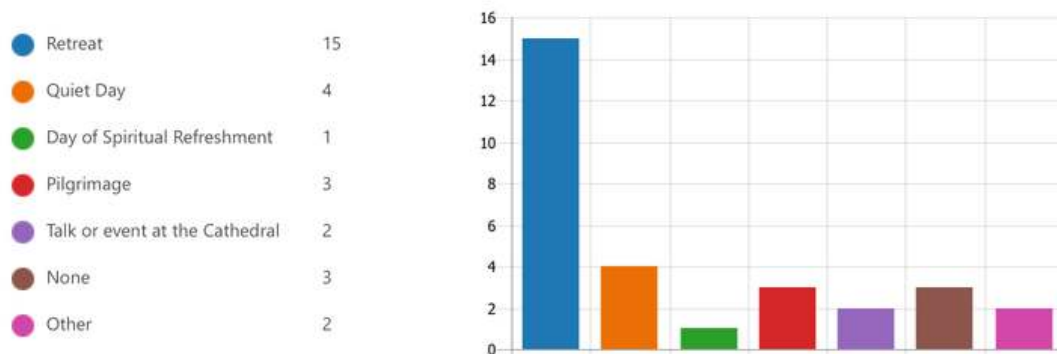
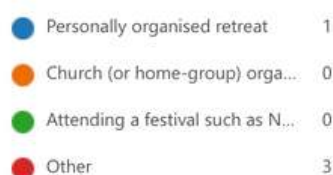


1. Which 'Year of Spiritual Renewal and Wellbeing' event(s) did you attend? (Select all that apply)



2. If you didn't attend any events organised through the 'Year of Spiritual Renewal and Wellbeing' but did do something active in terms of renewing yourself spiritually during the year, please indicate what type of activity this was:



## Q.2 'OTHER' RESPONSES:

- HTB Focus
- Embarked on the Spiritual Exercises of Ignatius of Loyola in three 10 day stages
- Made the lent course with a meal prior.

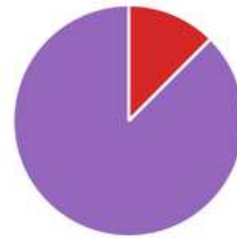
3. If Q2 applied to you, perhaps you can share what you experienced here and the impact it had on you.

## Q.3 RESPONSES:

- Two wonderful 10 day retreats at St Beunos in North Wales, with another to come in the New Year. The best retreats I've ever made. The most demanding, but also the most worthwhile. After 12 years in ministry I've really needed some deep down refreshment and reorientation. I felt able to ask to do this because of it being a year of spiritual wellbeing.
- Had / provided a meal before lent course , more attendees who seemed to appreciate and helped with preparing for the course each week .
- The pilgrimage to Sweden was enlightening and we did a "swedish pilgrimage" in our deanery this year (Luton) and plan to do three more . As a church (St Mary's Luton) we were grateful for the subsidy & advertising for our Retreat in Daily Life. As a result we had our biggest year.

4. If you attended a retreat, how would you rate your overall experience?

|           |    |
|-----------|----|
| Very poor | 0  |
| Poor      | 0  |
| Fair      | 0  |
| Good      | 2  |
| Excellent | 14 |



5. Please share any specific comments and let us know which retreat(s) you attended:

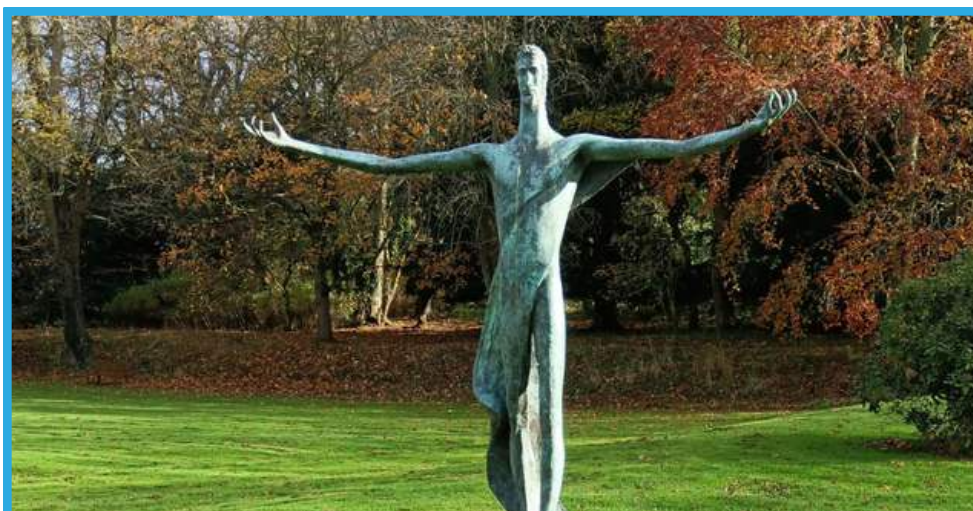
Q.5 RESPONSES:

