



# Private Retreats, Spiritual Direction & Retreat Facilitators

## PRIVATE RETREATS

*"Come away... and rest a while" (Mk.6:31).*

Mary & Joseph Retreat Center offers the individual a unique opportunity in our busy world - to take some time for your own private retreat. Our chapel and grounds are open for reflection during daylight hours. If you choose to have one day or several days of refreshment and renewal, the time and space can reinvigorate your body, mind and spirit. The cost for a single room is \$85 per night, a shared room (for 2) \$110 per night. Meals extra as available. Please call ahead to reserve your room and meals. You may also schedule spiritual direction during your stay.

*To schedule a private retreat, contact Sydne Yanko-Jongbloed by email, [sjongbloed@maryjoseph.org](mailto:sjongbloed@maryjoseph.org) or call 310.802.6376.*

## SPIRITUAL DIRECTION

From time to time we all feel the need for guidance, compassionate listening or help with discernment. A spiritual director is a companion on the journey who assists us in tuning in more deeply to the heart to recognize the still, small voice of the God within. Spiritual direction is available for individuals either one time or an on-going basis, once a month. A suggested donation is \$40-\$50 for each one-hour session. Available by appointment only.

## DO YOU NEED A FACILITATOR?

Our retreat facilitators can work with you to create customized programs for sacramental preparation, graduation, RCIA, parish and/or school staff days of renewal, and Labyrinth walks. The facilitator is compensated by your group, according to the length of the retreat at Mary & Joseph. Contact us at least 2 months in advance of your retreat.

*To request Spiritual Direction or a facilitator, contact Christine Sanchirico by email, [csanchirico@maryjoseph.org](mailto:csanchirico@maryjoseph.org) or call 310.377.4868.*

