



One Parish  
Planning

**One Church**  
Know Thyself  
Encounter Jesus  
Live Fully Alive

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# Discipleship Survey

July 2025

## **Advisory Council**

Holy Family & St. John Mary Vianney,  
Catholic Parishes of Kirkland, WA

This Discipleship Survey sought a reliable, individual-level picture of how discipleship is believed, practiced, and experienced in our parish family—covering assent to core Catholic teachings (e.g., Eucharist, confession, conscience), personal prayer and sacramental life, parish belonging and encouragement, ministry participation and missionary impulse, communications, and open-ended reflections on strengths and needs within our faith community.

Responses from 1,243 parishioners (HFK 860, SJV 383) provide a robust baseline for parish planning (an additional 55 responses identified another parish and are excluded from the primary combined results). Whereas our Household Census asked who is here and how parish life is organized at home; this Discipleship Survey asks how the faith is understood, lived, and supported person-to-person. This survey, therefore, offers a vital complement – as determining ‘who we are’ manifests principally in ‘what we believe.’

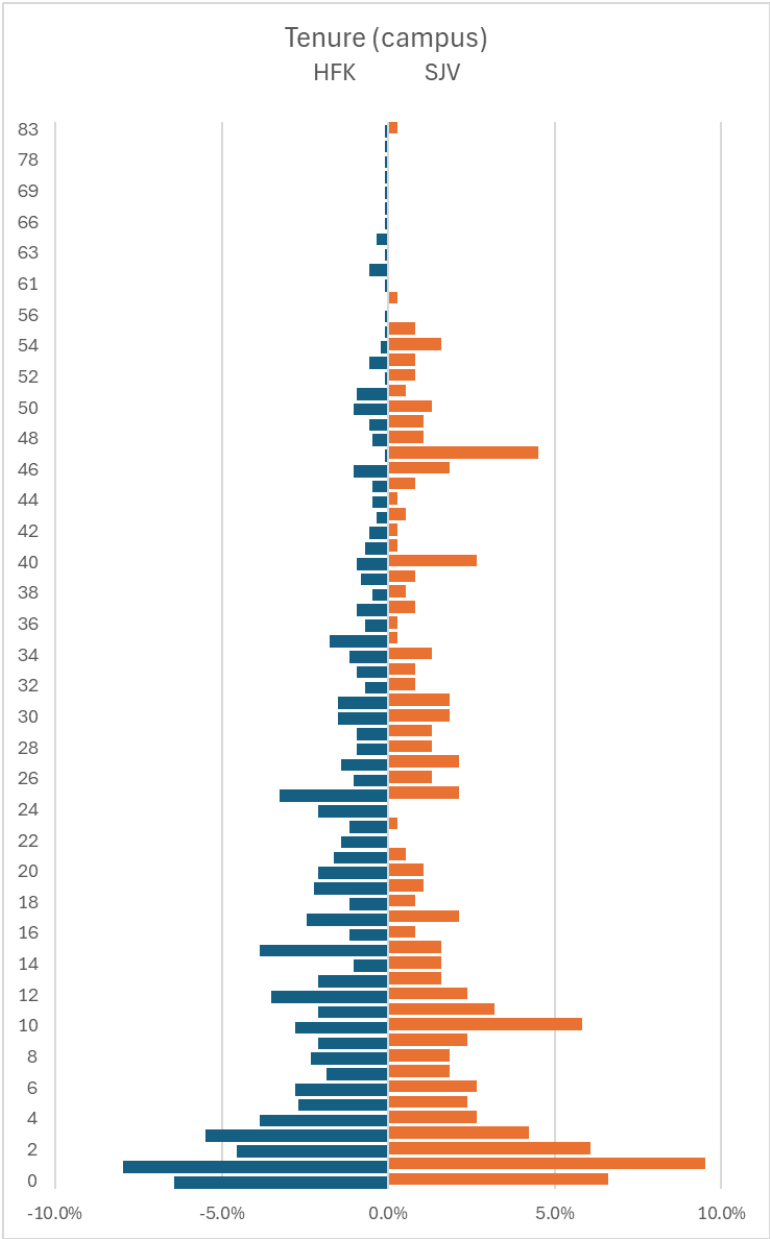
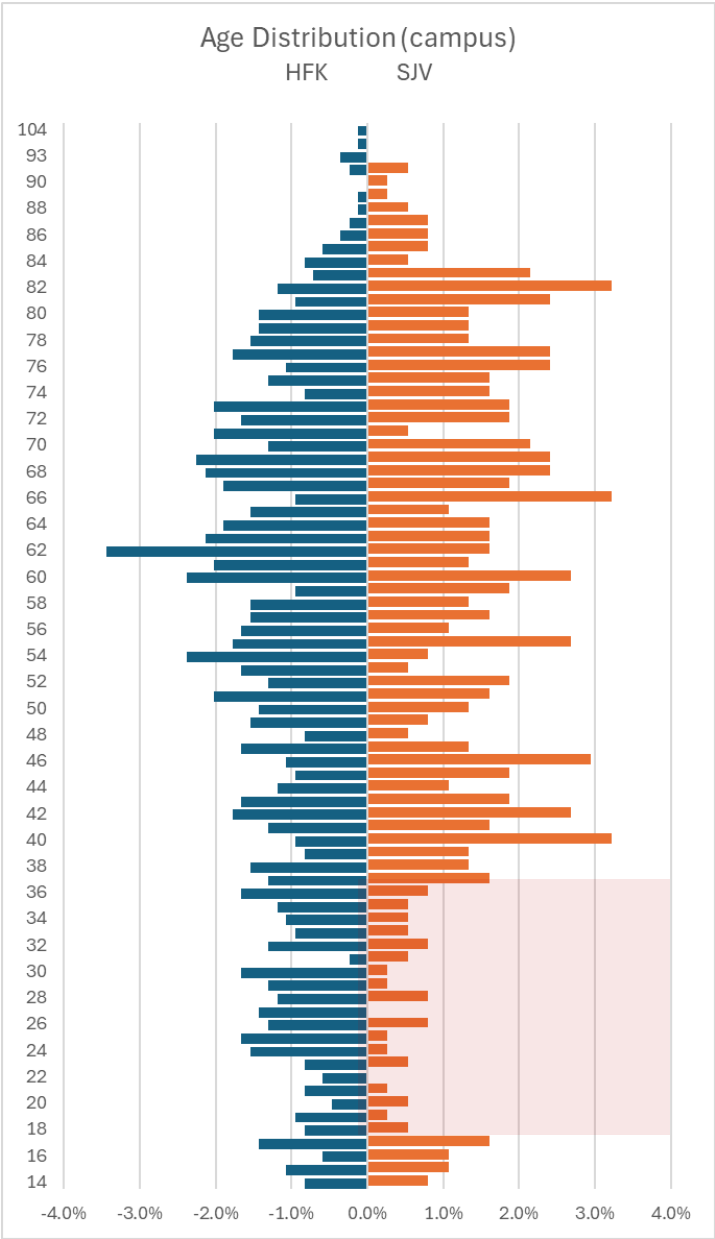
Many thanks to all who shared their time and witness.

