

*Registration Form:*

*Sabbatical:*

*Self-directed  
annually  
between October and June*

*Name:* \_\_\_\_\_

*Address:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*City*            *State*            *Zip code*

*Birth date:* \_\_\_\_\_

*Congregation:* \_\_\_\_\_

*Telephone:* \_\_\_\_\_

*Deposit: \$100 payable to:*

*Emmaus House*

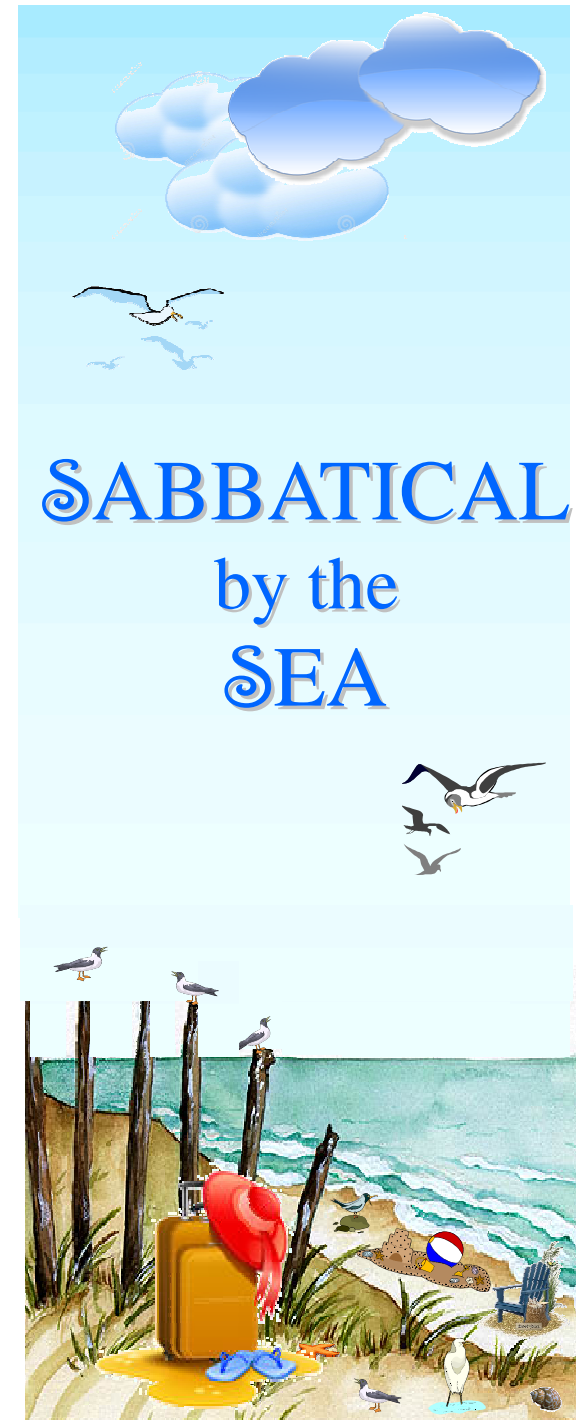


*Our facility is handicap-accessible.*

*For Further Information:*



**Return registrations to:  
Emmaus House  
Registration Secretary  
21 Main Avenue  
Ocean Grove, NJ 07756  
Phone: 732 - 776 - 5458  
Fax: 732 - 776 - 7065  
Website:  
[www.emmaushouse.com](http://www.emmaushouse.com)**





## OVERVIEW

*Sabbath means we live in time,  
in the present.*

*Sabbath means we  
pause/stop.*

*Sabbath means we do these  
things in order to ready  
ourselves for re-creation in  
community.*

*Come join us at the seashore  
where life has its own rhythm.*

*Come explore the beauty of  
your own life in solitude or in  
the company of others.*

*Come ~*

*Come as you are...*

*All will be well.*

## Possibilities for your choosing

### Relaxation Techniques

*~ Tai Chi Chih*

### Body Work

*~ Massage*

*~ Reflexology*

*Jacuzzi*

*Prayer*

*Ritual*

*Eucharist*

*Individual Counseling*

*Spiritual Direction*

*Accessibility to New York,  
Philadelphia, The Arts,  
Museums and Theater*

*A Library of Books, Videos, Tapes  
on relevant topics*

*Come and find  
the compassionate  
God of Creation  
who is much greater than our  
sometimes accusing hearts.*

## Practical Considerations

*Clothing is casual. Often the early  
fall weather can be warm and  
walking the beach is definitely  
possible. Also, remember that  
November and December can be  
quite cold ~ snow is often a  
wintery visitor!*

## Location

*Located in the cozy town  
of Ocean Grove, New Jersey,  
our house is one block from  
the ocean and so a boardwalk  
is available for walking and  
relaxing. Each season has  
its own flavor and its own  
components for healing.  
The sea has a way of teaching us.*

