

A Journey Towards Growth

Begin searching for a deeper understanding of yourself and develop a closer relationship with Jesus. Through prayer, sharing, and journaling we hope to gain a better understanding of what causes us pain and learn to let go and let God. Together, we will celebrate the joyfulness and giftedness present in our lives!



Please join us

We welcome all women to join us on the Women's Journey Weekend as often as possible.

Please return the application form with your \$75 deposit to:

Church of the Presentation
Attn: Women's Journey Weekend
271 West Saddle River Road
Upper Saddle River, NJ 07458

~ OR ~

place your application with deposit in the Women's Journey Weekend mailbox in the Church office.

**The deadline for applications is
January 29, 2010**
(full amount is required after January 15, 2010)

IMPORTANT NOTES

Applications will be accepted in the order in which they are received. If applicants exceed space available, deposits will be returned as appropriate.

A letter will be sent shortly before the retreat detailing what to bring and the time to arrive.

WOMEN'S JOURNEY

A JOURNEY TOWARDS GROWTH

A Weekend Retreat



February 19 ~ 21, 2010

San Alfonso
Retreat House
Long Branch, NJ

*Where God and Sea
Come Together*



JOURNEY HOTLINE: 201-327-1313 x878

Leave a message and someone will return your call.

Fax: 201-760-2570



CHURCH OF THE PRESENTATION
UPPER SADDLE RIVER,

Women's Journey

A Journey

Towards Growth

Where is Jesus in your life today? How can we move closer to Him and be true to ourselves and our loved ones? How



can we welcome God into our lives with a deeper conviction? How do we repair the damage of broken relationships and free ourselves from things that cause pain in our lives? How can we calm our fears and anxieties over those

things for which we have no control? How can we celebrate the joyfulness and honor the giftedness in our lives?

"We who are blocked and frustrated by pain despite a clear, conscious commitment to God and Christ need a way to bring the "control" to God in order to be freed, find reconciliation and serenity, and get on with growing spiritually in Christ."

- Keith Miller, A Hunger for Healing



Church of the Presentation

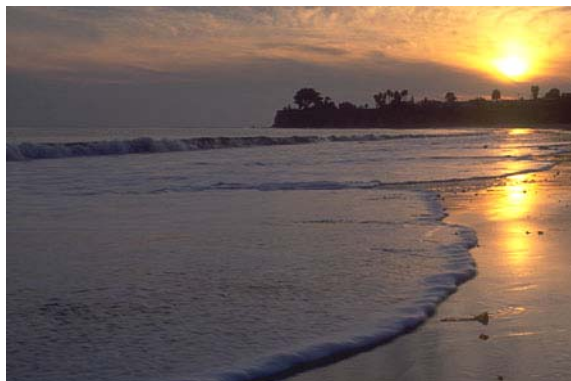
A Weekend for Growth

We invite all women to join us for a weekend retreat filled with prayer, sharing and journaling. Our goal is to gain a better understanding of our own personal journey, determine where we are on this journey and move towards where we would like to be. Through honest personal inventory, we would like to begin to let go and let God, mend broken relationships and better understand ourselves and those around us.

Tools for Better Living

The Journey Weekend is facilitated by women like yourself. By helping each other, we begin to understand that we can give up control over those things for which we are powerless, and give back to God those things which we cannot change. Together, we hope to bring serenity and peacefulness into the midst of our busy, imperfect lives. We will look at where we are on our own journey and through sharing, prayer, journaling and honest self-appraisal, we will grow towards acceptance and a better understanding of ourselves and those in our lives.

RELAX ~ REFRESH ~ RECONNECT



Where do you find serenity?

APPLICATION FORM

Please tell us about yourself

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Email: _____

Date of Birth (optional): _____

Name for nametag: _____

Special Needs (physical/dietary):

Emergency Contact:

Name: _____

Phone: _____

Please choose your accommodations

Single (\$190) _____ Double (\$180) _____

(Limited doubles—first come, first served)

All meals included

I would like to room with (if double room requested): _____

I wish to participate in a carpool to the retreat (check one if interested):

Driver _____ Passenger _____

See back cover for mailing/delivery details.
Kindly attach a check for \$75 made payable to
Church of the Presentation.

NOTE

Full amount is required after January 15, 2010.