

# WOMEN'S *Retreat*

February 20-22, 2026  
Friday 6:00 PM - Sunday 2:00 PM

## Where to go:

St. Emma Retreat House is located at 1001 Harvey Avenue Greensburg, PA 15601. As you get there, look for the sign that says "St. Emma Retreat House" and park in the lot there.

## When to arrive:

Check in begins on Friday at 5:30 PM. Please do not arrive before 5:00 PM as rooms will not be ready. At that time you will be assigned your room and have the opportunity to reserve a time for confession during the weekend. Between check in and the official welcome you will have the opportunity to enjoy light snacks and mingle. Our official welcome will begin at 7:00 pm.

## What to bring:

- A personal refillable water bottle
- A seat cushion for comfort
- A light sweater/jacket for comfort
- Your personal toiletries
- Slippers and a bathrobe
- A snack to share
- Appropriate warm clothing if you would like to experience St. Emma's beautiful outdoor activities
- Money if you would like to purchase items in St. Emma's gift shop
- Personal items you would like to have blessed
- If you are so inclined, feel free to bring cards or games for free time

## What to wear:

Feel free to wear whatever comfortable clothing you wish. We will be attending Mass, and while comfortable is OK, there may be some of you who wish to bump up your style and that is perfectly OK as well.

## Additional Information:

- About St. Emma's
  - St. Emma's Retreat House is approximately 1 hour from Saints Martha & Mary Parish. Conveniently located on PA Route 819 (Harvey Avenue is the same road!) two miles north of Greensburg and 5 miles south from US Route 22, St. Emma Retreat House is situated amidst the rolling hills of southwestern Pennsylvania.
  - The 50 retreat rooms are simple and free of distractions. Each room has a single bed, desk with chair, chair, sink and ceiling fan. Restrooms and shower facilities are located at both ends of the hallways.
  - You'll find a beautiful chapel for prayer, inviting spaces to sit and chat, and peaceful grounds for walking and talking with friends or the Lord.
  - While there is an elevator to take you from floor to floor, some walking is involved in getting from the conference room to the chapel.
- About the retreat
  - Meals provided from Saturday breakfast through Sunday lunch.
  - The retreat is led by a team of female parishioners and our Pastoral Associate, each with a variety of retreat experience, gifts and talents.
  - Talks, prayer, and workshops are all given by our team.
  - There will also be Eucharistic Adoration, Mass, Confession, time for private prayer, and faith filled conversations.
  - Mass & Confession will be offered by priests from St. Vincent, our Parochial Vicar, Fr. Dan Waruszewski and other priest friends.
  - If you've been on many retreats before, this one will be unique. If you have never been on retreat before this is the perfect one to start with.
- About the retreat theme
  - The retreat theme "Transformed by Trust" came out of praying the Litany of Trust written by the Sisters of Life. The litany speaks to all of the things that keep us from fully trusting God: fear, suspicion, rebellion, anxiety, resentment, discouragement, pride, worry, doubt, etc. Our goal is to be transformed by God's grace so that, by trusting Him, we will know that we are loved, sustained, forgiven, heard, and that God hears us, holds us, and will never leave us.