

General Information about The Jesuit Retreat Center of Los Altos

The Jesuit Retreat Center of Los Altos offers to persons of all faiths spiritual companionship in a tranquil environment. This ministry fosters spiritual and religious growth and encourages lives of faithful discipleship. Since its founding in 1925, the cornerstone of the Jesuit Retreat Center has been the centuries-old tradition of the Spiritual Exercises of St. Ignatius Loyola. The Exercises are a means of achieving greater intimacy with God and of becoming more responsive to God, to other people, and to the demands of one's own vocation.

Working within the richness of the Catholic heritage, the Jesuit Retreat Center's team of dedicated and skilled directors cooperates with God's Spirit to offer quality retreat programs, individual spiritual direction, and sacramental healing services.

The Jesuit Retreat Center also provides a place of renewal for religious women and men who themselves strive to nurture the faith lives of others. In addition, individual counseling is available here through the Jesuit Institute for Family Life and the Eucharist is celebrated on weekdays in Rossi Chapel. The facilities of the Jesuit Retreat Center are available on weekdays to host Catholic school groups, mainly high school and college, and select nonprofit organizations.

The Jesuit Retreat Center is situated on 38 wooded acres in the dramatic hills above Los Altos, easily accessible from major highways. Lower trails on the grounds of the Jesuit Retreat Center follow along Adobe Creek, through giant oaks and bays. Upper paths offer majestic and inspiring views of the San Francisco Bay and the Santa Clara Valley. Bountiful and artistically-prepared meals are enjoyed in a dining room featuring a panoramic vista.

Mission Statement

*The Jesuit Retreat Center of Los Altos,
a community of prayer,
offers the Spiritual Exercises of
St. Ignatius of Loyola to all.
Through our sharing of the Exercises,
rooted in the Word of God and
in the Catholic tradition,
the Spirit frees minds and hearts
to mature in friendship with Christ,
to find God in every aspect of experience,
and to live Gospel values.*



St. Ignatius Statue, Rossi Chapel

INDIVIDUALLY
DIRECTED
RETREATS



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What is an Individually Directed Retreat?

All of us need some time apart from daily schedules, pressures, and obligations. Like Jesus, who often “went up to the mountain to pray,” we need to be alone with God in a quiet and nurturing environment. We need a time and place where we can focus our attention on this God who made us, who loves us, and who wants us to work, as St. Ignatius says, “for the salvation of all.”

Here at the Jesuit Retreat Center, we offer the time and place for such an encounter with God.

In an Individually Directed Retreat, you will spend each day in silence and in prayer. You will meet with one of the Retreat Directors once a day. Generally following the pattern of the Spiritual Exercises of St. Ignatius Loyola, you and the Director will discuss how to pray and how often to pray, what methods to use for prayer, and how you are responding, in prayer, to the God who is calling you. Since we learn of God’s action through the Sacred Scriptures, the Director will guide you through passages from both the Hebrew Bible and the New Testament.

Contemplating these passages from the Bible—following God’s action through the prophets, for example, or watching Jesus preaching and healing—allows you to enter into the story and becomes the means by which you and God come face to face.



Lord, teach us to pray.” Luke 11:1

What is the goal of an Individually Directed Retreat?

An Individually Directed Retreat helps us develop a mature relationship with God, enriching our lives—spiritual, emotional, intellectual, and even physical. The Individually Directed Retreat helps us to understand how God works in our lives and how, as a result of knowing and loving God, we can lead responsible and productive lives in service to God’s people.

Who provides the Spiritual Direction?

At the Jesuit Retreat Center, the Spiritual Directors are Jesuit priests and their colleagues, all with many years of experience in general spiritual direction and in directing individuals and groups through the Spiritual Exercises.

What is the length of time for an Individually Directed Retreat?

Individually directed retreats can be of any length, but often range from three to eight days. During the summer, we offer an opportunity to make the Long Retreat, the complete Spiritual Exercises of 30 days, in the context of a 36-day program. During the summer we also offer three sessions of 8-day retreats.

What is available for those making an individually Directed Retreat at the Jesuit Retreat Center?

- ✘ A meeting once a day with the Retreat Director who will guide you
- ✘ Daily celebration of Eucharist
- ✘ Prayerful chapels
- ✘ Private room, en suite
- ✘ 38 acres of walking paths and gardens
- ✘ Shrines offering quiet places of prayer
- ✘ Three meals daily
- ✘ Coffee/tea from 6:30 a.m. to 7:30 p.m.

How do I schedule an individually Directed Retreat?

Contact Carmel Smith at 650-917-4047 or csmith@jrclosaltos.org. Our office is open from 9:00 a.m. to 12 p.m. and from 1:00 to 5:00 p.m., Monday to Friday, to inquire about scheduling and cost. Please allow at least two-three weeks to reserve a place.



We look forward to welcoming you. We know your time here will not only be restful, but will be blessed by the grace of God.