

# **Five Day Silent Retreat**

**Vallombrosa Catholic Retreat Center  
250 Oak Grove Ave., Menlo Park, CA**

**Theme: "Restless Until We Rest in You: Rediscovering God in a Distracted World"**

*Our society is marked by constant stimulation, pressure to perform, and rapid activity, especially with digital saturation. Many are successful externally, but spiritually exhausted.*

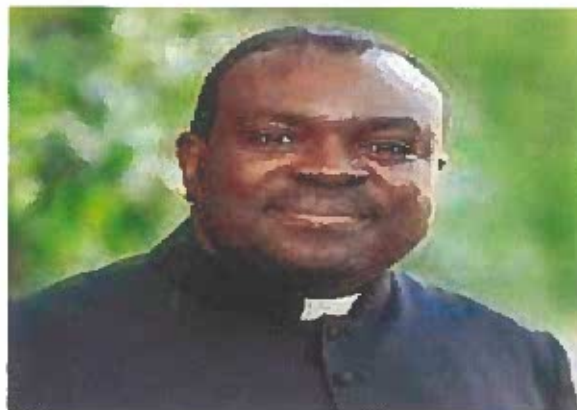
**May 17 – 22, 2026 (Sunday Afternoon to Friday Evening)**

This retreat will be an opportunity to experience silence, interior stillness, listening to God and prayer. It is patterned after the instruction given to Marte Robin in France, a mystic who survived only on the Holy Eucharist for 53 years. She could not even have a glass of water. The Blessed Mother instructed her to hold retreats that were **led by a priest, in complete silence**, and that it must be **five days** as three days was not enough to convert a soul.

This retreat will be our ninth. Attendance was between 30 to 50 participants for each one. The cost is \$475.00 (50% off the regular price). It includes daily Mass, confessions, conferences, meals, and rooms.

Some people have difficulty with the silence, especially the digital part, for the first three days. Then they settle in, calm down, and listen. We learn to put aside the attachments of this world, for the greater things of eternity.

## **Our Presenter**



## **Fr. Gabriel Wankar**

*Fr. Wankar is currently the pastor of Saint Anselm Church in Ross, CA. He is a native of Gboko, in Benue, Nigeria. He is an excellent and delightful speaker with solid spiritual and theological insights. His love for the Blessed Mother is shown by his long association with the Legion of Mary as their Spiritual Director. He has a doctorate in Systematic Theology and working to complete another doctorate.*

**For reservations, contact Jaynie at (650) 325-5614. You may also register online (if you have PayPal) at [WWW.vallombrosa.org](http://WWW.vallombrosa.org)**

**For questions, contact Deacon Dominick Peloso, (650) 269-6279**

# Five Day Silent Retreat Schedule

**Theme:** *To be Announced*

**May 17 - 22, 2026**

## **Sunday**

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|--------|---|
| 5 p.m. | Registration. Simple meal available (cold cuts, cheese, etc.) |
| 6 p.m. | Library: Introductions, overview, first conference            |
| 7 p.m. | Grand (long) Silence  |

## **Monday to Friday**

- |           |  |
|-----------|--|
| 7:30 a.m. | Morning Prayer(private),   |
| 8:00 a.m. | Holy Mass (main chapel: round building) & Thanksgiving (private) |
| 8:30      | Silent Breakfast   |
| 10:00     | Library: First Conference of the day                             |
| 11:00     | Confessions Available  |
| 12 p.m.   | Silent Lunch   |
| 3:00 p.m. | Library: Second Conference of the day                            |
| 4:00      | Confessions  |
| 6 p.m.    | Dining Room: Angelus and Silent Dinner                           |
| 7:00 p.m. | Grand Silence (all night long)                                   |

## **Friday**

Same as daily except:

- |           |   |
|-----------|---|
| 1:00 p.m. | Last Conference                             |
| 3:00 p.m. | Gathering in the library, sharing and photo |
| 4:00 p.m. | End of Retreat                              |

Silence, including digital silence, is the rule throughout the day...except for prayer and sacraments

Cost: Thanks to a generous donor, the cost of this weeklong retreat is only \$475.00....normally \$1,000.00

Donations are greatly appreciated so that we can continue to offer a low price for this lifechanging time with the Lord Jesus...Of course, donors will share in all the spiritual benefits.