

APPENDIX ONE

Questions to pilgrims at the beginning of a retreat for example at Taize

- Name, address, nationality, country or city, church affiliation or tradition
- Please share with me aspects of your spiritual story or journey up to now?
- Have you been on a retreat before?
- Is it your first retreat of this kind e.g. at Taize?
- Why did you come, why are you here?
- Are there specific needs to be fulfilled or expectations to be met whilst you are here? What are they?

Questions asked during or just after the experience

- How would you describe your experience of this retreat at this stage?
- What about more specifically the prayer meetings, music, silence, place, atmosphere, silence, solitude, group discussions etc
- Were your expectations met or not? Why?
- Would you say, "This was a meaningful and worthwhile experience for me" or "This was not a meaningful or worthwhile experience to me".

Explain or describe your answer

- If you have been to other retreats before, compare it with this one
- Are you taking back something with you after this or not? Any decisions made or goals because of it? If so, could you describe it please?

Interview questions put to Franciscan monks

At Sacro Convento di San Francesco - in Italy, Assisi

- Name and background
- Please tell me the story of your walk or journey with God
- How did it happen that you became a monk of the Franciscan order?
- How would you describe, what is monastic spirituality for you?
- What would you say is the heart of Franciscan spirituality?
- How does it compare to other monastic traditions for example Benedictine or Taize orders? Similarities and differences
- How would you describe the role of this community within the broader town of Assisi e.g. the poorest of the poor, and local churches/parishes?
- Would you describe this Basilica or Holy Place as a sort of retreat centre? Do people come here as pilgrims to spend a few days here and why?
- How do you see the role or function of retreat in our modern society?
- What is that attract people worldwide to Franciscan spirituality?
- How would you describe your way of life within this specific order, and in what way do pilgrims become part of it while here? What do you think are the impact or influence of the liturgy or prayer times on pilgrims?
- Has monastic life and holy places something to offer society today? Could you elaborate on it?

Interview questions put to Benedictine monks at La Pierre Qui Vire

- Could you please tell me more about the history of this monastery.
- From the moment I arrived here at the monastery I was welcomed in a very special and hospitable way by one of the brothers at the door and has experienced so much love and kindness despite language barriers. Is this the way everyone is welcomed and treated who knocks at the huge door of La Pierre Qui Vire?
- Is it very different from the other Benedictine orders and in what way /
- Tell me more about the presiding Abbot, how is he elected and what is his role and function within the community?
- Could you explain the liturgy or seven prayer offices everyday in the chapel?
- How does Benedictine monastic spirituality view prayer and does your tradition offer a particular way of praying that is also practiced here?
- What to your mind is the main characteristic of the life of a Benedictine monk?
- I noticed that the brothers here are involved in a variety of activities or work. How do monks view work within the context of a monastery and retreatants that come here?
- I also noticed that this monastery is a very quiet place, silence at mealtimes, brothers using words sparingly and an atmosphere of silent reflection. Could you elaborate on/respond to this observation?
- Why would you say are many people drawn to monasteries and retreats and why to this specific place?
- Would you recommend retreat to all people?
- What is your personal view on retreat?

Interview Questions put to Dutch Reformed pilgrims in South Africa

- Name:
- Address:
- Nationality:
- Country :
- City:
- Occupation:
- Church affiliation or tradition:

- Have you ever been on a retreat before? Where and when did it take place?

What did you experience there?

- Why did you come, why are you here?

- Are/were there specific needs that you want to be fulfilled or expectations to be met whilst you are here? What are they?

- What about the specific venue where retreats are held, is the place important to you or not at all?

- How would you describe your experience of this retreat?

- What about more specifically the Divine Office (prayer meetings) music, silence, place, atmosphere, music, solitude, group discussions, icons, colours, ritual, etc. Could you elaborate on it please

- Were your expectations met or not? (Why or why not?)

- Would you say, "This was a meaningful and worthwhile experience for me" or "This was not a meaningful or worthwhile experience to me".
Explain or describe your response
- If you have been to other retreats before, how do you compare it/them to this specific experience?
- Are you taking back something with you after this or not?
Any decisions made or goals because of it? If any describe it please
- Any other input, or response you would like to give?