In Christ,

Parish Family Advisory Council  
September 4, 2025

# Age & Tenure Distribution by Campus

| AGE    | HFK  | SJV  |
|--------|------|------|
| Median | 55.0 | 60.0 |
| Mean   | 52.6 | 57.3 |



| Sampling |  | HFK  | SJV   | All   |       |
|----------|--|--|-------|-------|-------|
| 3        | Gender   | Male   | 45.8% | 42.8% | 44.9% |
|          |  | Female   | 54.2% | 57.2% | 55.1% |
| 5        | Marital Status (yourself)                                  | Single (Never Married)                         | 22.2% | 14.6% | 19.9% |
|          |  | Single (Divorced)                              | 6.0%  | 7.6%  | 6.5%  |
|          |  | Married (First Marriage)                       | 60.0% | 61.4% | 60.4% |
|          |  | Married (Remarried after divorce or widowhood) | 6.9%  | 9.1%  | 7.6%  |
|          |  | Widowed (Not Remarried)                        | 4.0%  | 7.0%  | 4.9%  |
|          |  | Married (Separated)                            | 0.9%  | 0.3%  | 0.7%  |
| 6        | Are you currently a parent of school age children (K-12)?  | Yes  | 21.5% | 23.2% | 22.0% |
|          |  | No   | 78.5% | 76.8% | 78.0% |
| 7        | I personally identify as a Catholic.                       | Yes  | 97.0% | 97.7% | 97.2% |
|          |  | No (skip to #12)                               | 3.0%  | 2.3%  | 2.8%  |
| 8        | Which best describes your journey into the Catholic faith? | I was born into the Catholic faith             | 83.6% | 84.0% | 83.7% |
|          |  | I was converted as a child                     | 2.3%  | 3.2%  | 2.6%  |
|          |  | I was converted as an adult                    | 14.1% | 12.8% | 13.7% |
| 9        | I have received the following Sacraments.                  | Baptism  | 818   | 370   | 1188  |
|          |  | Holy Eucharist                                 | 812   | 360   | 1172  |
|          |  | Confirmation                                   | 780   | 349   | 1129  |
|          |  | None of the Above                              | 9     | 2     | 11    |

