

Balboa Council Retreat

St. Michael's Abbey

Saturday May 15th

In this age of much activity and many distractions, it is crucial to find a place and time apart in order to rest with the Lord.

Nestled in the chaparral-covered foothills of Silverado Canyon, St Michael's Abbey provides one such "desert place" in which to rest with Christ.

As canons regular, our life here at the abbey is centered on the sacred liturgy and the choral recitation of the psalms in choir. Our guests are welcome to join us for all the hours of our communal prayer schedule, beginning with Matins at 0545 and ending with Compline at 2030.

We are very blessed to be able to host a small number of overnight guests here at the abbey. Guests stay with us in order to make personal retreats or to visit confreres.

The GuestWing does not operate as a hotel, nor is it, in fact, a retreat house: it is a small guesthouse in which people happen to make retreats!

The following council members are scheduled to attend the retreat and stay overnight at the abbey, and have been registered for the retreat:

1. Tom Cirello stay Saturday night
2. Guadalupe Cirello stay Saturday night
3. Dean Star stays both nights
4. Al Martini stay Friday night
5. Scott Bergey stay Friday night
6. Jeff Graass stays both nights
7. Erin Graass stays both nights
8. Mark Oravitz stay Friday night
9. Steve Ortega stays both nights
10. Mark Sarbia stay Friday night

Check-in is 1530 – 1630 on Friday. Jeff Graass will meet the Guestmaster Fr. Edmund to check-in all overnight council members.

If a council member is not scheduled to stay overnight, a registration for the retreat can be made on the St. Michael's Abbey website. <https://www.stmichaelsabbey.com/retreat-registration>

General Retreat Information

0815 Registration Check-In

0900 Conference #1

1030 Conference #2

1200 Lunch

1220-1300 Tour of Abbey Church, optional

1300 Confession

1400 Conference #3

1500 Retreat ends

Overnight guests are provided with three daily meals prepared by our dear Rosarian Dominican sisters, who provide food for the whole abbey community. These meals are included in the room prices. Meals are served at set times, and guests eat together around a single dining room table in our guest refectory.

We cannot provide special diets (other than gluten- or dairy-free), but there is a refrigerator, microwave, and stove in the guest kitchen available for our guests' use.

Mealtimes

Breakfast 0800-0830 / Sunday 0730-0815

Lunch 1215-1300 / Sunday 1145-1245

Dinner 1730-1830

Dress Code

Please dress in a dignified manner and refrain from wearing revealing or inappropriate attire including tank tops, muscle shirts, shorts, yoga pants and cover any tattoos that may be offensive to others.

This is a good time to get settled in and allow the Lord to speak to us in prayer.

While we do not typically offer guided retreats, there are some written guides for personal meditation available in each of our guest rooms.

Guests are welcome to inquire about the possibility of meeting with a priest for confession and spiritual direction; this is based on the availability of our priests. Guests may always avail themselves of the public confessions in our abbey church.

Unfortunately, it is impossible to make a completely silent retreat at the abbey. The reason for this is that all our guests eat around a single dining room table. Retreatants are welcome (even encouraged!) to remain in silence throughout the day.

There is often a combination of retreatants, family members of confreres, and staff members staying in the GuestWing at the same time.

Our overnight guests are welcome to walk around the main parts of the property and may hike on our back trails if they wish. Please note that much of our property contains beautifully preserved land. Rattlesnakes, coyotes, and even occasional mountain lions are a natural part of the scenery. Guests hike at their own risk.

Communal Prayer Schedule in the Church

0545 Matins & Lauds

0700 Mass in Latin

0840 Terce

1200 Sext

1620 None

1630 Rosary

1700 Vespers

1930 Exposition of Blessed Sacrament

2015 Benediction

2030 Compline