A narrative interview

Could you please tell me the story of your spiritual journey and how it unfolded over the years up to now at this retreat, you may start as far back as you wish....?

Interview schedule with brothers at Taize

1. What would you say is at the heart of the pilgrimage of Taize?
2. Why has Taize become so popular over the years, especially amongst young adults from all over the world? What is the attraction?
3. Why do you think do young people even the not so religious ones become so easily immersed into the monastic atmosphere and feel at home here?
4. Why is it that pilgrims or retreatants at Taize become much more part of the prayers in the church of reconciliation (definitely not mere spectators as in some other monasteries). Was it like this since the beginning?
5. The popularity of the unique music of Taize, more than ninety different editions published and compact discs distributed worldwide is amazing, why do you think is the music so popular?
6. Could you explain to me the Divine Office or liturgy, and the icons and the colours in the church of reconciliation?
7. What would you say is the purpose and function of the periodic Letter from Taize that Br. Roger writes and published in 58 languages?
8. Could you explain how Catholic and Protestant priests live together in this monastery in spite of theological differences?

APPENDIX TWO

Retreat survey Questionnaire

INSTRUCTIONS please circle the appropriate answers

below

This part of the questionnaire asks for some information about yourself, your church, your faith, and spirituality

1.1 What is your sex?

Male

Female

1.2 What is your age?

Under 25

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75 or over

1.3 What is your marital status?

Single

Married

Widowed

Divorced

Divorced and remarried

1.4 What qualifications do you have?

Still attending school

Diploma

Degree

Honors

Masters

Doctorate

Other

(Specify please)

1.5 What is your occupation?

(Please be as precise as possible)

1.6 What church denomination do you attend currently?

And in the past?

1.7 Have you been on a Retreat before?

1.8 If "yes", When? :

And number of times? :

1.9 Which one of the following describe your preferred spirituality/ your way of experiencing God and relating to Him, the best:

1.9.1 Intellectual/rational/left-brain/logic/reserved

1.9.2 Emotional/feelings/right-brain

1.9.3 Meditative/silent/listening/monastic

1.9.4 Charismatic/exhibitive/joyful noise/extravert/gifts of the Spirit

1.9.5 Good works/busy Kingdom worker/actions for God and others

| | | | | | | | |
|-----------------------------|-------------|---|---|---|---|---|-----------|
| Transformation | very little | 1 | 2 | 3 | 4 | 5 | very much |
| Renewal/regeneration | very little | 1 | 2 | 3 | 4 | 5 | very much |
| To be alone with God | very little | 1 | 2 | 3 | 4 | 5 | very much |
| Rest | very little | 1 | 2 | 3 | 4 | 5 | very much |
| Silence | very little | 1 | 2 | 3 | 4 | 5 | very much |
| To be with Christians | very little | 1 | 2 | 3 | 4 | 5 | very much |
| Experiencing God's presence | very little | 1 | 2 | 3 | 4 | 5 | very much |
| Other (specify please): | | | | | | | |

2.1 INSTRUCTIONS : please encircle the number of the one with which you agree the most:

My definition or idea of retreat is:

2.2.1 To go away from my normal circumstances and life world to a specific place to be with God

2.2.2 To leave the busy, noisy, hustle-bustle atmosphere and go to a place where I can be quiet, experience rest, listening to God and being in his presence in a more focused, concentrated and profound way

2.2.3 To leave my normal routine and circumstances for a different environment where I can spent time alone with God as well as with other Christians

2.2.4 To go away to a place where I can pray, worship, have bible studies play, relax and enjoy the presence of God together with other Christians

2.2.5 Not one of the above (please give another definition then):

2.2 INSTRUCTIONS: rank your preference regarding the following Types or Ways of retreat from 1 to 7, where 1 is the highest and 7 the lowest:

2.3.1 *'Church Camp' type of atmosphere:*

(big hall, dormitories, bible studies,
group interactions, small group
activities, games, lots of singing
and talking, worshipping songs, -----
laughter, playing)

