## RETREAT INFORMATION

The goals of the Cathedral ACTS Women’s Retreat weekend are to deepen your relationship with Jesus Christ, renew yourself spiritually, give new meaning to your prayer life and Sunday Mass, and build friendships with members of your parish community.

## Cathedral ACTS Women's Retreat: June 12-15, 2025

* Retreat begins with “Send-Off” at 5:45 p.m. in the Cathedral’s Mercy Hall on Thursday, June 12, 2025
* Retreat ends with 10 a.m. Mass” on Sunday June 15, 2025 at the Cathedral, followed by a reception in Mercy Hall
* Cost: $315.00 – Includes transportation, meals, and lodging. If necessary, financial assistance is available.
* A letter listing items to bring (and not to bring) will arrive 7 days prior to the retreat.

Reservations are first-come, first-served. To reserve your spot, mail a Registration Form and a $140 non-refundable deposit to the Parish Office. Online registration is also available through the parish bulletin or website. The $175 unpaid balance is due by Thursday, June 12, 2025 at Send-Off. For more information, or to obtain a registration form, please contact the retreat director.

*You do not have to be Catholic to attend an ACTS retreat.*

**Retreat Director: Katie McAllister** **916-715-5246 or** **katiemc5220@yahoo.com**

**ACTS - CATHEDRAL OF THE BLESSED SACRAMENT 1017 11TH STREET**

**SACRAMENTO, CA 95814**

## ActsCathedralSacto@gmail.com

*“Save the Date!”*

ACTS WOMEN’S RETREAT

June 12-15, 2025

**Adoration Community Theology Service**

**HISTORY OF ACTS**

The inspiration for ACTS came from the birth of the Cursillo Movement in the Archdiocese of San Antonio, Texas through the inspiration of the Holy Spirit. ACTS became a reality in 1987 at Our Lady of perpetual Help in Selma, Texas, a small suburb of San Antonio.

Although ACTS was modeled after Cursillo, there are some differences. Cursillos are for Catholics only whereas ACTS is open to all Christian faiths and is generally directed to those within a parish.

No two retreats are exactly alike. There are certain events that are mandatory, but each retreat is unique.

After the retreats, participants are encouraged to continue their journey to a closer relationship with God and to participate in parish activities. ACTS should not be thought of as a “group” or ministry, but as a movement, which awakens parishioners to a greater desire for the love and knowledge of our Lord.

In 1997 ACTS Missions was founded to help spread the ACTS movement to parishes all over the world. Today, ACTS is in at least 22 states in the U.S., 8 states in Mexico, as well as Canada, Honduras, South Africa and England. Interest is growing literally around the world. Visit their website at: [www.actsmissions.org](http://www.actsmissions.org/)

The first ACTS retreat at St. Rose of Lima Parish, Roseville was in August 2011 under the spiritual direction of Father Phil Briganti of El Paso Texas and Father Michael O’Reilly of St. Rose of Lima Parish, with the blessing of Sacramento Diocese Bishop Jaime Soto. Since 2013, over 400 Cathedral men and women have attended an ACTS retreat sponsored by St. Rose of Lima Parish or the Cathedral Parish. In 2016, the Cathedral of the Blessed Sacrament began sponsoring ACTS retreats. Our Pastor (and ACTS Retreat Spiritual Director), Father Michael O’Reilly, welcomes all Parishioners to experience an ACTS Retreat. Currently, the Women’s Cathedral Parish ACTS Retreat is held in June and the Men’s Cathedral Parish ACTS Retreat is held in November.



# What is the purpose of the ACTS retreat?

An **ACTS** weekend is designed to help retreatants enter a deeper relationship with our Lord and fellow parishioners. This is accomplished through **Adoration** and daily prayer, the call to **Community** in one’s parish as a member of the Body of Christ, and **Theology** in encouraging the study of Scripture and our Catholic Faith. All emphasize and encourage the virtue of **Service** to our Lord, our parish, and one another.

# What is the goal of an ACTS retreat?

A parish **ACTS** retreat strives to achieve the directives of Vatican II and the goals of the Revised Code of Canon Law of 1983 which emphasize “community and pastoral care” within a parish. The weekend allows the retreatants to experience God’s love and joy. They return to their parish with a deeper love for each other and a desire to become more involved in their parish faith community.

