



Women's Only Weekend

At CYO Camp Rancho Framasa

Depart from the hurriedness of everyday life, for a few days this spring to pull back, unplug and recharge. This program is a **spiritual retreat** laced with opportunities to relax and recreate. CYO Camp is the perfect setting for you to connect with yourself, God and friends. We will be exploring the theme of “*Having a Mary Heart in a Martha World.*” This theme is based on the book by Joanna Weaver with the same name. Date: April 20-22. Fee: \$150 for the weekend.

Spiritual

Mass
Spiritual Direction Sessions
Guest Speaker
Day Break Prayer

Relaxation

Massage
Yoga
Wine Tasting Social
Nature Photography Hike
“Alone Time” (as needed)

Recreation

Canoeing
Crafts
Climbing Wall & Giant Swing
Horse Corral Ride
Archery

About the weekend...

It is our hope that women will be able to use this weekend as a break from the “busyness” of life and find this retreat a place to connect spiritually and as friends. A schedule of activities will be available and led by CYO Camp staff throughout the weekend. Participants can move from activity to activity at their leisure. Participants are free to make their own schedules, making it as busy or as slow as needed. There are ample opportunities to be social and be alone as well. Participants will sleep in shared heated cabins and dine in the dining hall.

Register at www.campranchoframasa.org.

Questions about Programming? Contact Sara at sara@campranchoframasa.org.
Questions about Registration? Contact Shelle at registrar@campranchoframasa.org.