2.3.2 *Retreat with others at a Retreat Centre*

(directed retreat by a Spiritual Director,
different aspects covered depending on -----
who the leader is)

2.3.3 *Silent Retreat*

(mainly silence, lots of solitude, focus is
on being alone with God, waiting, listening, -----
meditating, talking only when absolutely
necessary)

2.3.4 *Charismatic type retreat*

(more "noisy", joyful noise to the Lord,
gifts of the Spirit, praise and worship, bible -----
teaching on the Holy Spirit, prophecies, prayers)

2.3.5 *Personal Retreat alone at a Retreat Centre*

(a non-directed retreat, no spiritual director, not -----
within a group or with others)

2.3.6 *Monastery type Retreat at a Retreat centre or a
"Holy Place"*

(Chapel/Cathedral, specific divine offices or prayer times in
chapel, enough time for silent meditation, listening
prayer, alone and together with others before God, short
scripture meditations, more time to spent time alone -----
with God, longer periods of silence alternating with shorter
group discussions, more subdued worshipping and music)

2.3.7 *I do not feel drawn to Retreat at all*

(no interest in the subject or phenomenon
or to go on a retreat of any kind) -----

2.4 **INSTRUCTIONS:** Please choose one or more of the following listed below
(encircle appropriate ones):

Which of the following elements should be part of a Retreat. Choose the elements you feel could significantly contribute to making it a meaningful spiritual experience for you personally in the presence of God:

- 2.4.1 Lively music
- 2.4.2 Quieter/softer music
- 2.4.3 Preaching
- 2.4.4 Bible Teaching
- 2.4.5 Group discussions
- 2.4.6 Bible readings (short, meditative)
- 2.4.7 Silence (longer and shorter periods)
- 2.4.8 Meditation (different variations)
- 2.4.9 Solitude (time alone with God)
- 2.4.10 Prayer/music/silence/singing in Chapel
- 2.4.11 Fasting
- 2.4.12 Intercessory prayer
- 2.4.13 Manual work or physical exercises
- 2.4.14 Games/informal play
- 2.4.15 Relaxation and breathing exercises
- 2.4.16 Visual elements: icons, candles, cross,
banners, paintings, pictures etc
- 2.4.17 Spiritual Director/leader
- 2.4.18 Material or notes available to help
direct the time spent at retreat
- 2.4.19 Any other elements not listed above (please add)

INSTRUCTIONS: Please answer each question by putting a circle

around **ONE** of the responses 'yes', 'no' or '?'

(where '?' = 'don't know')

- 2.4.20 Is it a good thing to once in a while get away from it all and go on a retreat? Yes No
- 2.4.21 Do you think there is a growing interest in the subject of Retreat ? Yes No
- 2.4.22 Would you say that retreat is for all Christians (is it everyone's cup of tea)? Yes No
- 2.4.23 Could retreat be an effective way to move deeper into the presence of God? Yes No
- 2.4.24 Should all leaders in the church be going on retreat? Yes No
- 2.4.25 Are you convinced that inner healing and renewal take place whilst on retreat ? Yes No
- 2.4.26 Do you feel that the place where a retreat takes place, plays a significant role ? Yes No
- 2.5.8 Does going on retreat draw people closer to God Yes No
- 2.5.9 Could young people (teenagers) benefit from taking part in a retreat where the focus is on silence, meditation, prayer and being alone with God Yes No
- 2.5.10 Could we learn from the way other denominations/church traditions e.g. Catholic, Anglican, Eastern Orthodox churches view and conduct retreat. (Could they contribute to the way retreat is conducted in your own church tradition) ? Yes No

2.6 INSTRUCTIONS : please encircle one or more of the following you agree with the most :

I would prefer to go on Retreat with :

- 2.6.1 Christians of my own congregation
- 2.6.2 Christians of my own church denomination
- 2.6.3 Christians of other church denominations
- 2.6.4 People I know
- 2.6.5 People I don't know
- 2.6.6 Members of other religions
- 2.6.7 Christians from a variety of churches and Denominations
- 2.6.8 Others not listed above (specify please)

