

FIND REST & RENEWAL AT A BENEDICTINE ABBEY

Saint Andrew's Abbey is a spiritual home for retreatants & the monks who dedicate their lives to work & prayer.

COME VISIT US



2025 *Retreats*



SAINTANDREWSABBEY.COM

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SAINT ANDREW'S ABBEY

A BENEDICTINE MONASTERY

Valyermo, California



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I am going to allure her, lead her once more into the desert, where I can speak to her tenderly.

Hosea 2:16

Welcome to the Oasis in the Desert



SAINT ANDREW'S ABBEY is a Roman Catholic Monastery of the Order of Saint Benedict. Known as the Spiritual Oasis in the Desert, the monks have a special emphasis on hospitality. The monastic community welcomes people of all faiths to enjoy the peace, silence, and rhythm of the life of the monks who follow the Rule of Saint Benedict. You are invited to join the monks sing the Divine Office and the daily celebration of the Eucharist.



Monastic Daily Schedule

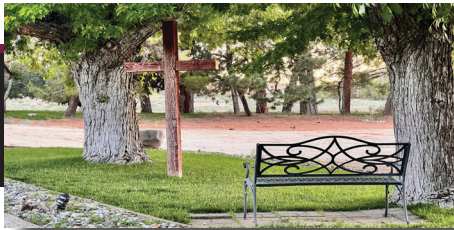
- 6:00 AM Vigils - Office of Readings (except on Sundays)
- 7:30 AM Lauds - Morning Praise
- 8:00 AM Breakfast - In Silence
- Noon Conventual Mass
- 12:50 PM Lunch
- 5:30 PM Vespers - Evening Prayer
- 6:00 PM Dinner
- 7:30 PM Compline - Night Prayer (Sunday Vigils on Saturday)

Spiritual counseling and direction and the Sacrament of Reconciliation are available upon request.

Make Your

The Retreat Center accommodates overnight guests participating in both directed and private retreats. The facilities include seventeen rooms, each with two twin beds and a private bath. Linens, towels, and soap are provided. Meals are served home-style 3 times a day and shared with the monks.

Retreats are generally available on weekdays. Weekends are limited and may be on a “waitlist” basis only. All overnight retreats include dinner on the day of arrival through lunch on the day of departure.



Private Retreats

Monday - Saturday Night

\$103 per night, single person

*\$88 per person per night for 2 persons shared
(\$176 total for 2 persons)*

*We do not accommodate guests on Sunday night as it is a community night for the monks.

Deposit & Cancellation Policy

-For One-Night Stay, a \$50 non-refundable deposit is required to secure the reservation. In the event of a cancellation, we may credit you the deposit amount and allocate it to a future reservation up to one time only per calendar year.

-A \$100 non-refundable deposit is required for a Multiple Night Stay to secure the reservation. In the event of a cancellation, we may credit you the deposit amount and allocate it to a future reservation up to one time only per calendar year.

Retreat!

Group Retreats

————— If the group provides its own facilitator

Monday - Thursday Night

\$120 per night, single person

*\$103 per person per night for 2 persons shared
(\$206 total for 2 persons)*

Friday And Saturday Night

\$306 total, single person

*\$240 total per person for 2 persons shared
(\$480 total for 2 persons)*

————— If the Abbey provides a facilitator

Monday - Thursday Night

\$133 per night, single person

*\$116 per person per night for 2 persons shared
(\$232 total for 2 persons)*

Friday And Saturday Night

\$333 total, single person

*\$266 total per person for 2 persons shared
(\$532 total for 2 persons)*

Deposit & Cancellation Policy

-To secure a set of dates for a group reservation, we require a deposit of \$50 per room reserved for all group reservations. Deposits are due as soon as possible. Cancellations made 30 or more days before the scheduled start of the retreat, we will refund 50% of the deposit made. For cancellations made less than 30 days before the scheduled start of the retreat, we may credit you the amount provided and allocate it to a future reservation up to one time only per calendar year.



Abbey Sponsored

Day Retreats and workshops are offered for groups of 20 - 50 people which include use of our large Conference Center along with themes and topics customized to meet your needs.

\$18 per person (includes continental breakfast and the conference room)

Plus, \$7 extra person per session when an Abbey facilitator is requested.

Deposit Policy

-To secure a day retreat, a \$250 non-refundable room deposit will be required, which will be applied to the retreat total.



Shop our Exclusive
Hand-Made Ceramics
Only made at
Saint Andrew's Abbey



Day Retreats & Workshops

All Abbey Day Workshops have a requested donation of \$55 per person which includes a light breakfast and lunch.

EXPERIENCING GOD'S LOVE

February 8

Saturday 9 am - 4 pm

God is love, but really, experiencing God's love is sometimes difficult. Once mankind lived in a perfect community with God, we were designed for this. His love and provision were real and tangible. But our fallen nature and ongoing rebellion have caused us to doubt God's love for us. We struggle to accept His mercy, yet our soul desires it.

Intentionally offered near the over-sentimentalized season of Valentine's Day, this retreat offers you the unique opportunity to explore the reality of God's love for you. Based on Saint Bernard's "Four Degrees of Love," short reflections and quiet activities will provide the framework for exploring the soul's journey back to a restored relationship with God.

