

GATHER

A Lenten Retreat for Women of All Seasons

Refill, Reconnect, and Rest

SUNDAY, MARCH 8TH, 2026

St. Paul of the Cross School Gym, 320 S. Washington, Park Ridge

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Mt 11:28-30

THE VISION

- Build authentic community among women in all life stages
- Ease the pressure of perfection and caregiving stress
- Affirm the love and unseen labor women carry
- Restore your identity as a beloved daughter of God
- Strengthen unity across generations

KEYNOTE SPEAKER

Julia Hogan, LCPC, ACS

Topics include:

- Being more than doing
- The cost of giving without being filled
- Building bridges between different groups of women
- The importance of unity across all vocations

RETREAT SCHEDULE:

9:00 AM – Registration & Hospitality (light breakfast)

9:35 AM – Keynote Presentation

10:15 AM – Small Group Discussions

11:00 AM – Holy Hour & Confessions

12:00 PM – Social Lunch & Fellowship

St. Paul of the Cross offers 7:30am mass and welcome all to attend prior to the retreat

REGISTRATION: \$30 Register by March 4th



- Includes admission, a light breakfast, and all retreat materials
- Register through the QR code or drop-off a check at the rectory during Parish Office hours

Questions? Please contact
Jessica Armour at
jarmour123@gmail.com or
312-543-5633."