- Ignatian retreat at Launde in Nov. This is one of the best retreats I have ever done! It was so well led and provided the right balance of input, guided prayer times and space.
- I attended the retreat at St Beuno's in June which I would have been prohibitively expensive without this opportunity. The retreat was well run, in a beautiful setting, with an excellent spiritual director. It enabled me to draw closer to God and find strength and peace, inspiring me for ministry. I connect with Ps 42 on a new level and seek to refresh that spiritual longing throughout the year.
- I attend the retreat at St Bueno's, which was very good. Facilities were excellent and I enjoyed the silence and the beautiful countryside and it felt like a real break from ministry.
- I attended the Ignatian retreat at Launde. I had only been in the diocese a few weeks and it was a great retreat at the perfect time providing not only space and time with God, but the opportunity to meet with other clergy from the diocese and get to know some people.
- St Beunos is great for taking silence seriously, and excellent spiritual direction in the Ignation tradition.
- St Mary's Wantage was a lovely place to spend a few autumn days in the silence... to reconnect and be still.
- Self-guided at St Katherines - gave me space to think and plan with God for the future
- Ignatian retreat at Launde - much need needed space to reconnect with God and myself, and to listen to what Jesus had to say to me. Just beautiful - the perfect balance of input, space, quiet, and community. Thank you
- I attended the Ignatius of Loyola and the experiences of women at Launde Abbey from 4th to 6th November. The retreat was very well led - thank you to all who organised it. I found it deeply restorative and stimulating and was left feeling renewed and ready for the week to come. I have never been on a led retreat before, mostly due to the costs involved and having this retreat so heavily discounted enabled me to enter it with a "what have I got to loose" attitude rather than worrying about getting my money's worth! I now feel confident to book further retreats knowing that they are worth every single penny - and I am sure that these periods of rest and renewal will contribute positively to my ministry and relationship with God.

5. Please share any specific comments and let us know which retreat(s) you attended:

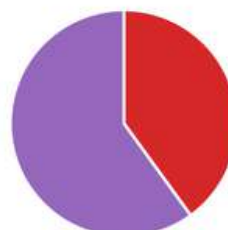
Q.5 RESPONSES CONTINUED:

- Plelshey with Lizzie Hood, excellent.
- I went to St Mary's Wantage. I didn't realise the retreat would be in silence (was that stated?). It was wonderful. A very good retreat centre, excellent care and food, plenty peace. The spaces and the chapels were great for reflection. The services with the nuns were beautiful. I have struggled to find a retreat centre in the past that suited me and now I know of this one. I hope to return. I am very grateful for this opportunity.
- St Bueno's - Great space, great location, good food & nice accommodation. Loved the silence and top quality spiritual Direction.
- I attended a Launde Abbey retreat which turned out to be a silent retreat. I don't know if I would have booked it had I known it was a silent retreat beforehand but I am so glad I went. The time of quiet was very much needed and the treat of being cooked for meant I didn't distract myself with the busyness of my normal routine.
- Retreat at Launde Abbey - Meeting God through story: Ignatius of Loyola and the experiences of women. This was a good retreat. I was challenged and fed. I returned having received my desire. I picked this up via a Diocesan Women's Network email and understood this to be a women's only retreat. On the diocesan website it wasn't advertised in that way. Earlier in the year I joined the pilgrimage/retreat to Vadstena. This was good, but it felt like it had too much of an outcomes agenda. What we do? What could the diocese do? This was valuable but it didn't leave me feeling that I had been on retreat/pilgrimage. It felt more like a conference/learning opportunity
- I attended the retreat on Women's Experiences and Ignatian Spirituality at Launde Abbey in November, led by Kate Pearson. I found it a wonderfully refreshing time, both because of the location and the context. I would also say that I found it particularly helpful to be a women-only space. I found that the reflections and conversations were different and I felt that we heard a greater variety of voices. I would greatly appreciate something similar being organised and offered in the future.



