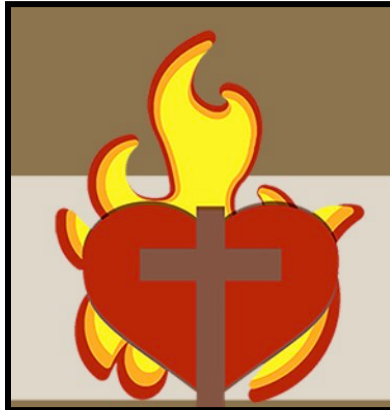


Central Jersey Women's Emmaus Retreat



November 6th - 8th, 2026

Come and experience the journey to Emmaus as together we recognize Jesus in the Breaking of the Bread. ~Luke 24:13-35

Questions & Answers....

Exactly what is Emmaus? Emmaus is a relaxed, passive retreat weekend designed for those women who feel they would like to explore a deeper relationship with God. Every one of us has considered the questions, "Does God really exist?" or "How should God's existence affect my life?" Unfortunately, we are all very busy and don't allow ourselves enough time to explore the answers. That's what the Emmaus retreat is for. The women organizing and hosting the Emmaus retreat are regular ladies who will not try to convince you of their answers; instead, they will share their own experiences with you and let you draw your own conclusions. We are not women born Holy, and we have each led very different lives. But through the power of the Holy Spirit, we have found our way back to the Lord and would like to tell you about these life changing experiences. For many of us, it was during an Emmaus Retreat that our hearts were touched by God.

How do they go about doing this? You will hear a series of talks by other women concerning their own experiences. You will have a chance to reflect, pray, and consider the bigger, really meaningful 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.

How long does the weekend last? You will need to arrive at the retreat location on the grounds of the Villa Maria by the Sea Retreat Center [101 111th Street, Stone Harbor NJ 08247], Friday, November 6th between 5:45 pm - 6:00 pm. The weekend will conclude after 3:30 pm Mass on Sunday, November 8th. More detailed instructions will follow.

How do I dress for the weekend? Extremely casually and comfortably. Bring a change of clothes for two days, your personal toiletries (toothbrush, soap, etc.). All else is provided.

What about food? All food and drink will be provided. When you arrive on Friday, a light meal will be provided for those who will not have time to grab dinner. If you have any special dietary requirements, please let us know on the application form. Refillable water bottles are preferred.

How much does Emmaus cost? The cost is \$250.00 [\$50 is non-refundable]. If you need financial assistance, please contact us. All information is confidential. Space is limited, so submit your application promptly.

How about health and safety? Anyone who is sick is asked to stay home for the safety of all, your retreat may be rescheduled. Masks are optional and hand sanitizer is available.

What about God? One way, among many, you can help answer that question is with the Women's Emmaus Retreat that is led by women like you who have all struggled with the same questions about life that you have. The Emmaus Retreat is designed to be low key, laid back, non-hostile, user friendly, and not "preachy". You will listen to other women like yourself talk about their journey to know more about God. It is not required for you to be of any particular faith or church. The food is abundant, the place is calm and peaceful, and we know it will be a weekend that you will NEVER forget. Your time invested will pay huge dividends!

Any other questions, please visit our website cjemmaus.org or contact us through email at cjwemmaus@gmail.com, or call Zina Approvato: 732-600-3360.

Fill out the application; invest a bit of your time. Rethink, Refocus, Reflect and find your way. If you don't have time to make a retreat like this; that means you NEED a retreat like this!

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November 6th - 8th, 2026

Name _____ Age _____

Email _____

Home Address _____ City _____

State _____ Zip _____ Status (circle): Single Married Divorced Widower

Phones: Home _____ Cell _____

Emergency Contact #1 _____ Relationship _____

#1Cell _____ Email _____

Emergency Contact #2 _____ Relationship _____

#2Cell _____ Email _____

Who told you about the Retreat? _____

Special Dietary Requirements? (very important for catering) - allergies/vegetarian/vegan/etc?

Shirt Size: S M L XL 2XL 3XL

Do you attend a Church? Yes No

If yes, which church _____

**Any questions, please visit cjemmaus.org, email cjwemmaus@gmail.com or call
Zina Approvato 732-600-3360.**

The cost of the weekend is \$250.00. Checks payable to "Central Jersey Women's Emmaus".
Space is limited, please include payment with your registration. Please mail the registration form and
payment to: **Trish Hearne/CJ Emmaus, 5 Williamsburg Court, Toms River NJ 08755**

*Fill out the application; invest a bit of your time. Rethink, refocus, reflect and find your way.
If you don't have time to make a retreat like this; that means you NEED a retreat like this!*