|  |  |                                    |   |
|--|--|------------------------------------|---|
| <b>10 I like being a Catholic.</b>   | Strongly Agree<br>Agree<br>Disagree<br>Strongly Disagree     | 75.1%<br>23.7%<br>1.2%<br>0.0%     | "So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God," (Eph 2:19) |
| <b>11 I have sometimes considered leaving the Catholic faith.</b><br>(past 10 years)                             | Strongly Agree<br>Agree<br>Disagree<br>Strongly Disagree     | 2.6%<br>14.7%<br>24.6%<br>58.1%    | "Lord, to whom shall we go? You have the words of eternal life," (John 6:68)  |
| <b>12 Because of my faith, I have meaning and purpose in my life.</b>  | Strongly Agree<br>Agree<br><br>Disagree<br>Strongly Disagree | 65.6%<br>31.8%<br><br>2.1%<br>0.5% | "And we know that for those who love God all things work together for good, for those who are called according to his purpose" (Romans 8:28)  |
| <b>13 I actively seek out opportunities for ongoing interior conversion in order to grow in my discipleship.</b> | Strongly Agree<br>Agree<br>Disagree<br>Strongly Disagree     | 31.8%<br>48.0%<br>18.7%<br>1.4%    | "Do not be conformed to this world but be transformed by the renewal of your mind," (Romans 12:2)   |
| <b>14 I actively work to grow in the virtues and overcome sin in my life.</b>                                    | Strongly Agree<br>Agree<br>Disagree<br>Strongly Disagree     | 39.6%<br>55.6%<br>4.2%<br>0.6%     | "Create in me a clean heart, O God, and renew a right spirit within me." (Psalm 51:10)  |

15 **As a member of my parish, I know what is expected from me.**

|                   |       |
|-------------------|-------|
| Strongly Agree    | 27.3% |
| Agree             | 60.2% |
| Disagree          | 12.0% |
| Strongly Disagree | 0.6%  |

16 **I would be very comfortable in responding to a person asking about the Catholic religion.**

|                   |       |
|-------------------|-------|
| Strongly Agree    | 36.6% |
| Agree             | 50.7% |
| Disagree          | 11.7% |
| Strongly Disagree | 1.0%  |

17 **I am a person who is spiritually committed.**

|                   |       |
|-------------------|-------|
| Strongly Agree    | 48.4% |
| Agree             | 46.7% |
| Disagree          | 4.6%  |
| Strongly Disagree | 0.4%  |

18 **How often do you attend Mass?**

|   |       |
|---|-------|
| (1) Multiple times Weekly                                     | 13.9% |
| (2) Weekly (every Sunday)                                     | 70.6% |
| (3) 2-3 times per month                                       | 10.1% |
| (4) About once a month  | 3.6%  |
| (5) On major holy days or special occasions (e.g., Christmas) | 1.1%  |
| (6) Rarely or never   | 0.7%  |