6. If you attended a pilgrimage/day of spiritual refreshment/talk at the Cathedral, how would you rate your overall experience?

|           |   |
|-----------|---|
| Very Poor | 0 |
| Poor      | 0 |
| Fair      | 0 |
| Good      | 2 |
| Excellent | 3 |



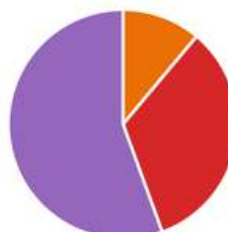
7. Please share any specific comments and let us know which event(s) you attended/took part in:

#### Q.7 RESPONSES:

- I attended the Remembrance Embroidery workshop at the Cathedral in November which was an enjoyable day, of fellowship with a spiritual focus while I learnt a new skill. It was led brilliantly by Rev'd Sally Prendergast, who was very generous in providing us with a kit with all the equipment we would need to complete a goldwork embroidery. There was clear spiritual focus and connection in her teaching and the resources she used.
- Peace, Remembering and embroidery workshop. I have never done anything like this before but have been searching for an activity that would promote mindfulness/being in the moment. This workshop allowed me to try a new skill and connect with the other people there. It was a good experience and very well led.
- The Peace embroidery day. It was a great day of being still and crafting but I expected a bit more Faith based input.
- I went on the Vadstena pilgrimage. Unfortunately I was ill while there so was not able to take part in the walks but they did inspire some work subsequently. I found the retreat centre welcoming, with good food and the trip gave me valuable space to think. The dorm facilities were basic and 5 sharing a room/bunk beds and toilet/shower was challenging.

8. To what extent did the event meet your expectations?

|            |   |
|------------|---|
| Not at all | 0 |
| Slightly   | 1 |
| Moderately | 0 |
| Mostly     | 3 |
| Completely | 5 |



9. If you attended more than one event or activity, you can add more details here (optional):

#### Q.9 RESPONSES:

- I also attended Wildfires festival which is something I do every year and find very spiritually nourishing, it is something I organise for myself
- Personal retreat x2, meditation in the Christian tradition at Launde Abbey. 'into the Silent Land'

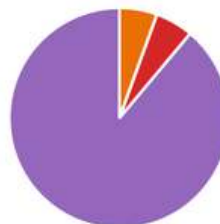
10. Could you let us know in what ways the experience helped you spiritually or with your wellbeing? (optional):

Q.10 RESPONSES:

- The Ignatian retreat helped deepen my prayer life and provided value space to pray which was very good for my wellbeing! Also the food at Launde is excellent which helps!!
- Following this experience I have made it a priority to set aside time for spiritual renewal and take opportunities for a retreat, pilgrimage and other ways to encounter God.
- I have used Ignatian spiritual exercises before and found them an exceptionally helpful way of engaging with God, the retreat reinforced that. It was the first time I had used them in a group setting and this was enriching in itself.
- The opportunity to be away and be still. To have something planned in the diary that was paid for and therefore non-negotiable was very helpful. Day retreats and weeks tend to get lost with the business and busyness of parish life.
- I returned feeling spiritually refreshed, which has made the run up to Advent and Christmas feel more about God and less about 'all the stuff'! My spiritual director noted that he saw a real different in me on my return from Launde - and that was two weeks afterwards!
- I have become aware that I struggle to 'let go' at the end of a busy day and I was looking for an activity that would allow me to unwind and be more 'in the moment' rather than thinking about work. Attending the workshop allowed me to try a new hobby - I am undecided if I will take it any further but I am very glad to have done it.
- It felt good to be getting 'back to basic' and reorientating myself to prayer.
- Both experiences gave me space to reassess my ministry and on the first I was able to make some tough decisions. At the retreat I was able to use the silence and space to finish the final edits on my MA thesis, something I have wanted to do for a very long time. I have thanked the organisers of the year directly but wish to do it again here. It has been very valuable to me personally and has helped shape my ministry going forward. Overall I felt seen by the diocese, in that it was an opportunity to recover from the exceedingly difficult pandemic and subsequent years. I am very grateful for these opportunities.
- Deepened my prayer life hugely, helped me 'Be still' & to 'come away to a quiet place'.
- It meant I carved out time to be still which I probably (definitely) don't do enough of. I'm very much a Martha so being free to be Mary was a blessing.
- Both retreats nourished me. However, Meeting God Through Story: Ignatius of Loyola and the Experiences of Women had a more positive impact on my spirituality and my sense of well-being. The pilgrimage and retreat to Vadstena also provided me with inspiration and energy to be proactive in bringing pilgrimage to the deanery.

