



SAN DAMIANO RETREAT

PRIVATE RETREAT

A sanctuary for your soul – private retreat

Just as water is necessary for the body, so is silence necessary for the soul.

San Damiano Retreat

As you approach San Damiano you drive through an umbrella of oak trees nestled in the rolling foothills. Once you come upon the retreat center, you are greeted with the welcoming arms of the St Francis of Assisi statue. Come, walk in our enchanted inner courtyard garden and see the unique fountains while hearing the sounds of trickling water. Discover places of respite, and breathtaking views of the surrounding hillsides in the meditation areas. The soul-sustaining beauty of creation abounds in this sanctuary.

What do you do on a private retreat?

While you are on a private retreat you can create and structure your own personal time. Rest, read, pray, or write. Choose from the 50 acres of walking paths, quietly walk the labyrinth, or meditate in the Canticle garden and just be. A private retreat is an opportunity to find solitude and renewal. It is sacred time away in a place of serenity that allows everyday stresses to drift away.

We live in a world filled with competing demands and have little time for reflection and contemplation. It helps to step aside, to come away and rest a while, to reflect on the deeper meaning of the events in our lives. A spiritual director can accompany you in exploring them to discover the extraordinary gifts of God's presence and savor those experiences.

What is the purpose of Spiritual Direction?

"Spiritual Direction is, in reality, nothing more than a way of leading us to see and obey the real Director – the Holy Spirit hidden in the depths of our soul." Thomas Merton

Spiritual direction is not counseling or therapy. It is listening with the ear of the heart to the wisdom of the Spirit. A spiritual director does not tell you what to do. Direction is like panning for gold. The director accompanies you as you sift through the dirt and murkiness of the river to discover the gems of gold within your life.

Who provides Spiritual Direction?

San Damiano's spiritual directors have all received extensive training and formation in the art of spiritual direction. They bring years of experience to this ancient ministry.

SPIRITUAL DIRECTION

PRIVATE RETREAT WITH SPIRITUAL DIRECTION

What amenities are available?

Meals and bedroom with private bathroom

Liturgy

Spiritual direction

50 acres of walking paths, outdoor Stations of the Cross

Canticle garden and courtyard garden areas

Meditation areas with breathtaking views

Labyrinth

To Schedule

See link about available days for private retreat. Contact Kateri at 925-837-9141 x315 or katerik@sandamiano.org about scheduling availability. Once dates are confirmed, if you are seeking spiritual direction while on retreat, contact Rena Grant at 925-8387-9141 x311 or renag@sandamiano.org at least one to two weeks in advance of your stay.