

St. Louis Catholic Church
Women's English Emmaus #87
November 22, 23 & 24, 2024

Come and experience the journey to Emmaus
as together we recognize the Lord Jesus in the Breaking of the Bread
Luke 24:13-35

Q. What is an Emmaus Retreat?

A. Emmaus is a retreat weekend where women gather together to explore and deepen their faith, to experience God and to grow in their spiritual life.

Q. Do you have to be very religious to attend the Emmaus Retreat?

A. No, any woman who wishes to explore her spirituality, grow closer to the Lord and receive His touch and comfort will enjoy the weekend.

Q. What happens on the Emmaus Retreat?

A. You will have a chance to reflect, pray, and consider the bigger questions of life in a place where you can separate from the distractions of everyday life.

Q. What are the benefits attending the Emmaus Retreat?

A. The benefits are personal to you. Many women have found or deepened their relationship with God and experienced tremendous healing and lifting of burdens, an increase of love, joy, peace, understanding and a new sense of belonging.

Q. How often is the Women's English Emmaus Retreat held?

A. The retreat is offered twice a year in the Spring and the Fall. The number of participants is limited.

Q. How much does Emmaus cost?

A. The cost is \$200. If you do not have the fee, don't let that stop you. Please let us know so that we can explore other arrangements.

Payments can be made in cash, Venmo @STLWomensEmmaus or by check made payable to St. Louis Catholic Church and given to the person who invited you, or you can drop off or send to:

St. Louis Catholic Church
c/o Women's English Emmaus
7270 Southwest 120th Street
Pincrest, Florida 33156
Telephone: (305) 238-7562

For more information, please contact:
Ministry Head: Jennie Lara 786-389-8347 / jennielara40@gmail.com
Retreat Leader: Cristy De Cardenas 305-979-7343 / cmdecar@gmail.com

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Knowing that you will be attending the Emmaus Retreat gives great joy to the St. Louis Parish Family and every member of the Emmaus Team. We've compiled this list to help your retreat experience be free of distractions. If you have further questions or require special assistance, please feel free to contact us at:

Jennie Lara: 786-389-8347, Maria Jarquin: 305-793-1022, Cristy De Cardenas: 305-979-7343

Location:

- The retreat will be held at the Morning Star Renewal Center, 7275 Southwest 124th Street, Pinecrest, Florida 33156, which is adjacent to and immediately south of St. Louis Catholic Church.

What to Bring:

- Morning Star is not providing sheets, blankets, pillows, or towels. Please make sure to bring your own. For reference, beds are twin sized. Any concerns, please feel free to call Jennie or Maria prior to the weekend.
- Bring casual clothes and shoes according to the weather. You may wish to bring a sweater or jacket for comfort in the air conditioning. *Blankets are a good idea if you easily get cold*
- Refillable water thermos.
- Please feel free to bring your Bible and any other spiritual material you may wish to have during the weekend.
- Please plan to leave your cellphones and tablets in your room, so that you can fully enjoy the retreat experience. We do understand that there may be circumstances that require you to go to your room to make a call.
- In case of emergency, you can be reached through your Emmaus team members:
Jennie Lara: 786-389-8347, Maria Jarquin: 305-793-1022, Cristy De Cardenas: 305-979-7343

Friday Check-In:

- Check in begins at 6:00 p.m.
- Upon your arrival on Friday, drive into the main entrance of Morning Star and enter the front lobby, where you will check-in and drop off your belongings.
- Light snacks and refreshments will be available after check-in.

Retreat Commencement:

- THE RETREAT BEGINS PROMPTLY AT 6:45 p.m.

Retreat Closing:

- The retreat at Morning Star will transition on Sunday at approximately 4:00 pm and go directly to St. Louis to meet our family and friends in the Main Sanctuary for our closing ceremony. Kindly ask your loved ones to be there by 4:15 pm. The Emmaus retreat will conclude with the breaking of the bread and celebration of Mass with our St. Louis community at 5:00 pm.

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Name: _____ Date of Birth: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Phones: Home: _____ Cell: _____ Shirt Size: _____

E-Mail Address: _____

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: (C) _____ Email: _____

Emergency Contact #2: Name: _____ Relationship: _____

Emergency Contact Phone#2: (C) _____ Email: _____

Any Health Problems We Should Know About? _____

Any Food Allergies? _____

Are you a member of the Catholic Church? Yes or No Are you a member of St. Louis Catholic Church? Yes or No

The cost of the weekend is \$200. Please include full payment or a \$50.00 deposit (if possible) with your application so we can reserve your place, as space is limited. Payments can be made in cash, Venmo @STLWomensEmmaus or by check made payable to St. Louis Catholic Church. Applications can be returned to the person who invited you, send via email to the contacts below or you can drop off /send this application, with check, to:

St. Louis Catholic Church
c/o Women's English Emmaus
7270 Southwest 120th Street
Pinecrest, Florida 33156
Telephone: (305) 238-7562

For more information, please contact:
Ministry Head: Jennie Lara 786-389-8347 / jennielara40@gmail.com
Retreat Leader: Cristy De Cardenas 305-979-7343 / cmdecar@gmail.com
Application Deadline: November 17, 2024

For Office Use Only

Payment Date: _____

Deposit/Fee Paid: \$ _____

Form of Payment: Cash Venmo Check No. _____

Received By: _____

Balance Due at Check-In: \$ _____

Payment Date: _____

Amount Paid: \$ _____

Form of Payment: Cash Venmo Check No. _____

Received By: _____

Sponsored By: _____