Presenter: Lisa Marion, Obl., OSB

SUNDAY SCRIPTURE READINGS WORKSHOP

April 12

Saturday 9 am - 4 pm

This weekend is Palm Sunday. The Gospel account is that of Luke. Luke's narration of the Passion of Christ is a rich source for our study. In our first session we'll examine the crucifixion, death, and burial of Jesus. During the second session we'll discuss His Resurrection and the Emmaus Road account, culminating in the most exciting experience the disciples had of the Eucharist. John will share his insights in an enlightening Power-Point presentation.

This retreat will afford you deeper insights into Luke's story of the Passion. Bring your Bible and be prepared for a fascinating dialog about Jesus, the Messiah/Christ.

Presenter: John D'Isacco, Obl., OSB

SAINT HILDEGARD OF BINGEN

May 3

Saturday 9:30 am - 3:30 pm

This retreat will provide a general overview of Saint Hildegard's life. Still, it will focus especially on her music, particularly through studying her viriditas, or 'greenness' concept, and its influence on her music. In addition to listening to some of her music, there will be an opportunity to discuss liturgy and chant. Finally, we will form a little Schola and sing through some of St Hildegard's music and some of Fr Angelus' music as well. Though this is primarily a music-themed retreat, being a musician or having a singing voice is not required, only an interest in this great Benedictine Saint.

Presenter: Fr. Angelus Echeverry, OSB

CONTEMPLATIVE PRAYER WORKSHOP

May 31

Saturday 9 am - 4 pm

Designed for the beginner and offered during Lent, this Quiet Day will explore the history and purpose of Contemplative prayer practices, how contemplative prayer differs from meditation, what contemplative prayer is and isn't, and offers the space to actually practice several contemplative prayer modalities. An extrovert by nature, Lisa discovered the value of contemplative practices in her journey to a closer connection with God. Come draw away from the chaos of life and learn tools to help you center your heart and experience the presence of God.

Presenter: Lisa Marion, Obl., OSB

ANGELS AND DEMONS

July 12

Saturday 9:30 am - 3:30 pm

Angels are real, spiritual beings who exist as messengers and servants of God. This retreat will provide a general overview of angelology while looking at the writings and teachings of St Thomas Aquinas, Church Tradition, and the Scriptures to "flesh out" these mysterious beings of pure intellect. Utilizing the question/answer format from Dr. Peter Kreeft's book "Angels (and Demons) - What Do We Really Know About Them?"; we will attempt to answer many questions on the matter ranging from "Do angels know our secret thoughts?" to "Why would a good angel choose to become a devil?" This is an important subject in our Christian belief as the existence of angels is a dogma of the Catholic faith.

Presenter: Fr. Angelus Echeverry, OSB

UNDERSTANDING MIRACLES

August 9

Saturday 9:30 am - 3:30 pm

This retreat aims to provide a proper understanding and approach to miracles from the Catholic perspective by separating the authentic from the counterfeit, according to the Scriptures and the Magisterium. We will use the book "A Catholic Guide to Miracles" by Adam Blai to explore specific miracles and provide examples of their demonic counterfeits. This retreat is for you if you have ever wondered about miraculous things like eucharistic miracles, levitation, stigmata, and faith healers.

Presenter: Fr. Angelus Echeverry, OSB

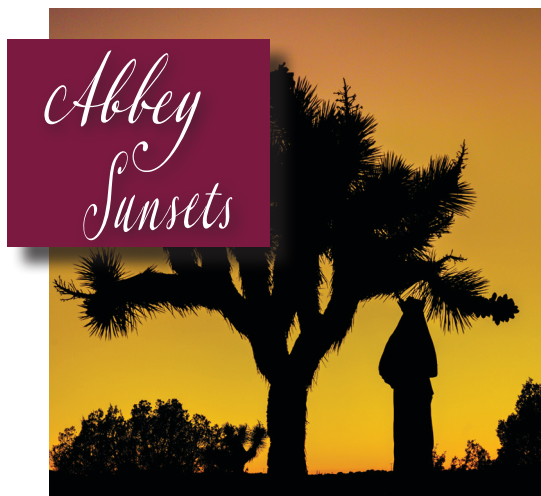
THE SOUL AFTER DEATH

December 13

Saturday 9:30 am - 3:30 pm

This retreat will examine what happens to us after we die, using the Scriptures and Tradition. We will use the book "The Soul After Death" by Fr. Seraphim Rose as a springboard. There will be some discussion on the phenomenon of Near-Death Experiences, including true Christian experiences of heaven during these, particularly in relation to the Four Last Things: Death, Judgment, Heaven, and Hell.

Presenter: Fr. Angelus Echeverry, OSB





Abbey Sponsored

Please note: The prices listed are requested donations to the Abbey. Saint Andrew's Abbey monks thank you for your support.

Cancellation policy:

To secure a reservation for an Abbey Sponsored Retreat, the guest must provide the total amount of the suggested donation to secure the reservation. In the event of a cancellation, we may credit you the amount provided and allocate it to a future reservation up to one time only or apply a cancellation fee of \$50 and refund the difference.

WINTER 2025

MONASTIC COMTEMPLATIVE PRACTICES

January 10 - January 12

Friday - Sunday

In the early monastic tradition, the term "contemplation" referred to the perception of God in both the glorious complexity of creation and silent rest without words or images. In this workshop, the monastic practices of lectio divina and psalmody will provide a link between these two poles of contemplation. Readings from early monastic sources will be provided, and participants will be encouraged to share the liturgy of the hours with the monastic community.

