



Facilitator Reflection Sheet

Before the *On the Journey Retreat*

Thank you for accepting the grace to facilitate this retreat for women in your area. In order for us to continue developing this *Ministry of Mothers Sharing* retreat movement, we need your feedback. Thank you in advance for taking time to record your reflections on the back of this form and **send them to us along with the Participants' Feedback Forms** so we can make improvements in the content, process and themes.

We will appreciate feedback from each team member individually. We hope that you will plan a follow up meeting to discuss the retreat, review the participants' feedback and share your completed form with each other so you will continue to grow as a Retreat Team.

A handwritten signature in cursive script that reads "Paula Hagen, OSB".

It is essential that you take time to reflect on your own skills as a facilitator as you attend the planning meeting. Select three areas you want to focus on, such as:

For a **beginner** it may be:

- 1. Creating a prayerful, reflective environment inside myself and in the room.
- 2. Staying on the time schedule.
- 3. Presenting the material clearly.

For the person **more experienced** giving retreats it may be:

- 1. Focusing on a particular section of the retreat (i.e., the prayer ritual).
- 2. Staying focused on the topic.
- 3. Creating a positive theology of God's unconditional love and presence in our lives.

The three areas I want to focus on are:

- 1. _____
- 2. _____
- 3. _____



After the retreat, reflect on how God's grace was present in the experience of facilitating the retreat.

Please send the completed Participants' Feedback Forms and both sides of this form to:

Sr. Paula Hagen, Retreat Director
Ministry of Mothers Sharing National Office
2675 Benet Road, St. Paul, MN 55109

Facilitator Feedback Form

After the *On the Journey Retreat*

Name _____ E-mail _____

Home Address _____ City _____ State _____ Zip _____

Home Phone _____ Parish _____

Parish Address _____ City _____ State _____ Zip _____

Date of Retreat _____ # of Participants _____ # of Facilitators _____ # of Parishes Represented _____

Retreat: *Choice-making* *Emptying Your Cup* *In God's Hands* *Listening with the Ear of Your Heart* *Transitions*

What was your role? Presenter Guardian Angel Prayer Leader

1. What were the high points in the retreat for you?

2. Were you able to present your part of the material clearly? Yes No
3. Were you able to create an environment of hospitality and a sacred prayer space for the retreat? Yes No
4. I wish to receive the *Ministry of Mothers Sharing* e-newsletter Yes No Already Do
 E-mail Address: (if not provided above) _____
5. Did you sense that the women at this retreat were moved toward a closer relationship with God?

6. What did you learn about your ability to create a sacred space for persons to grow spiritually?

7. How could the content in the Participant's *Journal* be improved? (Please be specific)

8. How could the process in the *Facilitator's Guide* be improved? (Please be specific)

9. What would you do differently next time?

10. What themes would you suggest for our next three-hour retreat?

Ministry of Mothers Sharing

An outreach ministry of the Sisters of St. Benedict of St. Paul's Monastery