|   |   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
|---|---|--------------------------|-------|-----------|-------|--------------------------|-------|------------|------|--------------------------------------|------|---------------------|------|
| <b>19 I often feel a need to engage more fully, consciously, and actively during the holy sacrifice of the Mass (e.g., in understanding, reverence, etc.).</b>          | <table> <tr><td>Strongly Agree</td><td>25.5%</td></tr> <tr><td>Agree</td><td>45.8%</td></tr> <tr><td>Unsure</td><td>18.3%</td></tr> <tr><td>Disagree</td><td>9.4%</td></tr> <tr><td>Strongly Disagree</td><td>1.0%</td></tr> </table>   | Strongly Agree           | 25.5% | Agree     | 45.8% | Unsure                   | 18.3% | Disagree   | 9.4% | Strongly Disagree                    | 1.0% |                     |      |
| Strongly Agree  | 25.5%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Agree   | 45.8%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Unsure  | 18.3%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Disagree  | 9.4%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Strongly Disagree   | 1.0%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| <b>20 Outside of Mass, how often do you pray?</b>   | <table> <tr><td>(1) Multiple times daily</td><td>30.0%</td></tr> <tr><td>(2) Daily</td><td>38.8%</td></tr> <tr><td>(3) Several times a week</td><td>16.9%</td></tr> <tr><td>(4) Weekly</td><td>5.0%</td></tr> <tr><td>(5) Occasionally, but less than week</td><td>6.5%</td></tr> <tr><td>(6) Rarely or never</td><td>2.8%</td></tr> </table> | (1) Multiple times daily | 30.0% | (2) Daily | 38.8% | (3) Several times a week | 16.9% | (4) Weekly | 5.0% | (5) Occasionally, but less than week | 6.5% | (6) Rarely or never | 2.8% |
| (1) Multiple times daily  | 30.0%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| (2) Daily   | 38.8%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| (3) Several times a week  | 16.9%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| (4) Weekly  | 5.0%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| (5) Occasionally, but less than week  | 6.5%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| (6) Rarely or never   | 2.8%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| <b>21 My parish provides adequate opportunities and convenient times for organized prayer and devotion (Adoration, Rosaries, Novenas, Vigils, Prayer Groups, etc.).</b> | <table> <tr><td>Strongly Agree</td><td>32.4%</td></tr> <tr><td>Agree</td><td>46.5%</td></tr> <tr><td>Unsure</td><td>17.9%</td></tr> <tr><td>Disagree</td><td>2.9%</td></tr> <tr><td>Strongly Disagree</td><td>0.3%</td></tr> </table>   | Strongly Agree           | 32.4% | Agree     | 46.5% | Unsure                   | 17.9% | Disagree   | 2.9% | Strongly Disagree                    | 0.3% |                     |      |
| Strongly Agree  | 32.4%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Agree   | 46.5%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Unsure  | 17.9%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Disagree  | 2.9%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Strongly Disagree   | 0.3%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| <b>22 I often feel a need to improve my prayer life (e.g., frequency, quality, etc.).</b>   | <table> <tr><td>Strongly Agree</td><td>29.0%</td></tr> <tr><td>Agree</td><td>51.4%</td></tr> <tr><td>Unsure</td><td>11.0%</td></tr> <tr><td>Disagree</td><td>7.8%</td></tr> <tr><td>Strongly Disagree</td><td>0.7%</td></tr> </table>   | Strongly Agree           | 29.0% | Agree     | 51.4% | Unsure                   | 11.0% | Disagree   | 7.8% | Strongly Disagree                    | 0.7% |                     |      |
| Strongly Agree  | 29.0%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Agree   | 51.4%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Unsure  | 11.0%   |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Disagree  | 7.8%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |
| Strongly Disagree   | 0.7%  |                          |       |           |       |                          |       |            |      |                                      |      |                     |      |

|   |   |
|---|---|
| 23 <b>On average, how often do you make a good Confession?</b>  | (1) Multiple times monthly 1.9%<br>(2) Monthly 8.9%<br>(3) Every few months 18.0%<br>(4) 1-2 times per year 23.7%<br>(5) Less than once per year 20.8%<br>(6) Rarely or never 26.7% |
| 24 <b>The parish provides adequate opportunities and convenient times for the Sacrament of Penance (Confession).</b>        | Strongly Agree 19.1%<br>Agree 44.0%<br>Unsure 27.5%<br>Disagree 8.0%<br>Strongly Disagree 1.3%  |
| 25 <b>I often feel that I should be examining my conscience and attending to the Sacrament of Penance better than I do.</b> | Strongly Agree 23.6%<br>Agree 46.9%<br>Unsure 17.9%<br>Disagree 10.2%<br>Strongly Disagree 1.4%   |
| 26 <b>I believe and profess all that the holy Catholic Church believes, teaches, and proclaims to be revealed by God.</b>   | Strongly Agree 48.8%<br>Agree 34.0%<br>Unsure 10.6%<br>Disagree 6.3%<br>Strongly Disagree 0.3%  |