Presenter: Fr. Luke Dysinger, OSB

Room, board, & meals: \$333 single; \$266 each shared

Overnight Retreats

MID-WINTER DANCE WORKSHOP

January 17 - January 20

Friday - Monday

Stepping Into the Wells of Life

Refresh and renew yourselves through the depths of our human experience with uplifting sacred music, word, and dance. Val and Frank Jansen will join us & provide musical support for the workshop.

Presenter: John West, Obl., OSB

Room, board, & meals: \$465 single; \$384 each shared

LENTEN SILENT RETREAT

March 4 - March 7

Tuesday - Friday

During these days of silence at the monastery, the whole Church begins the sacred season of Lent. Short reflections will be offered daily, emphasizing the traditional Lenten practices of prayer, fasting, and almsgiving. The desert silence and the monastery's liturgies will provide an atmosphere conducive to deep reflection.

Presenters: Monks of Valyermo

Room, board, & meals: \$400 single; \$348 each shared

SERENITY RETREAT

March 17 - March 19

Monday - Wednesday

Cultivating Rhythms of Wholistic Wellness.

Serenity is a universal need that invites us to find peace, rest in God's presence, and cultivate wholeness in a broken and troubled world. Through contemplative practices such as guided meditation, silence & solitude, creative activities, and reflective storytelling, this retreat will provide the space and tools needed to develop personal rhythms of wholistic wellness.

Presenter: Susan Yim

Room, board, & meals: \$266 single; \$233 each shared



Sacred Triduum

Thursday April 17 - Sunday April 20

The Sacred Triduum is the holiest time of the Church's liturgical year. You are invited to share the monastic experience of this sacred liturgy, beginning on Holy Thursday and concluding on Easter Sunday. (Since this time is rooted in silence and reflection, we ask that you plan to arrive in sufficient time to be settled in your rooms before 4 pm)

Room, board, & meals: \$465 single; \$384 each shared

SPRING 2025

SPRING ARTISTS' RETREAT

April 28 - May 2

Monday - Friday

This retreat is open to artists at all levels, including beginners. Photographers, sculptors, and writers are also welcome to experience the colors and beauty of the high desert in the monastery setting. Escape the stress of daily life while deepening a spiritual vision in your art. (A materials list will be provided.)

Presenter: Gregory Michael Hernandez

Room, board, & meals: \$532 single; \$465 each shared



THE HEART OF A FATHER

May 2 - May 4

Friday, 2 pm - Sunday, 2:30 pm

Fathers are essential to their children and foundational to a stable home. A father allows his children to experience the world without fear, and they are called upon to cultivate courage. In God's design, our earthly fathers are to be an example of our heavenly Father. Join Lisa for a weekend away to discover how you can better embody this role. Topics will include discipline, expectations, morality, love, wisdom, and courage. As a spiritual director, Lisa consistently encounters people with "father issues," and will be available for private Spiritual Direction during this retreat.

Presenter: Lisa Marion Obl., OSB

Room, board, & meals: \$333 single; \$266 each shared

PRIESTS' RETREAT

Monday, May 5 -

Friday May 9

Keepers of the "Divine Dream"...

... for us, for our people, and for our world. The centerpiece for this retreat will be Pope Francis' book Let Us Dream:

The Path to a Better Future.

Presenter: Fr. Joseph Brennan, OSB

Room, board, & meals: \$532 single



LECTIO DIVINA

May 9 - May 11

Friday - Sunday

The Ancient Art of Praying the Scriptures. Lectio Divina allows the Bible, the Word of God, to become a means of union with God. In other words, through lectio divina, reading sacred scripture becomes the gateway to contemplative prayer. In this workshop, ancient and modern approaches to the practice of lectio divina and its application to contemplative prayer will be studied and practiced.

Presenter: Fr. Luke Dysinger, OSB

Room, board, & meals: \$333 single; \$266 each shared



Pentecost Retreat

Friday June 6 - Sunday June 8

This preached retreat is for anyone interested in Benedictine spirituality. The focus is the Rule of Saint Benedict and the liturgy of Pentecost.

Presenters: Monks of Valyermo

Room, board, & meals: \$333 single; \$266 each shared

SUMMER 2025

DISCOVERING C.S. LEWIS' LIBRARY

June 25 - June 27

Wednesday - Friday

Imagine standing in C. S. Lewis' personal library as he tells how books enlarged his vision, captured his imagination, and pointed him to Christ. In this workshop, Lewis' story and the growth of his library are traced, beginning with his first book and early collecting through his academic and writing career, until his library is dispersed near his death. These accounts, combined with Lewis' views on reading and literature, invite participants to discover the numinous in books, learn through the eyes of others, and experience the same deep joy of seeing God in all of life.

Presenter: Dr. Roger White

Room, board, & meals: \$266 single; \$233 each shared



WHO AM I?

June 27 - June 29

Friday - Sunday

Meeting the Self in the in the Prodigal Son

Saint Luke, Rembrandt, and Henri Nouwen are our human guides as we examine and discern the different spiritual states revealed in Holy Scripture's parable of The Prodigal Son. Art, writing, and personal experience combine to help us realize the broader implications of this narrative and how they apply to our lives. Careful attention to art, close reading of texts, personal reflection, and discussion will form the basis of this retreat.

