

# 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



## 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."



## JOIN US ON RETREAT

  
**August 16-18, 2024**

Friday 6:30pm - 10:00pm

Saturday 9:00am - 10:00pm

Sunday 9:00am - 1:00pm

### Immaculate Heart of Mary

500 Fairview Ave, Brentwood, CA 94513

All married, engaged and discerning couples are welcome.

**Cost per couple is \$250**

Includes lunch & dinner on Saturday.

Register at

<https://www.pandevidaretreat.com/marriage-retreat-registration>

**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

## OTHER TESTIMONIES

"The Retreat taught me what a man's role is in the marriage, what marriage was truly meant for and how I can fulfill and live that role."

~Nick & Kayleigh

"The Retreat Weekend blessed us in ways we will hold very near and dear to our hearts forever."

~Leonard & Lori

"The Retreat called us to bring our empty stone jars to Jesus so that He can fill our marriage to the brim!" ~Joe & Cindy

"The Retreat taught us the theology of marriage and showed us examples, through God's teachings, of how to deal with every day issues." ~Luis & Shana

"Couples in Cana gave us the opportunity to grow closer and more intimate together. Beyond that, it provided a much needed opportunity to connect with our Lord Jesus, who continues to strengthen and fill our marriage with His grace." ~Derek & Kira