

## WHAT OTHERS ARE SAYING

“My husband and I have no family in Pittsburgh. I went to Emmaus to make new friends to feel more connected to our community. What I ended up with was not just a family but lots of sisters in Christ. It was a life changing event.”

*Stacy – Emmaus 2018*

“The gifts of my Emmaus retreat weekend continue to unfold in my life. I walk more closely to Jesus than ever before and now have a group of sisters who hold me up when times get tough. Emmaus transformed my life in so many ways. I knew for so long something was missing in my life, and Emmaus was the answer.”

*Chris – Emmaus 2017*

“For several years, a friend kept encouraging me to do this retreat. I did not want to go but eventually ran out of excuses. So I arrived reluctantly for the Friday start, but when it was over on Sunday, I did not want to leave! It was that AWESOME.”

*Mia – Emmaus 2017*

“Through Emmaus, I’ve met a group of women who are caring and available when I need support. We share common struggles, joys and life changes. We share our stories and build each other up. Emmaus has helped shape the woman, wife, and mother that I am today.”

*Leslie – Emmaus 2015*

“I had never been on a retreat before. My Emmaus experience brought me much closer to God. I learned what plans God has for me.”

*Beth – Emmaus 2014*

## IMPORTANT DETAILS

**When to Arrive** Please arrive at St. Paul of the Cross Retreat Center between 6:00 p.m. and 6:30 p.m. on Friday. The weekend will conclude with a closing ceremony at 3:30 p.m. on Sunday.

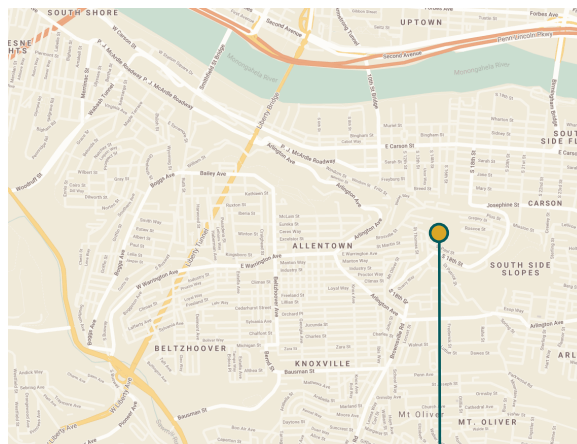
**How to Dress** Wear comfortable clothing and shoes – jeans or sweats are common. Pack a light jacket, sweatshirt or sweater just in case the center is cold.

**What to Bring** You will need a change of clothes and personal items for a two-night stay. You will have a private bedroom and bathroom. Towels and bedding are provided, however, you may want to consider bringing a blanket in case your room is chilly, and your favorite pillow.

You will receive a white T-shirt to wear for the closing ceremony. Please pack appropriate undergarments.

**Meals** The cost for the weekend includes all meals (including snacks). A light meal will be provided Friday evening. Accommodations will be made if you require special dietary needs or have any health-related issues.

### Retreat Location



### ST. PAUL OF THE CROSS RETREAT CENTER

148 Monastery Avenue • Pittsburgh, PA 15203  
[www.stpaulsretreatcenter-pittsburgh.org](http://www.stpaulsretreatcenter-pittsburgh.org)

Cover art: “Christ and his Disciples on the Road to Emmaus,” by Jan Wildens

Pittsburgh Women's Emmaus South  
Retreat Weekend

# Women's WALK TO Emmaus

ST. PAUL OF THE CROSS  
RETREAT CENTER

October 13 - 15, 2023

[www.resurrectionpgh.org/emmaus-women](http://www.resurrectionpgh.org/emmaus-women)

Hosted by RESURRECTION PARISH  
St. Thomas More and St. John Capistran

## WOMEN'S EMMAUS RETREAT WEEKEND

The Women's Emmaus Weekend is a great opportunity for busy women to take a few hours "away from it all" and focus on their faith and spiritual growth. You'll savor the peace and quiet of a private room while at the same time experience the joy of connecting with like-minded women. This weekend provides women a safe and comfortable environment in which participants learn to recognize Jesus in their everyday lives and renew their relationship with the Lord. You will leave the retreat very renewed and refreshed!