|  |                                 |       |
|--|---------------------------------|-------|
| 27 I am willing to take unpopular stands to defend the Catholic faith.   | Strongly Agree                  | 35.1% |
|  | Agree                           | 45.0% |
|  | Unsure                          | 15.9% |
|  | Disagree                        | 3.4%  |
|  | Strongly Disagree               | 0.6%  |
| 28 How often do you read and reflect on Scripture outside of Mass?   | (1) Multiple times weekly       | 31.0% |
|  | (2) Weekly (e.g., every Sunday) | 12.5% |
|  | (3) 2-3 times per month         | 8.4%  |
|  | (4) About once a month          | 8.8%  |
|  | (5) Several times per year      | 13.5% |
|  | (6) Rarely or never             | 25.8% |
| 29 How often do you access Catholic media (e.g., books, articles, podcasts, radio, videos) to study or reflect?                      | (1) Multiple times weekly       | 31.9% |
|  | (2) Weekly (e.g., every Sunday) | 8.0%  |
|  | (3) 2-3 times per month         | 10.2% |
|  | (4) About once a month          | 9.8%  |
|  | (5) Several times per year      | 13.4% |
|  | (6) Rarely or never             | 26.8% |
| 30 I believe there is a hell where people who have mortally sinned and die without being reconciled with God are eternally punished. | Strongly Agree                  | 38.0% |
|  | Agree                           | 33.0% |
|  | Unsure                          | 21.2% |
|  | Disagree                        | 5.2%  |
|  | Strongly Disagree               | 2.7%  |

|   |  |
|---|--|
| <b>31 I believe there is an active evil in the world—namely, Satan and the other fallen angels—who seek the ruin of human souls.</b>  | Strongly Agree 57.8%<br>Agree 31.1%<br>Unsure 8.0%<br>Disagree 2.3%<br>Strongly Disagree 0.8%                                      |
| <b>32 Which of the following best describes official Catholic teaching about the bread and wine used for Communion? During Mass, the bread and wine...</b>                            | Actually become the body and blood of Jesus Christ 88.2%<br>Are symbols of the body and blood of Jesus Christ 10.0%<br>Unsure 1.9% |
| <b>33 Regardless of the official teaching of the Catholic Church, what do you personally believe about the bread and wine used for Communion? During Mass, the bread and wine ...</b> | Actually become the body and blood of Jesus Christ 76.5%<br>Are symbols of the body and blood of Jesus Christ 23.5%                |
| <b>34 It is wrong to say that some cultural norms or lifestyles are morally superior to others.</b>   | Strongly Agree 19.2%<br>Agree 27.0%<br>Unsure 21.4%<br>Disagree 19.6%<br>Strongly Disagree 12.8%                                   |
| <b>35 There are many moral principles that are always true, for all people, at all times.</b>   | Strongly Agree 45.5%<br>Agree 38.9%<br>Unsure 10.8%<br>Disagree 3.6%<br>Strongly Disagree 1.2%                                     |

|  |                             |       |
|--|-----------------------------|-------|
| 36 I believe that human beings must always obey the certain judgment of their conscience.  | Strongly Agree              | 25.3% |
|  | Agree                       | 44.7% |
|  | Unsure                      | 21.9% |
|  | Disagree                    | 6.6%  |
|  | Strongly Disagree           | 1.5%  |
| 37 I believe every Catholic is obligated to form their conscience with serious regard for and with deference to Church teaching. | Strongly Agree              | 36.8% |
|  | Agree                       | 46.1% |
|  | Unsure                      | 12.1% |
|  | Disagree                    | 4.7%  |
|  | Strongly Disagree           | 0.4%  |
| 38 I believe abortion should be ...  | Permissible in all cases    | 5.1%  |
|  | Permissible in most cases   | 18.4% |
|  | Impermissible in most cases | 47.5% |
|  | Impermissible in all cases  | 29.0% |
| 39 The mission or purpose of my parish makes me feel my participation is important.  | Strongly Agree              | 30.1% |
|  | Agree                       | 61.1% |
|  | Disagree                    | 8.0%  |
|  | Strongly Disagree           | 0.7%  |
| 40 There is someone in my parish who encourages my spiritual development.  | Strongly Agree              | 22.5% |
|  | Agree                       | 56.2% |
|  | Disagree                    | 18.5% |
|  | Strongly Disagree           | 2.7%  |

