



WOMEN'S EMMAUS RETREAT APPLICATION

In English | Nov 20-22, 2026

“ Then they said to each other, were not our hearts burning within us while he spoke to us on the way and opened the scriptures to us? ”

- Luke 24:32



Saint Martha Catholic Parish
9301 Biscayne Blvd, Miami Shores, FL 33138

ABOUT THE EMMAUS RETREAT

The first Emmaus retreat was held in the Archdiocese of Miami at the Dominican Retreat House in 1978. It was developed and conducted by a team of laywomen from St. Louis Catholic Church in Pinecrest, FL, and has since spread to parishes throughout the Archdiocese of Miami, other cities, states, and even internationally. The retreat is based on the scripture passage found in the Gospel of Luke 24: 13-35, where Jesus appears to two disciples who are on the road to Emmaus following Jesus' resurrection.

The retreat offers the participants a unique opportunity for personal and spiritual growth simply by discovering a new relationship with God and others. It provides much needed time for reflection away from distractions and gives participants the opportunity to encounter Jesus through our own personal journey; to get away and look at our lives as a Christian / Catholic. The retreat will help us focus our lives in a more positive and meaningful way. The journey through the Emmaus Retreat guides participants through a series of reflections given by laypersons who share their own personal experiences, their journey of Emmaus, on all aspects of their lives: spiritual, emotional, and relational. Participants experience a transformative spiritual awakening which leaves them with a renewed sense of priorities and purpose for their life.

The retreat begins on Friday evening **Nov 20th @ 5:30 PM**
and concludes on Sunday afternoon **Nov 22 @ 6:00 PM**

Please invite your family and friends to the 5:00 PM Eucharistic mass celebration. It is coordinated by the women of Saint Martha.

The parish offers only one retreat in English for women per year. There is a \$180 donation requested to cover the cost of retreat materials, food and lodging, retreat costs. However, financial hardships should not stand in the way of you becoming closer to God. Please let us know of your situation.

**FOR ADDITIONAL
INFORMATION
PLEASE CALL:**

Michelle Sealey: (305) 335-7813

Vimari Roman: (786) 340-3174

Applications may also be emailed:
stmarthamiamiemaus@gmail.com (note only one "m" emaus)

FREQUENTLY ASKED Q&A'S

What is an Emmaus Retreat for Women?

Emmaus is a spiritual retreat presented by the women of Saint Martha Catholic Parish providing the retreatant an opportunity for spiritual growth.

Is this another one of those programs for saints?

Not at all! It is a relaxed weekend where we have a chance to bond with others by sharing our life experiences. All Christian women welcomed!

What happens during the weekend?

A series of reflections are given by the different women of the parish. There are no lectures, no assignments. Each speaker will be sharing personal aspects of their life journey.

Why attend an Emmaus Retreat at Saint Martha's?

We are called to discover a new relationship with God. We are given the opportunity to make at least 30 new friends... who will become our close friends with whom we can share our journey. **Come join us and see!**

How long does it last?

The retreat begins on **Friday at 5:30 pm** and concludes **Sunday around 6:00 pm**.

Where do I show up?

Participants should arrive at Saint Martha where they will be taken to the retreat house as a group.

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Is there a cost?

There is a \$180 donation which covers the basic costs of the retreat and includes room and board, but a financial hardship should not stand in the way to becoming closer to God. Please let us know of your situation.

REGISTRATION IS NOW OPEN

We are expecting a large turn out of applicants. Please return the completed form with your \$180 donation to the Church Office as soon as possible.

Please make your check payable to:
Saint Martha Catholic Parish
in the memo write: Emmaus Retreat.

Parish office hours & Address:

Monday: 1:00pm - 4:30pm
Tue-Fri: 9:00am - 4:30pm

9221 Biscayne Blvd, Miami Shores, FL 33138

Telephone: 305-751-0005

Visit Saint Martha's website
www.stmarthamiami.com

WHAT YOU NEED TO BRING

Personal items:

- Towel
- Deodorant
- Soap
- Toothpaste
- Toothbrush
- Jacket or sweater
- Ear plugs

Retreat dress code is comfortable and casual. (Please bring black slacks for the Sunday Eucharistic mass family celebration).

Emmaus is an experience like non-other that you have experienced. It is an opportunity to rebuild your relationship with Jesus in a dynamic and beautiful way. We want to provide you the opportunity for a solid spiritual connection with the Lord and with everyone else that weekend. Bringing the outside world during those days can inhibit a carefree atmosphere which allows and nurtures prayer, reflection and time to think. To help us, help you in that journey we ask you to leave home all those distractions that can keep you away from your time with Jesus. Those items include cell phones, tablets, computers, newspapers, magazines, work, electronic games, iPods. Give yourself the opportunity not to worry about anything else but you and Jesus.

EMMAUS APPLICATION

Please return the completed form with your \$180 donation to the Church Office as soon as possible. Payment may also be made via credit or debit at the Church Office or via telephone. If called, you may also make an additional donation to help sponsor a retreatant who may otherwise be unable to attend due to financial hardship.

Last Name		First Name	Nickname / Name on tag
Street address - Please include Apartment Number if Applicable			
City		State	ZIP
Cell phone		Alternate Number	Work Phone
Email		Date of Birth	Age
Occupation / Job Description		Spouse's Name	
Health Status		Health Concerns	Special Diet or Food Allergies?
Emergency Contact 1		Relationship	Phone
Emergency Contact 2		Relationship	Phone
Name of the person who invited you to Emmaus		Home church or parish	

CHECK ONE

☐ Single ☐ Married ☐ Divorced ☐ Separated ☐ Widowed ☐ Annulled

CHECK ALL THAT APPLY

☐ Baptism ☐ First Communion ☐ Confirmation ☐ Marriage

SHIRT SIZE

☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large ☐ XXX- Large Other

Signature	Date
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Payment: [CLICK HERE TO MAKE YOUR PAYMENT](#)