



**FORMATION DAY EVALUATION
LAY LEADERSHIP/CATECHETICAL LEADERSHIP/
LAY ECCLESIAL MINISTRY
ADVENT DAY OF PRAYER
DECEMBER 3, 2022**

The presenter will not see individual evaluations. She will receive a summary of all the responses. **Please include your name so we can record that you have completed the evaluation.**

Student Name _____

Presenter: Joy Anderson

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Not Applicable
1. The goals of the day were clearly stated.	30	5				
2. The presentations were well-organized.	33	1	1			
3. The instructor was well-prepared.	31	4				
4. The instructor presented content clearly and effectively.	32	3				
5. Handouts and/or visual aids were effective.	28	7				
6. Group discussions and processing were effective.	23	7	2			3
7. I can apply formation day learnings to my faith and ministry.	33	2				

What I found most helpful from this Formation Day was...

- Learning how to find the right headspace to mediate.
- Today is a perfect day to be present during this Formation Day. I have learned different forms of prayers: Ignatian Meditation way, Lectio Divina and Centering Prayer. These give me also a full review of my prayer life which I have been practicing in the past and overlooked to do it due to busyness and multi-tasking in my day-to-day life. It was such a great recollection/retreat and a great way of returning my heart to God. It was such a great preparation for His coming to open the eyes of my heart to feel Him so he can dwell. He is always waiting every day to enter into my heart to have that intimate relationship. Because of my failings and sins, it clouds my path. Spiritually, He desires more of me than I desire more of Him. So, through these different methodology of prayers helps me to unlock the door of my heart so Jesus can enter in. Having this relationship, He can teach me what it takes to be one of His missionary disciples; to bring good news and glad tidings to the poor and the weak. What a gift from God during this Christmas!
- Learning the different types of prayer and the realization that I don't need to learn the perfect prayer, instead I need to carve out my time and create a space for prayer.
- I liked that we actually practiced three types of contemplative prayer. I am so happy we were given a journal notebook and we took the time to actually journal. It was very good to do that – to get some ideas down on paper. Lots of ideas of how to organize prayer time for daily prayer.

- How she was able to share and to open us up to the Lords prayers. She was great in explaining Advent and how we need to create a prayer space.
- The day was awesome! Just what I was needing. A great way to start Advent. Joy was a "joy" to listen to and learn from.
- I felt God's presence in the prayer/meditations throughout the day. I really liked the Ignatius meditations. The handouts are great too.
- This was outstanding. Clean, concise explanations of Ignatian meditation, Lectio Divina and centering prayers.
- Experiencing the three forms of prayer was terrific. I need to develop a better means of communication with God. I need to start to listen better and listen more. I am confident that Lectio Divina, centering prayer, and Ignatian meditation will help me to do that.
- I love how you talked about incorporating these prayers in your daily life, such as doing chores. I find that as the day gets busier, I tend to drift away from God, so this was helpful for me to try it out.
- All of the meditative/contemplative prayer forms were very helpful! I've always focused on studying scripture with commentaries, but have not really prayer with scripture, so this opened a whole other facet of listening to God speak to me through His word.
- The actual practice of prayers (methods) while being guided by Joy. Good presentation of the three methods with history of the forms.
- I received tools/advice about doing a better job personally to engage in prayer.
- Thank you, Joy! I am so grateful for the Advent Day of prayer formation. I was aware of the three prayers but never really knew how to use them. These prayers will be part of my daily routine to bring me closer to God.
- How to stay in prayer: the background music was very helpful. Meditation was very helpful.
- Learning more ways of prayer. Being provided resources from instructor and other students in the class.
- Learn ways to pray and use methods of prayer.
- Rest in God 😊
- This was the clearest instruction I've had on these forms of prayer. It was difficult for me to really get into it in the classroom, but I feel prepared to try it on my own.
- How important prayer is – great to see so many peers who are so prayerful – wonderful role models for me. (I have much to learn!) Excellent exercises to practice various prayer methods – well done!
- All this content has been helpful. Ms. Joy is truly and meets all her name fully. What a joy and soooooo inspiring!
- I love the joy that Joy exudes, it is obvious it is the joy of the Lord. Joy is perfect at leading meditative prayer. Her tone, word choice, cadence was all perfect.
- I didn't know I knew the name of centering prayer. I now feel comfortable doing this.
- Everything! It has been a wonderful day to experience such powerful methods of prayer. I truly appreciate gaining a little history but really allowing for the experience. The journals with stickers were also so helpful to focus my monkey mind in a short amount of time.
- Of course, the three types of meditative prayer.