|   |                   |       |
|---|-------------------|-------|
| 41 Outside the members of my own family, I have helped at least one other person to grow in their faith       | Strongly Agree    | 17.4% |
|   | Agree             | 48.6% |
|   | Disagree          | 29.8% |
|   | Strongly Disagree | 4.3%  |
| 42 I am an active member of at least one parish ministry or apostolate.                                       | Strongly Agree    | 25.3% |
|   | Agree             | 31.6% |
|   | Disagree          | 34.8% |
|   | Strongly Disagree | 8.3%  |
| 43 In my parish, my spiritual needs are met.  | Strongly Agree    | 22.9% |
|   | Agree             | 67.5% |
|   | Disagree          | 8.4%  |
|   | Strongly Disagree | 1.1%  |
| 44 In my parish, I have opportunities to learn and grow.  | Strongly Agree    | 33.7% |
|   | Agree             | 61.1% |
|   | Disagree          | 4.7%  |
|   | Strongly Disagree | 0.5%  |
| 45 I have participated in at least one parish event or initiative outside of Mass to grow in my discipleship. | Strongly Agree    | 27.4% |
|   | Agree             | 40.1% |
|   | Disagree          | 26.4% |
|   | Strongly Disagree | 6.1%  |

**46 Which are all the usual means by which you stay informed on parish news or events?**

(check all that apply)

|                            |     |
|----------------------------|-----|
| Website                    | 633 |
| Bulletin - online?         | 459 |
| Bulletin - print?          | 690 |
| Newsletter (email)?        | 588 |
| Flocknote Group(s)?        | 118 |
| Narthex Boards & Displays? | 263 |
| Social Media?              | 251 |
| Mailings                   | 250 |

**47 Which is the most important means by which you stay informed on parish news or events?**

(check only one)

|                            |       |
|----------------------------|-------|
| Website                    | 15.4% |
| Bulletin - online?         | 12.1% |
| Bulletin - print?          | 30.5% |
| Newsletter (email)?        | 29.6% |
| Flocknote Group(s)?        | 1.3%  |
| Narthex Boards & Displays? | 3.1%  |
| Social Media?              | 6.1%  |
| Mailings                   | 1.9%  |

Open Question (#48) “In what ways has your experience at this parish affected your closeness with God?”

Sacraments and pastoral presence seem to form the center of gravity – with themes of belonging, family context, and everyday help being more of the principal bridges that carry grace into daily life.

1,033 usable responses. Many responses are positive but terse (e.g., “In all ways”), which keeps share figures conservative.

| Emerging Theme                   | Share* | Sampling (paraphrase)   | Interpretation   |
|----------------------------------|--------|---|--|
| Sacramental / Liturgy            | ≈38%   | This includes Mass/Eucharist/Communion (~19%), Homilies/Preaching (~16%), Adoration/Holy Hour (~6%), Music/Choir (~4%), and Confession/Reconciliation (~3%) | Parishioners most often locate their closeness to God in Mass, Eucharist, preaching, adoration, confession, and sacred music. That’s a sign of a strong, grace-bearing core.                               |
| Clergy / Pastoral Presence       | ≈14%   | Priests are often named explicitly (by title or name).  | Pastoral leadership matters. The frequency with which priests/homilies are named indicates that preaching and presence are primary drivers of perceived spiritual impact.                                  |
| Belonging & Relationships        | ≈15%   | Community/Welcome (~15%)  | Relational belonging is a key bridge. People describe growing close to God through “being known” inside the parish family.   |
| Personal Prayer & Devotions      | ≈13%   | Personal prayer/devotions (~7%), Scripture/Bible study (~4%), Retreats/Missions (~4%)   | Many parishioners say their closeness to God grows through consistent practices—daily prayer, Scripture reading with a plan or small group, and occasional retreats (i.e., simple habits of discipleship). |
| Family & Youth                   | ≈11%   | Mentions of youth, family, children, school.  | Mentions of youth/family/school indicate many experience closeness to God through family-oriented parish life.   |
| Service, Outreach, Charity, etc. | ≈3%    |   | Service is valued but less central within responses.   |

\* Share = % of responses including words and phrases associated to this theme (i.e., a single response can count toward multiple themes).

