

# ECHO

## RETREATS

*A Theology of the Body weekend retreat exploring  
identity, prayer, relationship, and vocation*

**APRIL 4-6, 2025**  
**LIFETEEN CAMP COVECREST**

*For young adults 19-35 years old\**





**"AFTER  
ORIGINAL  
SIN,...THE  
SPOUSAL  
MEANING OF  
THE BODY  
WAS TO  
REMAIN...  
INSCRIBED IN  
THE HUMAN  
HEART AS A  
DISTANT  
ECHO...OF  
ORIGINAL  
INNOCENCE."**

-ST. JOHN PAUL II  
GENERAL AUDIENCE,  
FEBRUARY 20, 1980



OFFICE OF  
**EVANGELIZATION  
& DISCIPLESHIP**  
ROMAN CATHOLIC ARCHDIOCESE OF ATLANTA



## WHAT IS ECHO?

ECHO is a truly unique Catholic retreat experience, rooted in St. John Paul II's Theology of the Body. **Traditionally a week-long retreat**, this 'mini' version beautifully provides a taste of the full ECHO experience. Combining dynamic talks, prayer and sacraments, daily Mass and Adoration, small group discussions, artistic expression, and authentic community, ECHO takes participants on a journey to answer the deepest questions of the human heart. Questions such as: Who am I? What is my vocation? How can I truly find happiness? What is God's plan for my life?

## WHO SHOULD ATTEND ECHO?

ECHO is open to young adults **19 - 35 years old. (18 year olds out of high school may also attend)**. ECHO is open to all states of life: single, married, consecrated, priests, and religious. It is also a great retreat for catechists, teachers, missionaries, and anyone else who desires to share God's plan for human love with others.

## TESTIMONIALS:

"I can't thank you enough for this life changing week. Please run another! It's sparked a fire in me that I hope never goes out, and **has framed my vocation, womanhood, and sexuality** in a totally new way for me."

"As a new Catholic, I loved meeting other young Catholics and **witnessing the 'family of faith.'** It was very moving and inspiring."

"I had suppressed a part of me for probably the last decade because I thought it was what I needed to do to be safe and **that part of me got it's first breath of life this weekend.**"

"When I came to ECHO, I wasn't sure what to expect, but of all the many retreats I have been to over the years this one tops them all! **I have never quite experienced the heart of the Father in such a tangible way**...If you're looking for a retreat to hear and find perhaps where God is calling you...this is the best place."

## WHERE IS THE RETREAT HELD?

The retreat will be held at **Lifeteen Camp Covecrest**. Covecrest is tucked away in the North Georgia Mountains. The grounds of the camp are peaceful, powerful, and restful, and feature many beautiful spaces for prayer, recreation, and rest.

## WHAT IS THE COST?

**The cost of the retreat is \$140:** this is inclusive of accommodation, meals and all retreat supplies for the duration of the retreat. If finances are a concern, please contact Elaine Phillips ([ephillips@archatl.com](mailto:ephillips@archatl.com)) for possible scholarship options.

## WHERE DO I REGISTER?

**Registration is now open!**

Visit [tiny.cc/echoatl](https://tiny.cc/echoatl) for more information and to register.