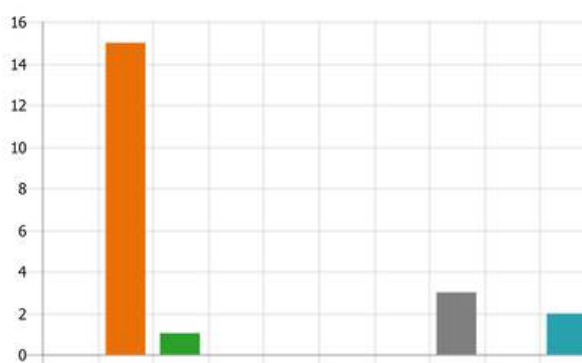
11. How likely are you to recommend a similar experience to others?

|               |    |
|---------------|----|
| Very unlikely | 0  |
| Unlikely      | 1  |
| Neutral       | 0  |
| Likely        | 1  |
| Very likely   | 16 |



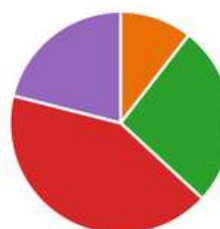
12. Do you have a ministry role?

|                                      |    |
|--------------------------------------|----|
| Children's, Families' or Youth ...   | 0  |
| Clergy                               | 15 |
| Clergy spouse or partner             | 1  |
| Enabler (Discipleship, Pastoral,...) | 0  |
| Lay Leader of Worship                | 0  |
| Part of a ministry team              | 0  |
| Parish administrator                 | 0  |
| Reader                               | 3  |
| Not Applicable                       | 0  |
| Other                                | 2  |



13. To what extent has the experience contributed to your personal wellbeing?

|                    |   |
|--------------------|---|
| Not at all         | 0 |
| Slightly           | 2 |
| Moderately         | 5 |
| Significantly      | 8 |
| Transformationally | 4 |



14. Would you like to share a little more? In what ways has it done this? (optional):

Q.14 RESPONSES:

- Since attending the retreat in June, I have maintained a better life balance, and set aside time for spiritual connection on a regular basis. I feel more confident in ministry and less stressed, drawing on God's peace. I am inspired to developing a new skill in embroidery, with a spiritual focus
- I hadn't managed to take a longer retreat (for than a couple of nights) for a while, so this was a really helpful and encouraging way to do it.
- It was the perfect timing 6 weeks into a new role, an opportunity to draw breath and step outside the busyness of parish life to engage with God.

Q.14 RESPONSES CONTINUED:

- I felt love and affirmed for who I am, and a renewed sense of Trust that Jesus is right there with me, even when the job seems overwhelming.
- Its a bit too soon to say too much more because both the retreat and workshop were in November. Mostly, the events have enabled me to focus on my well-being and have helped me to recognise the importance of self care.
- I was able to have the space to consider difficulties with my ministry and set some priorities.
- Transformed my prayer life
- I already enjoy a pattern of regular writer days and annual retreats, this fitted into my existing pattern.
- It provided a space for renewal and refreshment with people that I really connected with. I also learned some new approaches to prayer to incorporate into my practice.
- I now understand the difference it makes when I take time out to be still. I fully intend to set times throughout my 2026 diary to allow for some form of retreat.
- As a result of the Meeting God Through Story: Ignatius of Loyola and the Experiences of Women I have begun to develop the practice of the examen. While participation in the pilgrimage and retreat in Vadstena I have become involved in encouraging pilgrimage within the deanery
- I went to Sweden the right time after my father died. It gave me time away and meeting new people from the Diocese. As a local vicar you don't tend to meet that many people from the wider diocese.