Presenters: Reese Landi, Obl., OSB

Mary Kauffman, Obl., OSB

Room, board, & meals: \$333 single; \$266 each shared

ICONOGRAPHY

June 30 - July 6

Monday - Sunday

This intensive icon painting workshop will provide an opportunity to experience the process of icon painting. Participants will learn traditional iconographic techniques, working with egg tempera on gesso and the Byzantine four-color (tetrachrome) palette. This practical instruction will be combined with theoretical instruction in the history of iconography, iconographic composition, and the theology of icons. Each participant will work on an icon and take the completed icon home. No experience is necessary. The instructor will provide all supplies and materials.

Presenter: Victoria Brennan, Ph.D.

Room, board, meals, & materials: \$900 per person

BENEDICTINE SPIRITUALITY

July 7 - July 11

Monday - Friday

Reflections of the Rule of Saint Benedict

Individual monks will offer personal reflections and insights on selected passages of the Rule to further enrich our understanding of the Rule of St. Benedict, explore aspects for daily application, and deepen our Christian commitment to live out the Gospel.

Presenters: Monks of Valyermo

Room, board, & meals: \$532 single; \$465 each shared

SAINT CLARE OF ASSISI

July 18 - July 20

Friday - Sunday

A Heart Full of Love. To enter into a relationship with Clare of Assisi for this weekend retreat is to go forward securely, joyfully, and swiftly, carried by the momentum of a woman burning with love. Clare, a pilgrim of the interior adventure, always re-directs us on the path of prudent happiness. What a paradox: the cloister of San Damiano – a restricted space – opens to infinite love. The loving kenosis of Christ captivates her and incites her to a Passover, brisk as a dance step, into full communion. This love that fills Clare with life springs forth like a fountain in her heart.

Presenter: *Fr. Stephen Coffey, OSB Cam*

Room, board, & meals: \$333 single; \$266 each shared

CINEMA DIVINA RETREAT

August 8 - August 10

Friday - Sunday

Cinema Divina combines film with the form of Lectio Divina. It is a time of prayer, reflection, and conversation to dive deeper into the story and recognize our call. This unique experience takes the participants on a journey through film as we reflect together on our common human experience and the ability to live a virtuous life. Films to be announced.

Presenter: *Sister Jennifer Tecla Hyatt, FSP*

Room, board, & meals: \$333 single; \$266 each shared

CELTIC SPIRITUALITY

August 15 - August 17

Friday - Sunday

That early Irish Christian spirituality and practice is often misunderstood and misappropriated does not negate the fact that it has much to teach us today. This retreat will look at five main areas of Celtic spirituality: pilgrimage, spiritual companionship, “thin places,” penance and monasticism in order to situate them in their historical setting with an eye towards adapting them for our own personal spirituality.

Presenter: *Rev. Dr. Greg Peters, Obl., OSB*

Room, board, & meals: \$333 single; \$266 each shared



THE TRANSFORMATIVE POWER OF STORY

August 21 - August 24

Thursday - Sunday

Our modern culture places a high value on non-fiction, deeming it to be the “reality” while largely minimizing or dismissing the rich source of meaning that can be found in fiction, myth, and parables. Through a psycho-spiritual lens, we will explore how the human psyche can experience significant growth through deep interaction with certain forms of fiction that reflect symbolic and archetypal realities; through a literary lens, we will explore the many activities that fall under the one term “reading” and their effects on the mind and spirit, emphasizing, in particular, the role of the fiction novel on individuals and culture. Can a return to the primacy of fiction and its revelation of the transcendent return the culture to wholeness?

Presenters: *Mary Kauffman, Obl., OSB*

Michael Mullard, Obl., OSB; PH.D.

Room, board, & meals: \$465 single; \$384 each shared



HEALING OUR WOUNDS

August 25 - August 29

Monday - Friday

Forgiveness in the Spiritual Life

We give them, we suffer them, and our bodies hold on to them for years: Wounds. We can imprison ourselves in them and wither emotionally for far too long without the transforming power of forgiveness. Divine Love liberates us from resentment, self-pity, and isolation. The love that forgives opens a path to inner freedom. God reveals such love in Jesus. When we experience authentic forgiveness, we begin to live again in hope and gratitude. When we ponder such experiences, we desire to enter more personally into the mystery of forgiveness toward others, to become reconcilers ourselves. The process of forgiveness requires the full engagement of desire, willingness, and courage. The whole person—body, mind, and soul—must engage in this endeavor. Without forgiveness, our Christian life and our emotional well-being are incomplete. This is essential to becoming our most authentic selves, the person God intends us to be.

Presenter: *Dr. Nancy Wallis*

Room, board, & meals: \$532 single; \$465 each shared

THE SPIRITUAL JOURNEY OF THE DESERT FATHERS AND MOTHERS

August 29- August 31

Friday - Sunday

The practical and contemplative wisdom of the Fathers and Mothers of the Desert is part of the spiritual heritage of all Christians. In this workshop, we will focus on their understanding of spiritual progress, particularly the practices and forms of prayer they consider to be the foundation of Christian contemplation. Workshop participants are encouraged to read Sayings of the Desert Fathers, translated by Benedicta Ward and published either by Cistercian Press or Penguin Books.

