne's in Santa Ana, California (Province of the United States) began a "Backyard Spirituality" program for young adults on the last Thursday of the month. The program is done with the cooperation and support of the Office of Youth and Young Adults in the Diocese of Orange which helps us promote the evening through their communications network. The idea was to offer something more for young adult leaders in the Diocese who want to grow in their own spiritual formation. The presentations began with an overview of spirituality and the great spiritual traditions in the Catholic Church followed by presentations on Ignatian spirituality and discernment. The fourth meeting with the young adults was a reading of the life of Oscar Romero of El Salvador through the four weeks of the Spiritual Exercises.



Due to the success of the evenings, the community will continue to host the gatherings throughout the year, incorporating the plan of *Art, Humanism, and Spirituality* of the Company of Mary and exploring the different schools of spirituality with a focus on prayer styles. Our hope is that through our gatherings and the offer of personal accompaniment, young people will grow in their faith and truly discern their vocations in life.



The Pastoral-Vocation Committee of the province has expanded the program to Los Angeles where the Community of Adams hosts the gatherings. They are following the same model established in the Diocese of Orange and are working through the Los Angeles Archdiocesan Youth Office. In January, the Committee will begin offering the evenings to young adults in the Temecula area of the San Bernardino Diocese.