

# What is the Couples in Cana Retreat?

A retreat for couples to grow deeper in their relationship to each other and to Christ.

The retreat is Eucharistic centered with time for:

- Conference talks about marriage & growing deeper in your vocation as a couple
- Adoration of the Blessed Sacrament
- Confession
- Workshops to improve communication & deepen your understanding of Sacramental love.
- Prayer



**The mission of Pan de Vida retreats is to bring together couples, young adults & youth for an opportunity to experience Christ's grace through the Sacraments He established.**

For more information about Pan de Vida Retreats for couples, young adults, and youth please visit [www.pandevidearetreat.com](http://www.pandevidearetreat.com) or contact us at [pandevidearetreat@gmail.com](mailto:pandevidearetreat@gmail.com) or (925)297-7282

# Couples in Cana Pan de Vida Retreat





## JOIN US ON RETREAT

March 15-17, 2019

Friday 6:30pm - 10:00pm

Saturday 8:00am - 10:00pm

Sunday 8:00am - 1:00pm

Holy Spirit Catholic Church

37588 Fremont Blvd., Fremont, CA

All married, engaged and discerning couples are welcome.

Cost per couple is \$150

Includes lunch & dinner on Saturday.

Invest in your marriage.  
Invest in your family.

“As the family goes, so goes the nation, so goes the world in which we live.”

- Saint John Paul the Great

## A COUPLE'S TESTIMONY



“The wonderful speakers, the heartfelt testimonies, the beautiful music and the Blessed Sacrament. The Holy Spirit filled the room as we understood the “true” meaning of the Marriage Sacrament and the **Union of God, Man and Woman as one...**”

We truly felt like we were *newlyweds* married for the first time... We encourage all couples to **take a leap of faith** and attend a weekend that will change your lives forever.”



## Registration

NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL(S): \_\_\_\_\_

PHONE(S): \_\_\_\_\_

PARISH: \_\_\_\_\_

NUMBER OF YEARS MARRIED: \_\_\_\_\_

PARTICIPANTS' SIGNATURES:

\_\_\_\_\_  
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