Presenter: Fr. Luke Dysinger, OSB

Room, board, & meals: \$333 single; \$266 each shared

PRACTICING SILENCE IN A NOISY WORLD

September 2 - September 5

Tuesday - Friday

Moving Beyond Isolation and Loneliness to Fruitful and Prayerful Solitude

This is a retreat for Oblates of St. Benedict, any Christians longing for contemplative prayer and monastic liturgy, and all who seek to deepen their spiritual life through reflections on silence and solitude. How can ordinary people intentionally 'make room for God' and incorporate the time-honored practices of silence and solitude within our busy lives? How do we encounter God when we are alone, when God seems far off or silent, when prayer is 'unanswered', or when we are burdened with grief or loneliness? *Please note that this is not a "silent retreat"; it will involve presentations and some discussion on silence, and there will be ample time to practice silence.

Presenter: Mary Schulte Obl., OSB

Room, board, & meals: \$400 single; \$348 each shared

DEALING WITH DEATH

September 12 - September 14

Friday, 2 pm - Sunday, 2:30 pm

It is difficult to process death because we weren't designed to die, and the promises of eternal life are found throughout Scripture. This retreat will allow you the time and space to contemplate these eternal promises. Process in a safe place, allowing the truth of Scripture to inform your thoughts about death. Whether you're struggling with processing the death of a loved one or your own death, come and find answers in God's promises. Lisa will be available for private Spiritual Direction.

Presenter: Lisa Marion Obl., OSB

Room, board, & meals: \$333 single; \$266 each shared



AUTUMN 2025

SILENT RETREAT (BILINGUAL)

September 26 - September 28

Friday - Sunday

Do you long for a few days of emotional and spiritual tranquility? Are you looking for a few moments of silence in your life? Do you need to be alone with the Lord through meditation and contemplation? If this is what your heart desires, we invite you to our silent retreat in the small oasis offered by the Benedictine Community of the Abbey of Saint Andrew, located in Valyermo. Remember that this silent retreat is an opportunity to pause along the way, to take some time to reflect, meditate, and internalize profound truths that cannot be clearly contemplated in the midst of noise and everyday life.

Presenter: Carlos Obando Obl., OSB

Room, board, & meals: \$333 single; \$266 each shared

STILL FULL OF SAP, STILL GREEN

October 6 - October 9

Monday - Thursday

A Spirituality of Aging. This retreat will be inspired by many writers' reflections on spirituality for the "second half" of life, writers including Sister Joan Chittister (The Gift of Years) and Parker Palmer (On the Brink of Everything). Creative living within the season of wisdom, greater and ongoing maturation, and positive transformation of the inner life will be some of the meditations for a full life in the Spirit. Experiencing limitations during one's aging process will be explored as opportunities for transcendence and spiritual fecundity that could not be profoundly realized in earlier seasons of growth.

Presenter: Mary Schulte Obl., OSB

Room, board, & meals: \$400 single; \$348 each shared

AUTUMN ARTISTS' RETREAT

October 27 - October 31

Monday - Friday

This retreat is open to artists at all levels, including beginners. Photographers, sculptors, and writers are also welcome to come and experience the colors and beauty of the high desert in the setting of the monastery. Escape the stress of daily life while deepening a spiritual vision in your art. (A materials list will be provided.)

Presenter: Gregory Michael Hernandez

Room, board, & meals: \$532 single; \$465 each shared

EDITH STEIN

November 7 - November 9

Friday - Sunday

Her Journey from Darkness into Light. Join us as we reflect on the life and times of Teresa Benedicta of the Cross, a brilliant philosopher and poet, a mystic and searcher of the truth, and a Jew — a daughter of Israel. Her encounter with the cross in the life of a Christian friend sparked an inner transformation that led to her baptism into the Catholic faith. Her reading of the life of Teresa of Avila brought her to the door of the Cologne Carmel, where she began her contemplative journey as a Carmelite nun. Her Jewish identity and her Catholic faith collided with the oppressive Nazi regime and led to her martyrdom at Auschwitz.

Presenter: Fr. Joseph Brennen, OSB

Room, board, & meals: \$333 single; \$266 each shared

PRIESTS' RETREAT

November 10 - November 14

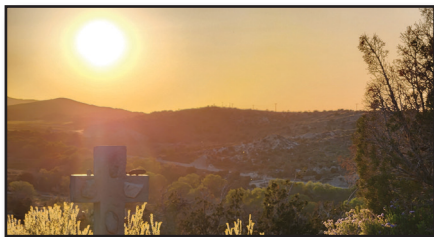
Monday - Friday

Keepers of the "Divine Dream"...

... for us, for our people, and for our world. The centerpiece for this retreat will be Pope Francis' book *Let Us Dream: The Path to a Better Future*.

Presenter: Fr. Joseph Brennan, OSB

Room, board, & meals: \$532 single



EXPLORING TEILHARD'S HUMAN PHENOMENON

November 17 - November 21

Monday - Friday

Pierre Teilhard de Chardin's book *The Human Phenomenon* developed many fundamental scientific concepts of his evolutionary thinking. They provided the foundational ideas for his integration of evolution with Christian theology and spirituality. This retreat will explore connections between Teilhard's evolutionary scientific ideas and his spirituality and theology.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, & meals: \$532 single; \$465 each shared

BENEDICTINE MYSTICS AND CONTEMPLATIVES

November 21 - November 23

Friday - Sunday

The Benedictine monastic tradition offers a rich spectrum of Christian mystics and contemplative authors. In this workshop, the meanings of "mysticism" and "contemplation" will be explored through the lives and writings of Benedictine saints, including Pope Gregory the Great, Abbot Suger of Cluny, Hildegard of Bingen, and Gertrude the Great, among others. Readings from monastic sources will be provided and participants will be encouraged to experience the contemplative rhythm of monastic prayer by sharing in the liturgy of the hours with the monastic community.

