



## FREQUENTLY ASKED QUESTIONS

### **What do I need to bring?**

Bring an alarm clock, we don't provide them. Dress comfortably and in a manner that respects the spiritual nature of our facility. Bring personal toiletries, we only provide a small bar of soap. You will need to bring your own journals, books, reflection materials, pens and paper. Our gift shop does have many spiritual books for sale.

### **What kinds of meals are served?**

We serve buffet style meals. Included in all meals are fresh fruits and vegetables. A hot entree is served with dinner along with rice or potatoes. We can accommodate vegetarian and vegan request if we get the request at least 48 hours in advance of arrival time.

### **What do the bedrooms and grounds provide?**

Our bedrooms each have a private bathroom. We provide the linen although some people bring a favorite pillow. Most of our 78 bedrooms have twin beds. We have a limited number of rooms with double and queen mattresses. A small desk, a lamp, closet and a ceiling fan are in each bedroom. The bedrooms do not have alarm clocks. Except in emergencies, cell phone use is not permitted in the bedroom area. Our grounds have meditation benches, gardens and fountains. For those who want to walk or hike, we have trails, and a labyrinth. The Stations of the Cross are outdoors in an oak grove that has a path and benches.

### **What if I need to cancel?**

Please contact us as soon as possible if you need to cancel your retreat reservation. We often have a waiting list and this will help us to accommodate others who may wish to attend a retreat. Deposits can be transferred to another retreat within the next year if we receive your cancellation at least 7 days before your retreat is to begin.

### **What about electronics? Can I use my cell phone/computer?**

There is one place on our site that cell phones may be used and that is in front of the main building's entrance. We strongly request that cell phones are not used at any other time or place during your stay with the exception of an emergency. And please, no cell phone usage in the bedrooms or meditation areas. You may bring a lap top computer that is wifi capable. Wifi is available in some conference rooms and in our lobby.

### **I'm not Catholic. Can I still attend a retreat or come on a private retreat?**

Yes, San Damiano is a diverse and inclusive center. Our Director Fr. Ray says, "St. Francis stands at our front door with open arms. He beckons all our sisters and brothers, folks of other faiths and no faith. He places no conditions on our guests. All he asks is openness to goodness and growth." In the spirit of St. Francis, know that you are welcome!

### **What size are your conference rooms and what is provided in them?**

Our 6 conference rooms range in size: 8 – 120 people can be seated comfortably. Our Chapel seats 130 and our dining room can seat 118. We have equipment that can be provided in the conference rooms from a CD player to a power point projector. See the Conference Facilities and Services page for more information and costs.

### **Can I just show up for some retreat time?**

We ask that all visitors to San Damiano check in at the front desk even if you have come up just to "check out what is here." All dogs must be on a leash and remain outdoors. You must register in advance for our Retreats that are announced in the Newsletter. Private Retreats should be set up 2 weeks in advance. The Front Desk staff can direct you to the person you need to speak with for all your retreat needs.

### **I looked at your newsletter and calendar. Some weekends are free, correct?**

No, all our weekends have retreatants attending various retreats both Sponsored and Hosted. It is important to call or email ahead of time for retreat requests.

### **How do I find out about spiritual direction?**

Clare Ronzani, our spiritual direction coordinator, is here most Thursdays. Here is her contact info: 925-837-9141, ext. 311 or [clareronzani@sandamiano.org](mailto:clareronzani@sandamiano.org). Visit the Spiritual Direction page for more information about spiritual direction.