PINELLAS EMMAUS WOMEN'S RETREAT

Sponsored by Espiritu Santo & St. Catherine of Siena Parishes

April 17 – 19, 2026

Come and experience the journey to Emmaus at the Franciscan Center in Tampa.
Together we recognize the Lord, Jesus in the Breaking of the Bread ~ Luke 24:13-35

Q. What is Emmaus?

A. Ever wonder, "Does God really exist?" or "How should God's existence affect my life?" Emmaus is a reflective retreat weekend designed for women who would like to explore and expand their spiritual relationship with God. Emmaus is a time when hearts and eyes are opened to recognize the living Christ who walks with you along your own life's journey. Emmaus is a place where you can expand your spiritual lives and become more active members of your local church as well as active disciples of Christ in service to the world. Many women say, "*You can't really describe the Emmaus experience; you have to simply experience it*." Hopefully, you will experience the power of the Holy Spirit working in and through you bringing about a life changing experience as it has for so many of us women.

Q. How do they go about doing this?

A. You will hear a series of talks by other women regarding their own experiences with the Lord. You will have time to reflect, pray, and consider the bigger questions of life in a place that is far enough away to separate you from the distractions of everyday life, but close enough that you could be home in a matter of minutes.

Q. How long does the weekend last?

You will need to arrive at *Espiritu Santo, 2405 Philippe Pkwy, Safety Harbor, FL 34695* at **4:30 p.m. on Friday, April 17, 2026.** There will be a light meal provided for you. We will take you to the Franciscan Center Friday night and back to Espiritu Santo on **Sunday**, **April 19, 2026 at approx 4:00 p.m**. When we return, we will gather in the Parish Center. We encourage your family and friends to welcome you back! They can join us at Espiritu Santo on Sunday at 4:00 p.m.

Q. How do I dress for the weekend?

A. Dress is extremely casual: shorts, jeans, sandals, or whatever else you find comfortable. Temperatures can vary, so please bring a **light jacket/sweater.**

Q. What should I bring?

A. Bring a change of clothes for two days, your personal toiletries (toothbrush, soap, etc.), all medications, and a pillow and extra blanket if you wish. Everything else will be supplied for you.

Q. What about food?

A. All food and drink will be provided. When you arrive at Espiritu Santo on Friday afternoon there will be a light meal for those who have not had time to eat dinner. **If you have any special dietary requirements or medical needs, please let us know on the application form.**

Q. How much does Emmaus cost?

A. The cost is $275.00 for a double room or $325.00 for a single room.

If you don't have time to make a retreat like this that means you NEED a retreat like this!
Rethink, refocus, reflect and find your way.

Any questions please contact either:

Rachel Friesema, Espiritu Santo
727-481-4757
rfriesema@gmail.com

Cary Bentley, St. Catherine
727-424-5730
cbentley1999@gmail.com

PINELLAS EMMAUS WOMEN'S RETREAT APPLICATION

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April 17 – 19, 2026

Espiritu Santo Catholic Church

Name: _____ Date of Birth: _____Age:_____

Home Address: _____ City _____ State___ Zip_____

Phones: Cell_____ Home_____ Office _____

E-Mail Address: _____

Occupation:_____ ❑ Married ❑ Single ❑ Divorced ❑ Separated ❑ Widowed

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: Home _____ Cell _____

Emergency Contact E-mail Address: _____

NAME YOU WOULD LIKE ON YOUR NAMETAG:_____

How did you hear about the Retreat? _____

Health Concerns or Special Needs/Medications? _____

Special Dietary Requirements _____

Room Type: ❑ Double Occupancy ($275.00) ❑ Single Occupancy ($325.00 ~ cannot guarantee preference)

Catholic: ❑ Yes ❑ No Your Church? _____

Shirt Size: S ❑ M ❑ L ❑ XL ❑ XXL ❑ XXXL ❑

What about God? Emmaus is a weekend retreat program for people ages 20 & up who are seeking to grow in their relationship with Christ, regardless of their present level of faith and practice. The purpose of the weekend is to give adults an opportunity to reflect upon themselves and their relationship with God and their community. Emmaus is a Catholic retreat program that is open to people of ***ALL*** Christian faiths.

The cost of the weekend is $275.00 for a double room and $325.00 for a single room. Please include full payment with your application.

Make checks payable to "**Espiritu Santo Catholic Church**." Return application & check to the person who invited you, or you can mail your application with check to **Kathy Wood, 11135 Carriage Hill Dr. #3, Port Richey, FL 34668, *ATTN: Pinellas County Women's Emmaus*.**

All monies collected will NOT be deposited until after the weekend

Check #_____	For Office Use Only	Date Received_____
Amount $_____	Contact_____	Group #_____