

Journey Feedback

“The Journey was challenging and inspirational which brought about realisations about where I truly am. To grow beyond the fears that had held me back in the darkest of places to having hope and determination to change my life and grow into who I really am.”

“I would strongly recommend Journey. I wanted things to change and I am able to do so. Time out at the retreat was a blessing. I am so grateful to have had the opportunity to go. I feel calmer in myself and a better sense of being able to be.”

“The Journey course has been the best thing I have ever done it has given me the chance to learn how to express myself without fear and I know that I am not alone. The course was about sharing experiences, listening to one another without interruption and feeling safe. It has given me the chance to share my experiences plus I have cried constantly but it has shown me where I want to be and what I want to do with the rest of my life. I have returned a totally different person I am still struggling with some things but this has changed my life for the better.”

“From someone who’s never really been involved in the church, I expected a retreat with the Chaplaincy to be full of religion and praying every hour of the day! However, this was not the case – there were lots of different activities to take part in, and most enjoyable time was had by all. More generally on the 8 week course, there was a freedom for people to be themselves, to talk or not to talk, and to engage with discussion within the group. I found it brought me a lot of peace, and helped me to put things in the right order in my brain!!”

“The whole Journey was the most real self-improvement I have done in my entire life. That says a lot as I have been on many self-help or confidence building courses to help with overcoming life’s difficult times. I really noticed huge transformations in the group. I haven’t ever seen people drop layers so fast in such a short time to reveal caring, courageous, creative, talented minds. We were not afraid to be our real selves. We had a few people in the group who looked like they’d had a miracle transformation. From sadness, loneliness and living in a dark lonely world to smiles and laughs and creative thinking and expression. It was so inspiring seeing the glow on people’s faces.

The feeling of day two on retreat struck me. I was walking around feeling very spiritual. I felt elated but very peaceful, a feeling of spiritual rain being poured over me and being cleansed. Every part of my body radiated with this elated feeling. These feelings tell me that without a doubt there is a spiritual world around us. During that state I couldn’t get angry or negative – it just makes beauty appear in everything. We also prayed for others and the Chaplaincy prayed for us. The more we prayed the stronger, healthier and more resilient I became.

When we got ready to come back I felt ready for this; energised and strong. I have learnt to accept my feelings and I am no longer running from them anymore. I was able to cope with difficult situations that arose. As another test came, I dealt with the problem with a good process of thinking, and then found more solutions and ideas for the future. It has become rewarding using techniques from the course in real life situations. Now I see my strengths and am able to see how courageous I have been.”