

## RESERVATIONS

Please contact us first by phone or email for available dates before sending in the reservation form and deposit to the Spiritual Ministry Center. A confirmation will then be sent to you.

Unconfirmed reservations may be canceled after two weeks.

## ARRIVAL/DEPARTURE

Retreatants are asked to arrive at the Center before 6 PM. Checkout time is 10 AM. The Spiritual Ministry Center is about 20 minutes by taxi from Lindbergh Field International Airport.

**\*\*IMPORTANT:** We are located at 4822 Del Mar Avenue in Ocean Beach (not in Del Mar, California).

## RETREAT FEES

Per Night.....\$100.00  
30 Day Retreat.....\$3,000.00  
Fees include private room/bath, food and spiritual direction.

A \$100 non-refundable deposit is due with registration. Balance is due upon arrival. Make check payable to the Spiritual Ministry Center.



There are places to walk, bike, or just sit in communion with God... a wonderful place to simply be.



# *The Spiritual Ministry Center*

**SAN DIEGO, CALIFORNIA**

## The Spiritual Ministry Center

4822 Del Mar Avenue  
San Diego, CA 92107-3407  
619-224-9444  
spiritmin@rscj.org

**Office Hours: Monday — Friday**  
9:00 AM — 4:00 PM (Pacific Time)

[www.spiritmin.org](http://www.spiritmin.org)

A ministry of the



**Society of the Sacred Heart**  
United States – Canada



Come and enjoy our oasis of hospitality and prayer in a residential neighborhood on the coast of sunny California.



## THE SPIRITUAL MINISTRY

### CENTER OFFERS:

- ◆ Spiritual direction, generally monthly, for persons wishing to explore their relationship with God
- ◆ Retreats, directed or private, including the Spiritual Exercises of St. Ignatius of Loyola
- ◆ Self-directed Sabbaticals
- ◆ Workshops and days of prayer, at the Center or off-site (upon request)

## MEALS

Retreatants prepare their own meals in well-stocked, well-equipped kitchens. Grocery shopping is done twice weekly. We provide healthy, simple food with attention to special dietary needs.

## ROOMS

Each retreatant has a spacious, private room and bath on the second floor of a double duplex in a residential neighborhood. Chapel, living room, kitchen, library, and patio are shared.



## ATMOSPHERE

Silence is maintained in all retreat areas as a silent atmosphere is conducive to prayer, reading, journaling, or sitting by the fire on a cool evening.

## LITURGY

Sacred Heart Catholic Parish, where daily Eucharist is celebrated, is a short walk away. Churches of other denominations are within easy walking distance.

## LIBRARY

Spiritual books, tapes, and CDs are available to all. Each retreat room has a Bible and a CD player with headphones.

## PROVISIONS

The Center provides sheets, towels, wash cloths, beach towel, chair, and mat.



## NEARBY

The town of Ocean Beach, a post office, pharmacy, fishing pier, and, of course, the Pacific Ocean are all just an easy walk away.



## CLOTHING

Dress is casual and comfortable. Include a warm sweater or jacket for mornings and evenings.

## WEATHER

Mild winters, cool summers are the norm. Rain is rare. Bothersome insects are few.