



ECHO

WEEKEND RETREAT FOR YOUNG ADULTS

*A journey into the heart through
St. John Paul II's Theology of the Body*

APRIL 10-12, 2026

**Lifeteen Camp Covecrest
Tiger, GA**

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."

-TOB 19:2



REGISTER
HERE!



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 \$119. 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) for possible scholarship options.

WHERE DO I REGISTER?

Registration is now open!

Visit tiny.cc/echoatl for more information and to register.