Open Question (#49) “What do you believe is best about this parish?”  
“How would you describe or recommend it to someone new?”

Overall brand tends to a welcoming community with Eucharistic-centered worship, strong clergy, and lots of ways to get involved. The sacramental/liturgical depth is what many credit as the enduring good—but the first hook is a sense of belonging.

1,063 usable responses.

| Emerging Theme                  | Share | Sampling (paraphrase)  | Interpretation   |
|---------------------------------|-------|--|--|
| Community & Hospitality         | 46%   | community/welcoming/friendly/belonging<br>“Welcoming community where you feel you belong from the first visit.”  | A common value proposition when recommending a parish (i.e., seldom unique). However, weighting to other themes is more insightful. May also consider this as a doorway that makes other aspects more plausible. |
| Clergy & Preaching              | 22%   | priests/homilies/pastor/preaching<br>“Mass and preaching that actually draw you closer to Jesus.”                | Priest presence and homilies are notable and frequently mentioned positively – a proven spiritual lever in how people ‘experience’ the parish.   |
| Eucharistic Liturgy & Music     | 17%   | Mass/Eucharist/Adoration/Holy Hour/Confession/sacred music/choir   | The parish’s spiritual center of gravity. Many point to the Eucharistic, homilies, and music as what makes all other welcoming holy.   |
| Family & Youth (incl. School)   | 15%   | families/children/youth/school<br>“Families and kids are supported; there’s a place for everyone.”               | Families particularly notice concrete supports. School/youth/kids’ ministries show up strongly in “best about” answers.  |
| Ministries, Service & Formation | 13%   | opportunities for/ministries/Bible study/volunteer/outreach<br>“Many ministries—easy to get involved and serve.” | Breadth of ministries exhibits as an easy opportunity to get involved.   |
| Beauty & Environment            | 7%    | beautiful church/sanctuary/space   | Aesthetic elements matter, and parishioners highlight a sense of sacred beauty, cleanliness, and well cared for environment.   |

Open Question (#50) “What do you believe is in greatest need of improvement at this parish?”  
“If you could fix one thing, what would it be?”

The share of certain themes does not *necessarily* stack rank problem issues so much as it charts a potential arc to parishioner mindfulness:

- 1. Reverent & Beautiful Worship
- 2. Strong Youth Pathways
- 3. Structured & Intimate Belonging
- 4. Ease & Clarity in Participation

950 usable responses.

| Emerging Theme   | Share* | Sampling (paraphrase)  | Interpretation  |
|--|--------|--|---|
| <b>Worship quality:<br/>Liturgy reverence &amp;<br/>sacred music</b>   | 20%    | “Greater reverence at Mass and more consistent sacred music.”              | Calls for greater reverence, music quality/fit, and consistency. When quality of worship is perceived as strong, it’s credited; when it’s not, it’s the first thing people would fix.                                   |
| <b>Youth &amp; family support</b>  | 17%    | “More for teens and young adults so they stay engaged after Confirmation.” | A pipeline for the young offering practical support for families and children (including teens and young adults) that extends beyond sacramental prep.  |
| <b>Small groups &amp;<br/>community-building</b>   | 13%    | “Create small groups so newcomers can form friendships.”                   | Desiring a belonging beyond warm sentiments and events, many ask for more structured and repeatable ways to build real relationships (e.g., small groups, fellowship, connection points between strangers and friends). |
| <b>Scheduling &amp;<br/>accessibility</b>  | 11%    | “Confession times and childcare that working families can actually use.”   | Mass, Confession, and Adoration times as well as childcare/nursery, parking, and general accessibility issues are mentioned – particularly for busy families and working professionals.                                 |
| <b>Ministry on-ramps &amp;<br/>volunteer coordination</b>  | 8%     | “I want to volunteer, but it’s unclear how to get involved.”               | This is less about the number of ministries and more about organization and visibility. People express a desire for clearer entry points to serve, better coordination/recruitment, and follow-through.                 |
| <b>Also mentioned:</b> Parish Family Unity (7%); Confession & Adoration availability (6%); Better homiletic content/length/clarity (4%); Communication being more clear and timely (4%); Facilities (3%) |        |  |   |