Presenter: Fr. Luke Dysinger, OSB

Room, board, & meals: \$333 single; \$266 each shared



Thanksgiving at Valyermo

Wednesday, November 26 - Friday, November 28

This non-directed retreat provides time to reflect on all God has given to us and to enjoy the festive celebration of Thanksgiving with the monastic community.

Room, board, & meals: \$266 single; \$233 each shared



ADVENT RETREAT

November 28 - November 30

Friday - Sunday

On this first weekend of Advent, we will offer a potpourri of monastic insights, enabling participants to experience the Advent season as a time rooted in scripture, history, art, music, and liturgy.

Presenters: Monks of Valyermo

Room, board, & meals: \$333 single; \$266 each shared

THE WAY OF BEAUTY

December 8 - December 12

Monday - Friday

An experience of Christ through beauty awakens faith or fortifies it to a deeper surety. God allows us to see breathtaking beauty in nature. David Clayton proposes that “the aims for the supernatural transformation of the person are so that he can in turn transfigure the whole culture through the divine beauty of his daily actions.” This retreat will enliven our experience of beauty in many of its manifestations and expressions.

Presenters: Dr. Nancy Wallis

Room, board, & meals: \$532 single; \$465 each shared

ESSENTIAL PILLARS OF MARRIAGE

December 12 - December 14

Friday - Sunday

This retreat is based on the premise that we are for each other, united in a single heart. Marriage is a covenant and not a social agreement. It is the place where two hearts unite eternally to live their love adventure in its entirety. We will have moments of prayer, reflection, inner healing, and renewal of marriage vows. We invite you to spend a weekend with your loved one where both can rest, pray, and reflect on your marriage.

Presenters: Carlos Obando Obl., OSB

Room, board, & meals: \$532 per couple



Christmas at Valyermo

Tuesday, December 23 - Friday, December 26

On the Solemnity of Christmas, we first contemplate the mystery of the Word becoming Flesh. The liturgical celebration at the Abbey starts with First Vespers on Christmas Eve and ends with Night Prayer on Christmas Day.

Room, board, & meals: \$400 single; \$348 each shared

NEW YEAR RETREAT

December 30 - January 2

Tuesday - Friday

Benedictine Chant as Contemplative Prayer

The principal sources of contemplative prayer in the early Church were the Scriptures and the sacred liturgy, where the Scriptures are transformed into poetry and song. In this workshop, we will seek to rediscover, in the Benedictine liturgical tradition of music and prayer, our capacity to delight in and reverence the mystery of the God of Love. Latin chants from early monastic sources, as well as modern Benedictine antiphons, will be shared, and participants will be encouraged to share the liturgy of the hours with the monastic community.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.

Room, board, & meals: \$400 single; \$348 each shared



Talleres en Español

HERRAMIENTAS PARA EL CRECIMIENTO ESPIRITUAL

1 de Febrero

Sábado, 9:30 am - 3:30 pm

En este retiro, veremos la antigua tradición monástica de la Lectio Divina como herramienta principal para el crecimiento en la vida espiritual, especialmente en lo que respecta a la oración contemplativa. También, estudiaremos algunas de las “herramientas de las buenas obras” del Capítulo 4 de la Regla de San Benito, además de contemplar algunas virtudes clave que nos ayudarán a crecer más profundamente en el amor y la voluntad de Dios.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.

RETIRO DE CUARESMA

9 de Marzo

Domingo, 9:00 am - 3:30 pm

La Cuaresma es el tiempo litúrgico de conversión, que la Iglesia marca para prepararnos a la gran fiesta de la Pascua. Es tiempo para arrepentirnos de nuestros pecados y de cambiar algo dentro nosotros para ser mejores y poder vivir más cerca de Cristo. En la Cuaresma, Cristo nos invita a cambiar de vida. La Iglesia nos invita a vivir la Cuaresma como un camino hacia Jesucristo, escuchando la Palabra de Dios, orando, compartiendo con el prójimo y haciendo obras buenas. Nos invita a vivir una serie de actitudes cristianas que nos ayudan a parecer nos más a Jesucristo. Durante este mini retiro examinaremos nuestras vidas a través del Misterio Pascual.

Presentador: Carlos Obando Obl., OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.

EL ALMA DESPUES DE LA MUERTE

14 de Junio

Sábado, 9:30 am - 3:30 pm

Este retiro analizará lo que nos sucede después de morir a partir de las Escrituras y la Tradición. Usaremos como trampolín el libro “El alma después de la muerte” del P. Seraphim Rose. Habrá una discusión sobre el fenómeno de la Experiencia Cercana a la Muerte, incluyendo las verdaderas experiencias cristianas del cielo durante éstas, particularmente en relación con las Cuatro Últimas Cosas: Muerte, Juicio, Cielo e Infierno.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.

RETIRO DE SILENCIO (BILLINGUE)

26 de Septiembre - 28 de Septiembre

Viernes - Domingo

¿Añoras unos días de tranquilidad emocional y espiritual? ¿Buscas unos momentos de silencio en tu vida? ¿Sientes la necesidad de estar a solas con el Señor a través de la meditación y contemplación? Si así lo desea tu corazón, te invitamos a nuestro retiro de silencio que se llevará a cabo en el pequeño oasis que ofrece la Comunidad Benedictina de la Abadía de San Andrés, ubicada en Valyermo. Recuerda que este retiro de silencio es la oportunidad de hacer un alto en el camino, con el fin de tomarse un tiempo para reflexionar, meditar e interiorizar verdades profundas que en medio del ruido y la cotidianidad no es posible contemplar con claridad.