2.7 INSTRUCTIONS : Please rank your order of preference by numbering 1 - 7 regarding the Place or Venue where a Retreat takes place. (*Where 1 is your first choice and 7 is your least preference*):

- 2.7.1 Tranquil quiet, and serene -----
- 2.7.2 'Holy Place': a quiet and deep prayer atmosphere -----
- 2.7.3 Chapel or Cathedral -----
- 2.7.4 Gardens, part of nature, water, trees -----
- 2.7.5 Luxurious accommodation and great food -----
- 2.7.6 Symbols e.g. icons, statues, cross etc portraying message of the Gospels and the presence of God -----
- 2.7.7 The place is not important at all -----

2.7.8 Other suggestions regarding the venue? (please describe)

2.8 INSTRUCTIONS : in this section please circle EITHER (a)

OR (b). Select only ONE option in every line

2.8.1 Which of the following do you prefer whilst on a Retreat?

EITHER

OR

(a) silence

(b) wordiness

(a) meditation

(b) teaching

(a) alone with God

(b) group interaction

(a) time in chapel

(b) time in room

(a) short bible meditation

(b) bible study

(a) eating in silence

(b) talking in dining room

(a) singing

(b) listening to music

(a) more spiritual direction by leader

(b) less direction given

2.9 Any comments regarding retreat?

2.10 Please provide also the following info (optional) :

Name

Surname

Address

(Thank you so much for your time and input!)

APPENDIX 3

WHY GO ON RETREAT: MOTIVATION

| | TOTAL | YOUTH |
|---|--------------|--------------|
| 1 PRESENCE OF GOD (seeking, being with, closer to, experiencing) | 114 | 16 |
| 2 SILENCE | 62 | 0 |
| 3 SOLITUDE | 29 | 1 |
| 4 PRAYER (listening prayer, prayer of the heart) | 37 | 0 |
| 5 TRANSFORMATION (renewal, inner healing) | 74 | 12 |
| 6 REST (in God, relax in His presence) | 24 | 0 |
| 7 BEING WITH OTHERS | 19 | 5 |
| 8 GETTING AWAY (retrace, hustle & bustle) | 25 | 2 |
| 9 SPIRITUAL GROWTH | 40 | 18 |

THE VENUE WHERE RETREAT TAKES PLACE AND THE EXPERIENCE OF GOD'S PRESENCE

| | YES | NO |
|--|--------------|--------------|
| 1 IS IT IMPORTANT? | 175 | 15 |
| | TOTAL | YOUTH |
| 2 TRANQUIL, QUIET, SERENE (away from noise) | 65 | 2 |
| 3 HOLY PLACE (prayerlike atmosphere) | 36 | 3 |
| 4 CHAPEL - CATHEDRAL | 20 | 0 |
| 5 NATURE (gardens, water, mountains, etc.) | 60 | 4 |
| 6 ACCOMMODATION - FOOD | | |
| Luxurious, High standard | 1 | 0 |
| Simple, clean | 9 | 0 |
| 7 SYMBOLS (icons, cross, paintings) | 18 | 5 |

PREFERENCE REGARDING: TYPES OR WAYS OF RETREAT

| | TOTAL | YOUTH |
|---|--------------|--------------|
| 1 CHURCH CAMP (big hall,dormitories, biblestudies,group activities, games,singing,prayer,talking) | 17 | 14 |
| 2 RETREAT AT RETREAT CENTRE (with others,spiritual director) | 53 | |
| 3 SILENT RETREAT (mainly silence,lots solitude) | 29 | 0 |
| 4 CHARISMATIC - PENTACOSTAL (joyfull noise ,lively praise & worship, biblestudy,prophecies,prayer) | 2 | |
| 5 PERSONAL RETREAT (alone at retreat centre,no spiritual director) | 14 | |
| 6 MONASTIC AT RETREAT CENTRE (chapel,cathedral,divine office-prayer meetings,silent meditation,listening prayer,alone & with others,short scripture meditations,more time alone with God,longer periods of silence, some group discussions,sudued worshipping) | 101 | 28 |
| 7 NOT DRAWN TO RETREAT AT ALL | 2 | |

| DEFINITION OR IDEA OF RETREAT | TOTAL |
|--|--------------|
| 1 To go away from normal environment and circumstances to a specific place, to be alone with God. (leaving the hustle & bustle life style to be in God's presence in a more focused and concentrated way) | 39 |
| 2 To go away out of normal routine and circumstances to a different environment, to spend time with God and with other christians. | 26 |
| 3 To go away to a place where I can pray, worship, have group bible studies, relax and enjoy the presence of God with other christians. | 6 |
| 4 Not one of the above | 0 |

