

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 to 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

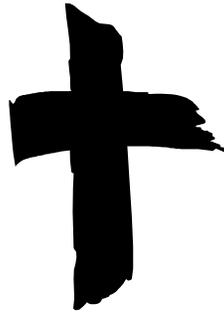


Where do you find serenity?

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 20-22, 2026
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 (as it appears on credit card, if used): _____

Preferred Name for Name Tag: _____

Home Parish: _____

Address: _____

Emergency Contact Name: _____

City, State, Zip: _____

Emergency Contact Phone: _____

Phone: _____

Have you attended a previous Journey Weekend? Yes _____

Email: _____

I will bring my own Journal.

Preferred Method of Music to bring home from the weekend: USB, CD, QR Code (circle one)

Please choose your accommodations (check one) -

Single \$350 _____ Double \$350 _____ (limited doubles—first come, first served)

Do you have mobility limitations that require consideration : _____

All meals and refreshments are included. Note: San Alphonso is not able to accommodate dietary restrictions, such as gluten-free or vegan.

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 _____

PAYMENTS OPTIONS:

Applications and full amount must be received by February 16, 2026. Payments are accepted by:

1. Check—Kindly attach a check for \$350 made payable to Church of the Presentation
2. Credit card + service charge via link: <https://www.churchofpresentation.org/parish-event-details/?id=1636>

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.

Online Application with payment via credit card (+service charge)

<https://www.churchofpresentation.org/parish-event-details/?id=1636>

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. If applicants exceed available space, refunds will be issued.

The retreat begins on Friday evening and ends Sunday afternoon. An email will be sent shortly before the retreat detailing what to bring and the time to arrive.

There will be a **\$50 non-refundable** charge for cancellations, **after February 16, 2026**

For questions, please email Ida at idaus35@gmail.com