

## St Juan Diego English Women's Retreat 2025



**Dates:** Friday February 7<sup>th</sup> to Sunday February 9<sup>th</sup>, 2025

**Venue:** [Our Lady of Peace Retreat House](#), 3600 SW 170th Ave., Beaverton, OR 97003-4467

**Price:**

- Full Retreat: TBD which includes six meals and two nights stay\*
- Commuter: TBD which includes six meals and no accommodation

\* The full retreat includes a private bedroom and sink. Note that the toilet and shower are shared with one other retreatant via a jack and jill shared bath design. If this is a concern, please contact [SarahRichmond03@gmail.com](mailto:SarahRichmond03@gmail.com)

**Speaker:** [Lindsay Caron](#) graduated from Santa Clara University and the University of San Francisco in 2007 with Master of Arts in Interdisciplinary Education and Catholic School Leadership. She is the founder and executive director of the Theology of the Body Parent School (TOBPS), taught Catholic school for grades between k-12, and served as a Parish faith formation coordinator in both CA and OR. Her expert knowledge of Theology of the Body allows her to connect this subject to topics such as Catholic Social teaching, Catechesis of the Good Shepherd model, and safe environment training. Lindsay lives in Portland with her husband and 3 small boys.

**Topic:** Theology of the Body is often thought of as a couple's topic but did you know you can deep dive into the Theology of YOUR body regardless of your relationship status? Young or aging, single or married, religious or lay, the theology of each individual body is a gift from God with a unique story written inside each soul. Come learn how to discern the vocation of your body and soul at any age and stage of life. We will discuss the feminine genius, the unique gifts of the different personality types, and how to set healthy boundaries for a nurtured body and soul."

**Donations:** Support for funding for some of our largest expenses such as future speakers and scholarships are always appreciated! Please consider this when registering and you may also donate separate from registration. Just follow the instructions under "*How to Register*" and if not attending don't include the registration form.

**Snacks and Wine:** Feel free to bring your favorite snack and wine - there will be a table set aside for this

**Personal Items:** *Be sure to bring* Washcloth and towels as well as personal toiletries. Consider bringing a Rosary, a journal for notes, eyeglasses, earplugs, water bottle (water is provided in the dining room) , consider walking shoes, rain gear and umbrella if outdoors or participating in Stations of the Cross.

## How to Register

There are four ways to register with registrations to be received by Sunday January 26<sup>th</sup>, 2024. The form is on the last page below as well as on the online [form](#)

Make checks out to “St Juan Diego Parish” and in the note write “2024 English Women’s retreat”

- *Pay in Person – 2 options*
  - In January sign-up in the Narthex after Mass with one of our volunteers
  - Place your form and check in an envelope and then place in the black drop box near the office door. The office is down a hallway on the north side of the Narthex near the Church entrance.
- *Pay Online (Be sure to complete all 3 steps)*
  - a. Determine the amount to pay by filling out the [form](#)
  - b. Pay via the [Giving](#) menu on the church website. Once there select “All Donation Options”, then select “Women’s Retreat” then follow the instructions to make your payment.
    - i. Note: This site requests an optional, not required, 2.75% extra to cover processing fees.
  - c. Once paid you will receive a receipt from [support@vanco.com](mailto:support@vanco.com). Email both the receipt, and confirmation you completed the online form, to [SarahRichmond03@gmail.com](mailto:SarahRichmond03@gmail.com); [agarcia@stjuandiego.org](mailto:agarcia@stjuandiego.org); [nancy@comsmiths.com](mailto:nancy@comsmiths.com)
- *Mail to the Church*
  - Mail your form and check to St Juan Diego Church, C/O Ana Garcia and Women’s English Retreat. 5995 NW 178th Ave, Portland, OR 97229

Tentative agenda and the registration form on the next two pages



## Agenda

(subject to change)

Day	Time	Activity	Location
Friday	4:00PM	Check-in (Welcome Packet may be in your room. Look for your Prayer Angel with in it so you know who to pray for)	Foyer
Friday	6:00PM	Dinner	Dining Room
Friday	7:00PM	Welcome and Opening Intro with Lindsay Caron	Chapel
Friday	7:30PM	Rosary and song	Chapel
Friday	8:30PM	Ice breaker and socializing	Chapel
Saturday	7:00AM	Mass with the Sisters (optional)	Sister's Chapel
Saturday	8:30AM	Breakfast	Dining Room
Saturday	9:10AM	Opening prayer and Introduction	Chapel
Saturday	9:15AM	Session 1	Chapel
Saturday	10:00AM	Small group discussion	Group Breakout
Saturday	10:45AM	Session 2	Chapel
Saturday	11:30AM	Small group discussion	Group Breakout
Saturday	12:30PM	Lunch	Dining Room
Saturday	1:15PM	Reconciliation	Chapel
Saturday	1:15PM	Free time / walk / Self led outdoor Stations of the Cross	
Saturday	2:30PM	Session 3:	Chapel
Saturday	3:15PM	Small group discussion	Group Breakout
Saturday	3:45PM	Craft	Dining Room
Saturday	3:45PM	Free time / Adoration (Chapel) / Self led outdoor Stations of the Cross	
Saturday	5:45PM	Retreat photo – Everyone in dining room	Dining Room
Saturday	6:00PM	Dinner (find your prayer angel)	Dining Room
Saturday	7:00PM	Talk on Mary by Kathy Yee	Chapel
Saturday	7:30PM	Bunko & Social time	Dining Room
Sunday	7:00AM	Mass with the Sisters (optional)	Sister's Chapel
Sunday	8AM to 8:30AM	Continental breakfast	Dining Room
Sunday	9:45AM	Mass	Chapel
Sunday	11:00AM	Brunch	Dining Room
Sunday	12:00PM	Depart	

## 2025 St Juan Diego English Women's Retreat Registration Form

Name	
City & Zip	
Cell Phone	
Home Phone	
Email	
Emergency Contact Name	
Emergency Contact Phone	
Rooms are private with an adjoining bath. Is there someone you wish to share a bathroom with?	
Please list any food allergies	
Willing to volunteer? *	

Sign Up Options	Amount
Full Weekend Retreat: (Price TBD)	
Commuter Retreat: (Price TBD)	
Donation amount*	
<b>Total:</b>	
Request for Scholarship? (Provide requested amount and subtract from Total)	
<b>Grand Total:</b>	

Make checks out to "St Juan Diego Parish" and in the note write "2025 English Women's Retreat"

### \*Donations and Volunteering

Donations support speakers, scholarships, and supplies. Volunteers support Stations of the Cross, the music, needed volunteers at the Spanish retreat, and much more.

Thank you for your generosity and your gift of time and talent!