Presentador: Carlos Obando, Obl., OSB

Donación: \$333 cuarto individual; \$266 por persona cuarto compartido

ENTENDIENDO LOS MILAGROS

4 de Octubre

Sábado, 9:30 am - 3:30 pm

El objetivo de este retiro es proporcionar una comprensión y un acercamiento adecuado a los milagros desde la perspectiva católica, separando lo auténtico de lo falso, según las Escrituras y el Magisterio. Usaremos el libro “Una guía católica de milagros” de Adam Blai para explorar milagros específicos, además de brindar ejemplos de sus falsificaciones demoníacas. Si alguna vez te has preguntado acerca de cosas milagrosas como los milagros eucarísticos, la levitación, los estigmas y los curanderos por la fe, este retiro es para ti.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.

ANGELES Y DEMONIOS

8 de Noviembre

Sabado, 9:30 am - 3:30 pm

Los ángeles son seres reales y espirituales que existen como mensajeros y siervos de Dios. Este retiro proporcionará una visión general de la angelología, mientras analiza los escritos y las enseñanzas de Santo Tomás de Aquino, la Tradición de la Iglesia y las Escrituras para “dar cuerpo” a estos misteriosos seres de intelecto puro. Utilizando el formato de pregunta/respuesta del libro del Dr. Peter Kreeft “Ángeles (y demonios) - ¿Qué sabemos realmente sobre ellos?”, intentaremos responder muchas preguntas sobre el tema, que van desde “¿Conocen los ángeles nuestros pensamientos secretos?” a “¿Por qué un buen ángel elegiría convertirse en demonio?” Este es un tema importante en nuestra creencia cristiana ya que la existencia de los ángeles es un dogma de la fe católica.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.

RETIRO DE ADVIENTO

29 de Noviembre

Sabado, 9:00 am - 3:30 pm

“Adviento significa venida.” Es el tiempo en que los cristianos nos preparamos para la venida del Señor. Se dice que el Antiguo Testamento fue el gran tiempo de espera y después de esa espera de muchos siglos, Cristo se manifestó en toda su gloria dándonos la oportunidad de una nueva vida en el Espíritu. En nuestro caso, no tenemos que esperar siglos para su venida. Los que han ansiado la venida del Señor siempre han estado listos para el encuentro con el Amado. Durante este mini retiro y a través de oraciones y reflexiones, tendrás la oportunidad de un encuentro con Jesús donde Él pueda renovar y restaurar tu vida.

Presentador: Carlos Obando, Obl., OSB

Donación: \$55 por persona, incluye matrícula, café o té en la mañana y el almuerzo.



Meet the Presenters

VICTORIA BRENNAN

A native of Ukraine, Victoria holds a doctorate in Eastern Ecclesiastical Studies from the Pontifical Oriental Institute in Rome. Her areas of specialization include Theology of Icons, Byzantine Art and Architecture, Byzantine Spirituality, and Medieval Illuminated Manuscripts. She has taught courses in theology and art at the Ukrainian Catholic University in Lviv, Ukraine, and St. John's Seminary in Camarillo where she currently works. In addition to her theological and academic study of Byzantine Sacred Art, Victoria pursues her love of this tradition as an iconographer.

FR. STEPHEN COFFEY, OSB CAM

Fr. Stephen is an ordained monk of the Camaldolese community of California. He is engaged in extensive retreat ministry as well as spiritual direction for priests, religious, and laity. He formerly served on the staff of Shalom Prayer Center.

GREGORY MICHAEL HERNANDEZ

Gregory is a landscape-based visual artist living in Pasadena, CA. His paintings, photography and sculptures explore the religious and political dimensions of land use. Growing up in Hesperia, CA, cemented his lifelong connection to the Mojave Desert. See his work at www.gmhstudio.com

SISTER JENNIFER TECLA HYATT, FSP

Sr. Jennifer is a member of the Daughters of St Paul, a religious community dedicated to evangelization with the media. She has a BA in Theology and is a Master Catechist in the Archdiocese of Los Angeles. Currently the Manager of Pauline Books and Media in Miami, Florida, she also is an associate of the Pauline Center for Media Studies. Over the past ten years, she has facilitated various film and Scripture activities for both children and adults, as well as given presentations on media literacy and integrating culture, faith, and media. She is a proud member of the elite Catholic Speakers Organization, CatholicSpeakers.com.

MARY KAUFFMAN, OBL., OSB

Mary is an oblate of Valyermo. She has an MA in English and has taught ESL, various levels of English and writing, and literature courses at several colleges in the Los Angeles and Orange County areas. Now retired, she enjoys sharing her love of reading and writing through participation in different reading and literary groups, particularly those with an emphasis on discovering the transcendent and increasing our Christian awareness through exploration of the written word.

LISA MARION, OBL., OSB

Lisa is an Oblate of Valyermo and Spiritual Director in Orange County. An energetic leader, she has over 25 years of pastoral experience ministering to people of all ages and stages of life. Leading numerous events both locally and nationally, she conveys her awareness of God and his love with a subtle yet honest sense of humor. Having experienced many seasons of trial and suffering, Lisa is well equipped to journey with others through their own trials and seasons of struggle. Her attunement to the Holy Spirit makes her uniquely gifted for this ministry. For more information about Lisa and her ministry visit: www.dailypax.com – subscribe to join her growing community of those seeking peace and spiritual growth.