EXPERIENCE OF THE MONASTIC WAY OF RETREAT

WAS THIS A MEANINGFUL RETREAT - WERE EXPECTATIONS MET?

| | ADULTS | YOUTH | |
|--|--------|-------|---|
| NO | 4 | | (Not ready for it, not what I expected) |
| YES | 117 | 38 | |
| 1 Presence of God - Closer to God | 79 | 19 | |
| 2 Regeneration - Healing | 29 | 6 | |
| 3 Spiritual growth | 15 | 8 | |
| 4 Away from it all - rest,peace,nature | 30 | 4 | |
| 5 With other Christians | 13 | 4 | |
| 6 Answers from God - Voice of God | 28 | 6 | |

Other Responses:

- 1 Retreat too long - 1
- 2 Too short - 1
- 3 Too much lecturing - 2
- 4 Big hall too impersonal - 2
- 5 Other group at same venue - noisy - 9
- 6 Youth retreat: Other retreatants too noisy and shallow - 17
- 7 Difficulty with silence in beginning - 7
- 8 Floor, kneeling uncomfortable - 3

WAY OF RETREAT (Type of retreat ,elements of the retreat)

What could significantly contribute to make it a meaningful experience in the presence of God.

| | TOTAL | |
|---|--------------|-----------|
| 1 Lively Music - praise and worship | 6 | |
| 2 Quieter,softer music (Taize,Gregorian,Classical,New Age) | 61 | |
| 3 Preaching | 0 | |
| 4 Bible study | 3 | |
| 5 Group discussions | 37 | |
| 6 Bible readings - Short meditative | 20 | |
| 7 Silence - longer and shorter periods | 84 | |
| 8 Meditation-Contemplation | 20 | |
| 9 Solitude - time alone with God | 44 | |
| 10 Liturgy,atmosphere in chapel - rituals,prayer,music etc. | 93 | |
| 11 Fasting | 2 | |
| 12 Intercessory prayer | 2 | |
| 13 Manual work - exersice | 0 | |
| 14 Games | 1 | |
| 15 Relaxation,breathing exersices | 14 | |
| 16 Visual elements-Icons,candles,cross,banners,paintings,etc. | 58 | Adults |
| | 35 | teenagers |
| 17 Spiritual director - leadership role | 48 | |
| 18 Notes - material,handouts | 11 | |
| 19 Other elements - nature | 16 | |
| | | |

Ideas, recommendations from Retreatants regarding the Way of Retreat - Elements of a meaningful retreat with God:

- * A balance and unity between meditation, music, silence, solitude, visuals, group discussions etc
- * Time and opportunity for rest, sleep, prayer, healing
- * More explanation on the periods of silence and content of it
- * Silence, Lectio Divina, Eucharist, Group Sharing
- * Silence, Worship, Group discussion
- * Solitude, Silence, Lectio Divina, prayer
- * Scripture meditation, Prayer, Peace, Tranquillity
- * Lectio Divina, Prayer of the heart
- * Teaching on Meditation and Lectio Divina
- * Time spent in nature, Way of beauty, Silence, Music, Meditation, Eucharist
- * Soltude, Rest
- * Liturgy : Psalms, Silence, Meditation, Eucharist
- * Spiritual Director available for meeting one to one
- * Some retreatants more advanced than others regarding Retreat experience
- * Silence, Holy-consecrated-prayer saturated atmosphere
- * Most retreatants do not prefer silence during meals
- * Time alone with God,less time for group discussions, Silence with time for wordiness
- * More secluded and quiet venues for Retreat preferred
- * More time periods for Silence
- * Chapel atmosphere and times are very important
- * Nature - beauty of gardens, water, mountains, flowers
- * More time available for one-to-one discussions with Spiritual Director

