Court Mary Immaculate 1719 Retreat

Theme: Rooted in Christ, Together We Grow, Together We Serve God's People

October 3, 2026

28 of 34 participants submitted evaluation responses.

Workshop Evaluation Rate each item: 5 = Excellent, 4 = Good, 3 = Average, 2 = Fair, 1 = Poor					
Evaluation Item	**1**	**2**	**3**	**4**	**5**
How would you rate your retreat experience overall?	☐	☐	☐	☐	☐
Responses : 26 = Excellent 1=Good **Spiritual Growth**					
Did the retreat deepen your spiritual growth? Responses 27 = Yes	☐ Yes ☐ Somewhat ☐ Not much ☐ No				
Please describe any moments that had a meaningful impact on you: Church religious background history exercises. All of it. The whole retreat. Questions & breathing exercises. Quietness & prayers. Sharing personal experiences. Quiet moments. Get out of yourselves! Time, quiet, silence, and listen. Have a better understanding, who I am, what I am part of & what I can do with carry out the mission of God. Reflections. The reflection times had the most impact. Our time of quietness, discussion of CDA & what it means to us as a whole. Listening. Moments shared with one another-one on one at the table. **Sharing of ideas.** The togetherness and getting to know new people that share the devotion to God as you. Take care of yourself in order to contribute to CDA. Breathing to concentrate. Group sharing, good ideas stated.					

All the retreat.
It made me want to start adoration.
Listening to what others stated.
Reflection opportunity to discuss as a group.

Fellowship & Community	
Did you feel welcome and connected to others? Responses 27 = Yes Got to meet new people.	☐ Yes ☐ Somewhat ☐ No

How could we strengthen fellowship?

To better understand the why -growth of the church & CDA, etc.
Have more retreats.
You all did a wonderful job of greeting everyone and making us feel welcome.
I believe you did a great job strengthening followship. I love the dice game & how we introduce ourselves.
More retreats. (3 responses)
Gatherings like this; shorter prayer group times.
Have more "spiritual" retreat opportunities.
By doing these retreats, this was very interesting and very informative.
By encouraging members to be more active.
Fellowship time was good. We had an opportunity to get know one another.
Continued prayers and meetings.
Having a meeting during one of our monthly meetings to discuss how we are doing, setting goals, & new goals etc.
Become more visible in the community.
Having this type of retreat often.
Emphasize social events, "fall social", Christmas Party, etc.
I thought it was good.
This was excellent.
More gatherings & shared projects with other courts.
Have yearly retreats or 2 retreats per year.

How could we improve future retreats?

Continue building courts in bringing in speakers and new topics.

Smaller table groups (5 people per table). May increase interaction with one another.

Different locations, more time to share ideas and smaller groups.

Half day or all-day retreats with different speakers.

Provide more reference materials like relevant websites.

The retreat felt inclusive with the members. It was great.

This was awesome. (Would be a hard act to follow).

Early flyers for announcement.

Once a year have one of the “older” members bring us their insight.

It was Ok.

Better time management to include more small group discussions.

I think the retreat went very well and flowed well.

I think this was great, was my first retreat and enjoyed the women that I met.

Go to mass together before or after the retreat.

Maybe smaller groups.

Breathing exercises are meaningful.

More exercises.

How we introduce one ourselves

Maybe ask participants what they would like to hear.

More time to comment. Was rushed needed more time.

What did you appreciate about the speaker, and what suggestions would you offer?

Experience.
Very organized and well informed.
She was wonderful – She would be great to continue with us.
Your speaker was excellent!
Very inspiring!
Gracious, listening, synopsizing.
Well spoken, simple presentations.
Welcoming, personal in nature.
Very knowledgeable, faith driven and humble at the same time.
I liked the speaker and how she kept the pace going.
Sister offered information about her experience that was helpful.
More experience and practical examples.
Her inspiring words of listening to God; how we are woman of community who care and listen; our world be better.
Good speaker. Strong ideas and solutions.
The speaker was very good, easy to listen to.

She was very spiritual, sharing with us her beautiful faith and deep love for God and church.
She did an amazing job applying her talk to the CDA organization.
The speaker is wonderful and presented deep ideas rally well. Thank you, Sister!
The speaker was very clear and her delivery was well done.
Good, comfortable speaker. I was a little confused about the focus. Was it personal growth or growing CDA? Or was it both?
She made us think differently about who we are and our purpose.
Yes, she was awesome and needed for this group.
She was so kind and offered a lot of good information.
She was what we needed.
Very knowledgeable, easy to talk to and sharing of experience.

Ideas for Future Retreats

What topics or themes would you like to include?
Setting goals to build our court. Relationship building, Good practice in building a strong liable court. Best practices on building nonprofit organizations.
Retreats geared for senior members and retreats geared for different generations. One retreat to include everyone.
Learning how to listen to one another. Mental illness that effects our families and friends.
How to be open to new ideas and not being afraid to change.
Religious topics and speakers.
Setting goals and vision.
Having members bring ideas on how to build and strengthen groups.
Church history theme. Different culture customs.
Maybe some ideas of how different groups raised money.
No ideas – this was great!
Leadership. Especially important for an organization to develop good leaders. We have many good workers in CDA.
Circle of Love.
Older members to speak of old and new ideas for our court.
Maybe offer prayer time at Adoration if the facility is available.
Service to the poor.
May include a service project.
Not sure about that. This today was good and I truly enjoyed it.
Court histories of their names, i.e. Mary Immaculate, Madonna, Faustina, Skyways
How to concentrate, focus and praise to God. How to pray.
Power of Women.
One to 2 games included.
Growing together and more about sharing what we do.
Action steps on what each of us can do to grow organization vs being afraid to say yes.

__ **Additional Recommendations: Topics and Activities**

- Offer an informational technology session on managing and preparing for AI-related challenges.
- Spiritual growth: How and why do we pray? Why do we attend church, and what does it mean to us? How can we encourage people to return to the Catholic faith?
- Start a book reading club. Discuss faith books together.
- Share strategies for recruiting new members and create vision boards that combine goal setting with spiritual reflection.
- Member engagement: Invite members to share parish updates, volunteer projects, and opportunities to participate.
- Fellowship/Relationship building: Outside court activities such as wine tasting, floral arranging, jewelry making, pottery making, etc.
- Establish Mentor Circles for New Members — Help newcomers integrate.
- Seminar for Working Mothers – Support women balancing home and career.

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Thank you for attending and sharing your feedback.