15. Have you made any lasting changes to your spiritual practice or rhythms as a result?



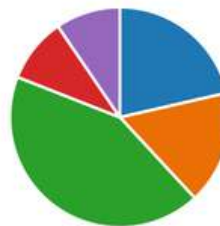
16. Would you like to share a little more? In what ways has it done this? (optional):

Q.16 RESPONSES:

- It was only last week but I intend to engage more with this kind of spirituality
- I now include a weekly rhythm of meditation and walking and have found I am entering more deeply into prayer in my daily offices.
- It has reignited my passion for ignatian spirituality and is something that I shall engage with more often.
- Use of Examen at night. Hoping to use more imaginative prayer going forwards. I've already started using with my PCC and church more broadly, but would like to use it more personally as well as with others.
- At the moment the changes are minor but I think they will become significant in the future. Following the retreat I have bought a book to encourage further self development - the book is keeping alive that feeling of stimulation and transformation. I think the challenge will be maintaining this commitment to change.
- It's given me a discipline & rhythm to my life by practising regular silent meditation & attending weekly online practice sessions. I hope to book on their silent meditation retreats in 2026.
- I learned a new spiritual exercise and I have added a monthly note to my diary to repeat this. I also intend to explore a retreat in daily life to do the Ignatian exercises in the future, inspired by this retreat.
- The changes may be small but they are significant and sustainable which I think is more important. I am keeping quiet times more regularly (almost every day) and have found ways to claim pockets of time to talk to God throughout the day. I didn't really understand how to do this before.
- implementing the examen as part of my discipline
- I have started leading pilgrimages!

17. How did you hear about the Year of Spiritual Renewal and Wellbeing? (select all that apply)

|                                   |    |
|-----------------------------------|----|
| Diocese of St Albans website      | 9  |
| Diocese of St Albans social me... | 7  |
| Email bulletin from the Diocese   | 18 |
| Deanery Synod Meeting             | 4  |
| Other                             | 4  |



OTHER RESPONSES:

- Through a colleague before I joined the diocese
- PCC meeting
- Diocesan Women's Network
- Verbally from all over. In addition I have a church member of the committee.

18. Would it have been helpful to have other forms of communication to let you know about what was on offer or opportunities to have your say? Please add your suggestions or comments here:

3 Responses, all saying 'no' or 'not for me'.

19. Any other reflections or suggestions? (Optional)

Q.19 RESPONSES:

- I came to fill in this feedback form mainly to say thank you for providing an online retreat option. I am a female Incumbent with a young toddler and getting to places for a retreat has felt like a luxury that I can't timewise afford. I was therefore delighted to see the online option and I am thankful to whoever put this in place as it will be of high value to me.
- I think the year both gave us 'permission' to really make sure we took time off for retreat, and it made it easier financially. As retreats often cost £500 or so for 4 nights, this is a significant cost, when compared to e.g. the cost of a family holiday. So having it heavily subsidised meant it didn't feel like a luxury that I shouldn't spend on... It would be so helpful to have this available longer term.
- I was disappointed that the Year of Spirituality and wellbeing was not available for more people - eg congregation members. I thought there might have been, for example, retreats or courses on prayer and spirituality that anyone could join. For me personally it has been great to be able to do what I have done.
- What the diocese could do that would significantly improve mine and my family's wellbeing would be to spend money investing in improving vicarages rather than paying for discounts for people to have a break away.
- Just to say a massive thank you to all those who have worked so hard to make this possible, as well as to the charities who subsidised the retreats etc.

19. Any other reflections or suggestions? (Optional)

Q.19 RESPONSES CONTINUED:

- Having a year dedicated to wellbeing and spiritual renewal has helped me to take seriously the need for self care. It has also helped to recognise how well the diocese does in supporting clergy.
- Just a big thank you - it was a very generous offering from the diocese, and much appreciated, both the thought and the actual events.
- It was encouraging and valuable to have Bishop Richard attend the Vadstena pilgrimage.
- There appeared very few opportunities for lay people to attend a retreat . It endorses what appears as our ministry team behaviour that lay ministry is not valued or worthy. There are fewer priests , I believe we should encourage lay ministry (not necessarily licensed reader as not often appropriate)
- Just an admin note: while I am grateful that I didn't know my retreat was silent until i got there (or two days before), I am aware that two others also booked onto retreats where important information was not advertised at the point of booking.
- This was a really valuable year which I hope will be repeated. Even just the reminder that we need to reflect on and consider our spiritual wellbeing was important, and the retreat that I attended was excellent.