SPIRITUALITY AND FAITH STORIES

Preferred spirituality:

| | TOTAL |
|---|-------|
| 1 Intellectualistic, rational, logic, more conservative (left brain orientated) | 10 |
| 2 Emotional, feelings, (right brain orientated) | 23 |
| 3 Mystical, meditative, silence | 63 |
| 4 Charismatic, exhibitivive, joyful | 10 |
| 5 Action orientated, more busy kingdom worker | 9 |

(Teenagers were mostly Dutch Reformed with a more charismatic emotional spirituality, but they grasped the more monastic and silent aspects of the retreat)
 Their responses are not reflected in above totals.

6 Others:

| | |
|--|----|
| 6.1 Combined Spiritualities | 4 |
| 6.2 Charismatic and Mystical | 4 |
| 6.3 Intellectual, emotional, mystical | 3 |
| 6.4 Profound need to experience God in a deep and profound way | 20 |

SUMMARY OF FAITH STORIES:

Teenagers :

More rebellious, questioning but also hungry for God. Quite a few so called "drop outs or trouble makers who were only there for the so called jol.

Most of them wanted a touch from God, healing, hope, forgiveness and a deeper experience of God

Other Retreats :

Mostly Dutch Reformed, Christia Reformed upbringing, traditional value systems. Many experienced a "conversion" or regeneration when they were teenagers. Most of them lead very busy and complicated lives, tired, feelings of guilt because of way of life that "neglects God".

Most of them wanted more intimacy with God especially the group of 24/7 (real God-Chasers!)

Most retreatants wanted to learn and experience more of God via the more "classical disciplines" e.g the monastic way

ON RETREAT BEFORE ?

| | |
|-----------|----|
| TEENAGERS | 29 |
| OTHERS | 72 |

AFTER RETREAT: The way forward.

| | Adults | Youth | TOTAL |
|--|--------|-------|-------|
| 1 Retreat as part of life in future (1day, 1/2 day or weekend) | 41 | 9 | 50 |
| 2 Impact, positive influence of the retreat on : | | | |
| 2.1 Relationship with God | 31 | 9 | 40 |
| 2.2 Relationship with others | 10 | 4 | 14 |
| 2.3 Self (Inner life) | 10 | 14 | 24 |
| 3 Solitude, silence, contemplative, more monastic way of life in future | | | 30 |
| 4 Future guidance on: | | | |
| 4.1 How to apply this life enriching experience in every day busy, noisy life | 33 | 18 | 51 |
| 4.2 Monastic way of life, prayer of the heart | | | 20 |
| 5 Other responses: | | | |
| - Symbols e.g. cross or eagle etc. to help remind of retreat as a way of life | | | |
| - A place of retreat or spot at home | | | |
| - What about a retreat for women only? | | | |
| - Retreat every three months, shorter not necessary a a weekend | | | |
| - The need for spiritual direction on journey through life. | | | |

COMPARISON WITH OTHER RETREATS THEY HAVE BEEN ON BEFORE

1. Most of the retreatants who have been on retreat before, distinguish clearly between the more camplike, biblestudy, group orientated, church camp types of retreat and this specific monastic type of retreat.
2. The atmosphere of the monastic retreat was perceived by the retreatants as more holy, subdued, and moving deeper into the presence of God.
3. The link between the different monastic retreats (different spiritual directors, venues, programmes) were made on the basis of e.g. chapel, times of silence, contemplation, meditation, music , nature and symbols - icons.

SUMMARY:

Retreats - { 9

One retreat no questionnaires only own experience

All retreats own experiences and observations

Questionnaires : total - 190 (included 42 teenagers)

159 received back : 83.7 % response rate !

teenagers retreat : 14-16 years

Rest : between 28 and 60

Venues : Good Shepherd, Leopard Lodge, Stigmatine Brothers, Heidelberg

WAY OF RETREAT (Type of retreat ,elements of the retreat)

What could significantly contribute to make it a meaningful experience in the presence of God.

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