

Joining the Dots: Holy Rosary College

1. What did you find most helpful about the programme?

- The insightful nature and way in which we discovered God and God's work.
- Helping me to think about my faith in a whole new manner
- Learning to appreciate the simple things in life

- It gave me time to think about very important things - my own faith, my faith at work in my job, my mission
- It slowed me down and gave my soul time to renew itself - such a treat on a wintery Monday evening

- Where do I start? As the weeks progressed our confidence and comfort with each other increased. I have really found that this programme has helped me as a teacher and person. That spirituality and the teaching of the Catholic tradition are something that I hold dear. I may not have taken the time to stop and see this before - so thank you.

- It made me 'take time out' and was so so worthwhile to put God in context of our everyday work.

- I found it all so helpful. I really found it such a good time to relax after a busy day. The best thing about it was it brought me closer to God and now makes me want to live more like Jesus. I feel more at ease since the beginning of the course.

- Having the opportunity to take time to think about, to reflect on my relationship with God and how I live as a witness to the Gospel message.
- The chance to put my faith and my relationship with God back into focus in my life.

2. What did you find least helpful about the programme?

Difficult to switch off from a busy day - very close to end of school time - but practicalities - no other way.

All that was covered was useful

I found it all helpful - thank you!

Initially my ability and knowledge to articulate what I wanted to say - but with the support of everyone here, this improved dramatically.

3. Any further comments or suggestions?

- I wish in a way that more colleagues got the opportunity to experience this - the day sometimes is way too busy and long and it would have been much easier to not partake but I for one am delighted that I did - thank you.
- Come back with another Join the Dots programme please!
- There was a calming nature to the class and left me feeling more spiritual and enthusiastic about my future and my relationship with God. Thank you.
- Loved the 'quietness' and the getting in touch with oneself. An appreciation of what we have inherited here in this school and a determination to continue the ethos of Sisters Dymphna and Assumpta. Thanks Amalee
- The mix of meditation, music, art, scripture and most of all the people in the group made it something I will always appreciate.
- It gave me an opportunity to talk to other teachers in a different way. It was very relaxing. It was very therapeutic and Amalee's presence was so peaceful and warm. Thank you.

Joining the Dots: Mercy Mounthawk

What have you found most helpful about the programme?

- "The opportunity to think at ease about myself in the light of my faith. My faith was nurtured and strengthened throughout these seven weeks. I needed this guided time more than I knew."
- "Time out to reflect is essential. I felt that it was 'my' time in this week. It has given me a focus on my work here in school for 6 weeks - and I really want to keep that focus going."
- "I really found the programme helpful in looking and reflecting on my own spirituality. The programme gave me a greater appreciation of scripture. I found myself asking myself so many real questions."
- "Finding the spiritual side of myself, looking at my relationship with God and relating this to students that I teach. I reflected a lot."
- "The reflection process - accessing self through reflection action. Raising questions of faith/spirituality and allowing them space in my hectic life. Honest engagement of the whole group in the process."
- "It helped and pushed me to think about myself, God, and how I relate to others, [things] that I would normally not think about or ask myself."
- "To take the opportunity to mediate and reflect on what we're about as teachers. Also, to discuss this with others in the group. A great opportunity for openness and sharing with colleagues."

Joining the Dots: St. Mary's Mallow

Participant's comments:

"I really enjoyed the time for spiritual reflection with other people, the combination of intellectual rigour and the experiential, and the prayerful relaxation."

"The atmosphere was very relaxed and friendly."

"[Joining the Dots had] a lovely, respectful approach. Very good time management, facilitation and clear content, with a lovely blend of literature, theology and art. Thank you so much."

What have you found most helpful about the programme?

- "Gathering as a searching community as distinct from a professional body."
- "The mystery of how God is at work in each person is very evident and heartening."
- "Time out to reflect and ponder the many questions I have wanted to explore for so long."
- "Talking to colleagues at a different level, so much deeper than "shop" talk."
- "I was glad of the opportunity to hear and read Scripture portrayed in a most enjoyable way. It has jogged my belief in God."
- "Having the opportunity to reflect on my spirituality and give myself space to think about me and where I'm going."