



What is a private retreat with Spiritual Direction?

A private retreat provides an opportunity to get away from hectic daily life to seek solitude for rest, renewal, and prayer. Choosing to include a spiritual direction session with your private time can enrich the experience. A private retreat is a sacred time away in a place of serenity to allow everyday stresses to drift away.



What is the purpose of Spiritual Direction?

Spiritual direction is about responding to God's invitation to draw closer in relationship. It is meant to help us learn how to be attentive to God's presence and action in our lives and to make choices based on that awareness. Spiritual direction can be available daily if you so desire. A spiritual direction session is an hour.

Who provides Spiritual Direction?

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

What is available for you?

Spiritual Direction

Liturgy

Prayerful Chapel

50 acres of walking paths
and gardens

Meditation Areas

Labyrinth

Meals & bedroom with bath

To schedule

Contact Kateri at 925-837-9141 x 315 or katerik@sandamiano.org to inquire about scheduling availability. Often private retreats range from one to five days. If you are seeking spiritual direction while on retreat, please contact Rena Grant at 925-837-9141 x 311 or renag@sandamiano.org at least one to two weeks in advance of your stay.