



Private Retreats & Special Programs

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 enables you to tune in to your deeper self and to recognize the still, small voice of God within. Spiritual direction is available for individuals or couples on an on-going basis, meeting about once a month. A donation of \$40 to \$60 is suggested for each one-hour session.

For information on spiritual direction contact Tammy (310) 377-4867 ext 252 or tezzi@maryjoseph.org

Private Retreats

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

In today's stressful world there is often a need to get away for a quiet time of prayer, reflection and rest. Our peaceful environment, pleasant rooms, beautiful gardens and enjoyable meals offer a sacred space where the whole person is nurtured. One day or a few days of refreshment and renewal reinvigorates us, body, mind and spirit, so we can return to our lives with a new sense of God's presence to focus and ground us. Individual spiritual direction is also available to enhance your private retreat experience.

For information on private retreats contact Sydne (310) 377-4867 ext 258 or sjongbloed@maryjoseph.org

Do you need a retreat facilitator?

Tammy Ichinotsubo-Ezzi, our Spiritual Development Coordinator can provide talks fitting to your retreat theme, assist you in planning, and help you coordinate your time with us.

To find out more about what she can offer, contact Tammy at (310) 377-4867 ext 252 or tezzi@maryjoseph.org