MICHAEL MULLARD, OBL., OSB; PH.D.

Michael is a licensed Marriage and Family Therapist with a Ph.D. in Clinical Psychology, emphasizing depth psychology. He has been an Oblate of New Camaldoli Hermitage since 2004 and has been hanging out with Benedictines since 1980. He lives in Southern California.



CARLOS OBANDO, OBL., OSB

Carlos nació en Costa Rica y vive en Los Estados Unidos desde 1966. Está casado, tiene tres hijos y tres nietos. En el año 2009 obtuvo una maestría de la Universidad de Loyola Marymount, Los Ángeles, en Teología Pastoral, es instructor en la Escuela de la Renovación Carismática en la Diócesis de Orange. Ha sido Director Espiritual por más de 25 años. Trabaja con la comunidad hispana desde 1979 en los condados de Los Ángeles y Orange en la formación de líderes y dando retiros a jóvenes, adultos y matrimonios. Actualmente coordina los Ejercicios Espirituales para los Aspirantes y sus Esposas a través de la Oficina del Diaconado, en la Arquidiócesis de Los Ángeles.

Carlos was born in Costa Rica and has lived in the United States since 1966. He is married with three children and three grandchildren. In 2009, he earned a Master's degree in Pastoral Theology from Loyola Marymount University, Los Angeles, and is an instructor at the School of Charismatic Renewal in the Diocese of Orange. He has been a Spiritual Director for over 25 years. He has worked with the Hispanic community since 1979 in Los Angeles and Orange Counties, training leaders and giving retreats for youth, adults, and married couples. He currently coordinates the Spiritual Exercises for Aspirants and their Wives through the Office of the Diaconate in the Archdiocese of Los Angeles.

REV. DR. GREG PETERS

Rev. Dr. Greg is an oblate of Valyermo, an Associate Professor of Medieval and Spiritual Theology at Biola University, La Mirada, CA, and the Servants of Christ Research Professor of Monastic Studies and Ascetical Theology at Nashotah House Theological Seminary in Wisconsin. As an Anglican priest, he serves as Rector of the Anglican Church of the Epiphany, also in La Mirada. He is the author of *Reforming the Monastery: Protestant Theologies of the Religious Life*, *The Story of Monasticism: Retrieving an Ancient Tradition for Contemporary Spirituality* and *The Monkhood of All Believers: The Monastic Foundation of Christian Spirituality*.

HON. MARY FINGAL SCHULTE (RET.)

has been an Oblate of Saint Andrew's Abbey for 16 years. A retired Orange County Superior Court judge, she is now a mediator and arbitrator whose practice focuses on high-conflict litigation. She is a lector in her local parish.

DR. NANCY WALLIS

Nancy has enriched her vocational life to include special areas of ministry including spiritual direction, guest preaching, and leading contemplative spiritual retreats. Expanding on her 40-year career focused on developing leaders in organizational settings, including her work as a business executive, consultant, graduate and undergraduate business school professor, and leadership development coach, she brings a transformational and loving spirit to the sacred cultivating of richer inner lives. She completed her Master of Divinity degree at the Claremont School of Theology, and training in individual and group spiritual direction at the Shalem Institute for Spiritual Formation.

JOHN WEST, OBL., OSB

John is an oblate of Saint Andrew's Abbey and the founder of the Valyermo Dancers. A gifted dancer, choreographer, liturgist, and writer, he has been conducting workshops at St. Andrew's Abbey and Holy Spirit Retreat Center, as well as at international and national collegiate and university levels. His professional associations include serving on the board of the Sacred Dance Guild and as a member of the prestigious North American Academy of Liturgy.

DR. ROGER WHITE

Roger is Professor Emeritus at Azusa Pacific University where he taught in the College of Education, Seminary, and Honors College. He was founding curator of the C. S. Lewis and Inklings Collection in the University's Rare Books Department. Additionally, White served as lead editor for the book, C. S. Lewis and His Circle: Essays and Memoirs from the Oxford C. S. Lewis Society (Oxford University Press, 2015) and is currently completing a book about rediscovering C. S. Lewis's library.

SUSAN YIM

Susan, with an MA in Educational Administration from Concordia University, has spent over 20 years consulting in educational, religious, and business sectors and a combined 34 years in lay and full-time ministry. A certified Gallup Strengths Coach, Mental Health Coach, Wholistic Wellness Coach, Life Coach, and Spiritual Director, she integrates her expertise with a personal journey of healing from an autoimmune disorder. This along with the Covid-19 crisis inspired her to found YIM (pronounced "why I am") Wholistic Wellness, through which she offers one-on-one and group coaching, consulting and retreat facilitation. Having fallen in love with St. Andrew's Abbey and its monks, where she found rest and healing through facilitated and personal retreats, it is fitting that she now facilitates this retreat here.



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YouthCenter@Valyermo.com (661) 576-9868

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CERAMICS SHOP (661) 350-4805
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DEVELOPMENT OFFICE (661) 944-8959
Development@Valyermo.com

Among the principal sources of income for the Abbey are the funds generated by these retreats.

The monks of Saint Andrew's Abbey thank you for your support and assure you of our prayers.

*Let all guests who come
be received as Christ*



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