

## What women are saying about their Emmaus Experience:

*This was an amazing spiritual journey that was only the beginning of the rest of my life.*

♥ Emmaus VII

*Through Emmaus, I am able to embrace where I am on my journey, knowing that this is exactly where I am supposed to be. Came to the realization that I am never alone.*

♥ Single, 25-year-old woman

*It literally saved my life. I feel like I've found a community of people who truly believe and practice what I've believed since I was a kid. I feel refreshed, healed and loved.*

♥ A banker

*Through my Emmaus sisters I experienced God. He is always there, always loving me, giving me challenges, giving me strength, giving me hope, bringing me joy, filling me with peace.*

♥ Married woman, mother of two adult children

*Attending the women's Emmaus retreat has enhanced my marriage, broadened my circle of friends, deepened my faith and brought me closer to Jesus.*

♥ A wife, mom, grandma and friend

*God has planted many seeds within me on my weekend and given me much to think about. I've felt His love and strength deeply. I felt a spiritual fellowship with other women of my own parish.*

♥ A homemaker



## PINELLAS WOMEN'S EMMAUS A RETREAT FOR WOMEN

Sponsored by  
St. Catherine of Siena Catholic Church

and

Espiritu Santo Catholic Church

**Apr. 17 — Apr. 19, 2025**

*When was the last time you gave yourself the GIFT of a weekend away with the Lord? Are you feeling weary, downcast, a bit lost? Jesus is calling you to come away with Him to be renewed and restored!*

## **What is the Emmaus Experience?**

Emmaus is a retreat ministry that began in 1978. It is national and international for women and men (separately). The foundational scripture is from the Gospel of Luke 24: 13 - 35, when the 2 disciples were on the road to Emmaus and the Risen Lord came along side them. What an amazing encounter they had!! They later exclaimed, "Were not our hearts burning within us...?" This is the encounter offered and experienced during each Emmaus weekend!

## **What happens on the weekend?**

Women are ministered to by lay women who help them experience God, renew and deepen their relationship with the Lord by opening their hearts to the Holy Spirit. On a retreat you will leave everything behind and be free to focus on your relationship with Christ. This will inspire you and fill you with deep satisfaction, inner peace and joy that will remain with you: real gifts! We also spend time hearing The Word, listening to women share their testimonies and reflecting with the Lord.

## **What are the greatest benefits for making Emmaus?**

Benefits will be personal to you. Women receive tremendous healing, lifting of burdens, and experience peace, love and joy. It provides an opportunity to meet other women in various parishes who are also looking for friendship and meaningful fellowship. Emmaus also fosters a willingness to do service in our community.

## **Where is the retreat held?**

The Pinellas Women's Emmaus Retreats are held at the Franciscan Retreat Center, Tampa, Florida, on the beautiful Hillsborough River. The two sponsoring parishes are St. Catherine of Siena and Espiritu Santo. We gather at the sponsoring parish for fellowship and a blessing by the pastor. For November 7-9, we will gather at St. Catherine of Siena in Clearwater. Cars will remain there and the team will provide transportation to the retreat center for the weekend and return.

## **How do I sign up?**

You can register by sending an application to Kathy Wood at the address on the application or by contacting the following:

Rachel Friesema 727-481-4757; rfriesema@gmail.com  
Cary Bentley 727-424-5730; cbentley1999@gmail.com

Registration fee is \$295 for double room or \$350 for a single room. Accommodations, meals and program are included. Scholarships are available.

## **The Road to Emmaus—Luke 24**

<sup>13</sup> And behold, two of them were going that very day to a village named Emmaus, which was about seven miles from Jerusalem. <sup>32</sup> They said to one another, "Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?"