

## A Weekend for Growth

We invite all women to join us for an affirming weekend retreat where the goals are to gain a better understanding of our life's journey, to determine where we are on that journey now and to move toward where we would like to be.

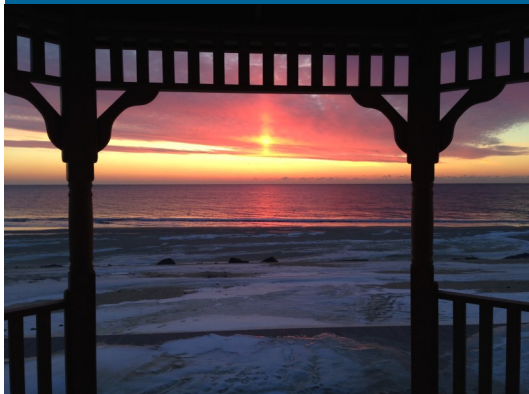
On this retreat, we will also learn to better understand ourselves and those around us, mend broken relationships and let go and let God.

## Tools for Better Living

You will have an opportunity to look at yourself with fresh eyes through reflection, sharing, prayer, journaling and honest self-appraisal.

You will also be able to explore your current life path through team-led activities that include witness talks, workshops, ritual actions, and holy leisure offerings--all intended to foster growth in self-knowledge, self-acceptance as well as improving our relationships.

RELAX ~ REFRESH ~ RECONNECT



Where do you find serenity?

## *The Gift of 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 [surrender] 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  
271 West Saddle River Road  
Upper Saddle River, NJ 07458

## Women's Journey

### *A JOURNEY TOWARDS GROWTH*

A Weekend Retreat



February 23-25, 2024

San Alfonso  
Retreat House  
Long Branch, NJ

*Where God and Sea  
Come Together*



Church of the Presentation  
Upper Saddle River, NJ

## APPLICATION FORM

Please print clearly

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

Name: \_\_\_\_\_ Home Parish: \_\_\_\_\_  
Address: \_\_\_\_\_ Emergency Contact Name: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_  
Phone: \_\_\_\_\_ Have you attended a previous Journey Weekend? Yes \_\_\_\_\_ No \_\_\_\_\_  
Email: \_\_\_\_\_  I will bring my own Journal.

**NEW—Choice of music medium:** CD or USB (circle one)

**Please choose your accommodations (check one) - All meals and refreshments are included**

Single \$325 \_\_\_\_\_ Double \$325 \_\_\_\_\_ (limited doubles—first come, first served)

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 \_\_\_\_\_

Special Needs (physical / dietary): \_\_\_\_\_

**Applications and full amount must be received by February 1, 2024. Kindly attach a check for \$325 made payable to Church of the Presentation. Please return your application and full payment 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 payment in the Women's Journey mailbox in the Church office.

### IMPORTANT NOTES

Please sign up as soon as possible as the retreat fills up quickly. Applications will be accepted in the order in which they are received. The **first forty spaces** will be reserved for **first time candidates** and the remaining spaces will be filled on a first come, first served basis. If applicants exceed available space, refunds will be issued.

The retreat lasts from Friday evening to early Sunday afternoon. A letter/email will be sent shortly before the retreat detailing what to bring and the time to arrive.

For questions, please leave a message at the Journey Hotline, 201-327-1313 x878 and someone will return your call.