

Blessed Trinity Shrine Retreat presents the

# Annual Women's Retreat

## *Into the Arms of the Father*

January 20-22, 2023



**Check In:** Friday, 6:00-7:00pm EST **End Time:** Sunday at 2:00pm EST

**Retreat Patron Saint:**  
St. Elizabeth of The Trinity

*A retreat for spiritual healing and growth*

*Therefore, I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. There I will give her back her vineyards and will make the Valley of Achor a door of hope (Hosea 2: 14-15A).*

We will explore the common distractions and obstacles that inhibit our trust and surrender to the love of God the Father, and thus block our endeavors for spiritual healing and growth.

Respond to the call of the Lord to spend a weekend surrounded by nature and nourished by the Holy Spirit. The speakers will offer talks from the writings of Elizabeth of the Trinity and the Gospel encounters with Saints Mary and Martha, opportunities for individual healing prayer, and optional prayer and meditations to help guide you into a personal encounter with the God of the universe who chose to create you, uniquely, in order to spend eternity with you. Meals and time between the talks will be in silence for prayerful reflection.

### Retreat Fees:

**Weekend:** \$190.00 per person (includes \$85.00 non-refundable deposit)

**Day Hop:** \$85.00 per person (includes \$40.00 non-refundable deposit)

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**Speaker:** Jennifer McKinney is a member of Most Holy Trinity Catholic Church in Augusta, GA. She is married to Deacon JJ McKinney and works as a homemaker and homeschool director for their 9 children. Jennifer received her Master's in Psychology and Ph.D.

in Neuroscience from the University of Texas and post-doctoral fellowship at Emory in Neuroplasticity. She and her husband decided to commit to a slower lifestyle when their second child was born, and Jennifer became a full-time homemaker. Jennifer is a graduate of the Alleluia School of Spiritual Direction and a practicing Spiritual Director. She has completed the first phase of the Lord Teach Me to Pray training in Ignatian Spirituality and Prayer.

*As part of the retreat center's participation in the USCCB Eucharistic Revival, retreat guests will have the opportunity for Adoration on Friday and Saturday night as well as Mass and Confession.*



**Speaker:** Kelly Tolman is the Co-Founder of The Pelican Project, a ministry dedicated to joyfully reawakening a culture of life within the domestic church. She has been married to her husband Fred, an active-duty soldier, for 20 years, and together they have 4 children. As the Army moves her family throughout the world, Kelly has been blessed to find opportunities to

serve women and families in varying capacities. She started a pregnancy resource center, worked as a Family Life Consultant within the Secretariat for Evangelization and Discipleship of the Archdiocese of Boston, and most recently, serves as the Director of Religious Education for St. Michael's Catholic Community on Fort Jackson. Kelly holds a B.A. in Homeland Security and a Master of Theology from Franciscan University of Steubenville.

After experiencing a difficult and dark time away from the Church, Kelly collapsed back into the arms of the Father, where she was wrapped with His abundant love and mercy. She is passionate about inviting women and families to rest in His embrace.



**Blessed Trinity Shrine Retreat**  
*Peace in the Pines*

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