- Practice of each prayer type.
- The ability to sit quietly and be reminded that God speaks in silence.
- Was how to truly prayer the different types of prayer.
- My struggles in prayer – meditating, reflecting, my time with God. Finding a place for prayer is important to connect with God.
- The sharing with colleagues and the moments of reflection. It was great to connect with God through silence/prayer/meditation.
- Actually, doing the three ways of prayer. The journal questions on the labels were awesome.
- It was helpful to spend class time on prayer. The additional resources are appreciated.
- The different types of meditative prayer will be helpful to me in my prayer life. This is a good thing for the advent season.

What I didn't understand from this Formation Day was...

- Everything was well detailed.
- In my perspective, this formation day topic and lecture were all clear. The presenter was trying to make this Advent clear to us.
- n/a
- why centering prayer in controversial
- how can we bring content back to our parishes

My suggestions for a future Formation Day would be...

- Anything mental health related with religion and youth
- Make it longer or create a retreat, or make a part of a retreat maybe a mid... academic year... retreat
- Would love to have her back
- Please do this again
- Bring Fr Ryan in for a day on Vatican II. He mentioned it last year and I would love to participate in it.
- I loved the music during the prayer times. I am just starting to learn how to be an agent for helping people in their prayer lives, so learning more about how to do this in a parish would be helpful.
- I would love to have this presented over several days (e.g., RCIA intensive). Because of the importance of the subject matter, it would be great to have more than 6 hours presented.
- More meditation and prayers
- Mariology
- Day of Lentin reflection
- Once again healing but from the perspective of healing our wounds. Deacon Tom gave a wonderful perspective, but I still feel we need to allow time, space, and resources on healing
- Unbound ministry and inner healing

- Good online resources for adult faith formation programs
- Coffee available on the same floor, snacks if possible
- I think formations are very well organized and planned
- I would have liked the history of what we talked about on the slides. Would have liked small group processing but understand why we didn't do it.
- This formation day was well placed, many people needed this. It was perfect for me.

Other Comments:

- I like the meditation, but I thought it was kind of a lot. Especially being online, it was really hard to focus on the meditating. I turned my camera off to try and concentrate but it was still a bit hard. I think if we did one 20-minute meditation, that would have been good. :)
- I love being able to breakout in small group, was sad we couldn't do that today.
- Joy Anderson, the presenter was a dynamic, excellent speaker. She speaks from the heart.
- Joy was amazing. Her smile bought me joy.
- I didn't know what to expect. I found Joy's presentation so uplifting, something new, something that resonated with me. Great combination of calling the Holy Spirit to work in our lives. Ironically slowing us down so we can grasp Him.
- I loved it! Thank you, Lord!
- You can tell Joy has lived a life of prayer and has a deep spiritual life.
- Joy is a gift! Wonderful formation day!
- Really enjoyed day!
- Joy Anderson is truly a joy! Inspirational!
- Thank you for amazing day to focus on preparing a way for the Lord this season. It was an answer to my prayers, and I didn't even know it!
- Thank you to all staff and everyone behind the scenes for all that you do for all of us. We are beyond grateful, and God is too good to us! Once again, thank you!
- Merry Christmas!
- Great! Enjoyed it!
- Thank you!
- Best formation so far!
- Room temp was a little warm 😊
- Thanks!
- The presenter mentioned that she needed to cut short some things. Could have left out the historical parts of the types of prayer, and more talking about or sharing in small groups about how the prayers affected us.