### The History of Emmaus

The first Emmaus Retreat was held in the Archdiocese of Miami in 1978 and has spread to parishes in other cities, states and internationally. The retreat is based on the scripture Luke 24:13-35. Two disciples were returning to Emmaus after the crucifixion of Jesus when they encountered a man who wanted to know what was troubling them. He walked with them and opened their hearts and minds to Scripture. Arriving at Emmaus, they invited the man to stay for dinner. At the table, He broke bread, gave thanks, and handed it to the disciples. At once, their eyes were opened, and they recognized the man as the risen Lord. Immediately, He vanished from their sight leaving them with the bread, a renewed faith, and an everlasting sign of his Holy presence.

### About the Retreat

Emmaus is a one-time active spiritual weekend designed for women who would like to explore a deeper relationship with God. Unfortunately, we are busy women and don't allow ourselves enough time to explore this relationship in our daily lives. The Emmaus Retreat allows you to reflect and meet Jesus on your journey and grow closer to the Lord and receive His touch and comfort.

### Do I have to be Catholic?

No, it is not required for you to be Catholic, although the retreat originated as a Catholic retreat. Many Christians, even non-churchgoers, have attended. There will be Mass, an opportunity for confession, and discussions regarding the Catholic beliefs.

### What to Expect

The women organizing and hosting will not try to convince you of their answers; instead, they will share their own experiences and let you draw your own conclusions.

Through the power of the Holy Spirit, the Lord has touched our lives, and we would like to tell you about these life-changing experiences. For many of us, it was during an Emmaus Retreat when our hearts were touched by God.

You will hear a series of talks by women who will share their experiences with the Lord. You will have a chance to reflect, pray, and consider the bigger questions of life in a place that is far enough away from the distractions of everyday life, but close enough that you could be home in a matter of minutes if an emergency arose. The retreat will help you to focus your life in a more positive and meaningful way. We invite you to begin your one-time journey to Emmaus by joining us on this retreat.

Full Name		
Preferred Name for Name Tag	Age	
Address		
City/State/Zip		
Home Phone	Mobile Phone	
Occupation (optional)		
Email		
<input type="checkbox"/> Single	<input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed	
Name of Spouse or Significant Other	Phone	
<b>TWO EMERGENCY CONTACTS NOT ATTENDING THE RETREAT</b>		
Name (Relative)	Relationship	Phone
Name (Non-Relative)	Relationship	Phone
Do these contacts know you are attending this retreat? <input type="checkbox"/> Y <input type="checkbox"/> N		
Would there be any reason you would not want them to know you are attending? <input type="checkbox"/> Y <input type="checkbox"/> N		
Health Insurance Company	Policy Number	
Any Health Problems We Should Know About? (Difficulty climbing stairs, standing for a period of time, etc.)		
Special Dietary Requirements or Food Allergies		
Church Affiliation, if any (optional)		
T-shirt size <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> XXL		

**How did you hear about the retreat?** ☐ St. Paul's Retreat Center Newsletter ☐ Church Bulletin ☐ Invited by \_\_\_\_\_ ☐ Other \_\_\_\_\_

Make your \$50 check for your deposit out to **Pittsburgh Women's Emmaus** and mail it along with this application to:  
**Lori Keener, 2005 Trillium Court, Canonsburg, PA 15317**

☐ **Yes, I am interested in financial assistance.**

## TAKE THE WALK TO EMMAUS WITH US

Please include a \$50 deposit with your application, which will be applied to the total cost of \$225 for the weekend.

Space is limited so register early. Please register by Sept. 30, 2023

Financial assistance is available. Check the box at the bottom of the application to receive more information.

HAVE QUESTIONS ABOUT THE RETREAT? CONTACT:

**THERESA ZINGRONE** OR **LESLIE DAMBROGIO**  
**412-287-5295 or tmz1437@aol.com** OR **412-780-2872 or ldambrogio@icloud.com**