

Christ is present in any honest
human activity.

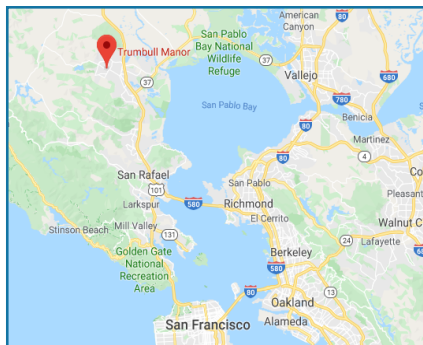
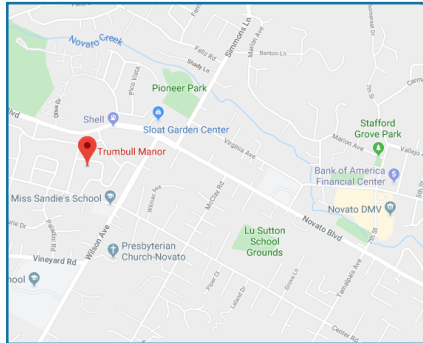
(Conversations with Msgr. Josemaría Escrivá, p.60)

DIRECTIONS

NOVATO, CALIFORNIA

Trumbull Manor is located in northern Marin County, a 45-minute ride north of San Francisco.

From 101 North, exit on DeLong Ave., right on Novato Blvd., left on Wilson, right on Center, right on Rica Vista.



TRUMBULL MANOR

*Trumbull Manor is owned and operated by
Trumbull Manor, Inc.,
a California nonprofit organization.
Retreats at Trumbull Manor are conducted
by priests of Opus Dei,
a personal prelature of the Catholic Church.*

RETREATS

TRUMBULL MANOR
CONFERENCE CENTER

RETREATS
Novato, California

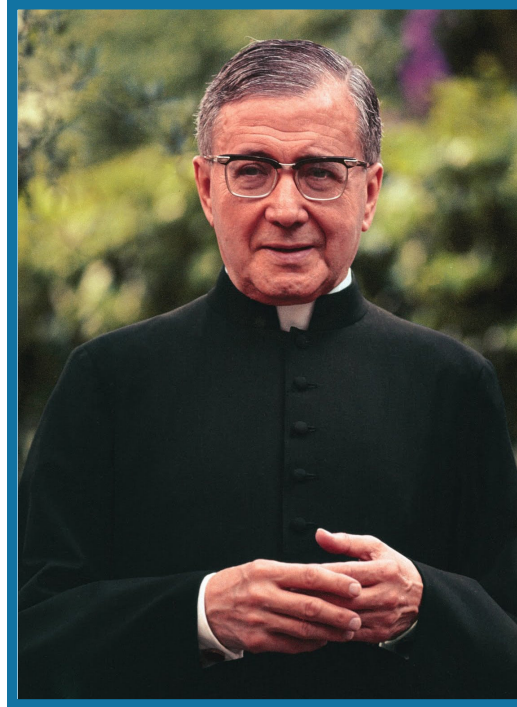
“Days on retreat. Recollection in order to know God, to know yourself and thus to make progress. A necessary time for discovering where and how you should change your life. What should I do? What should I avoid?”

FURROW, N.177
-St. Josemaría Escrivá
Founder of Opus Dei

IMPORTANCE OF A RETREAT

Making an annual retreat –a couple of days spent in silence, prayer, and reflection– involves a sacrifice for nearly all busy people. Who has the time? Nonetheless, every year countless busy people make time for a retreat as they make time for anything else important in their lives. Why do people like these enjoy a well-made retreat and see it as a valuable investment to refresh their spirit? Year after year, what do they gain from the experience of a retreat?

- A more intimate friendship with Jesus Christ through prayer and reception of the sacraments.
- Clearer perspective on the course of their lives – past, present and future.
- Insight into what needs improvement in their family as well as professional lives.
- Stronger self-knowledge gained through spiritual direction.
- A return to everyday life with a greater sense of joyful confidence in God.



RESERVATIONS

REGISTER AT [TRUMBULLMANOR.ORG](https://trumbullmanor.org)

WOMEN'S RETREATS

If you have questions, contact:
signups-women@trumbullmanor.org

MEN'S RETREATS

If you have questions, contact:
signups-men@trumbullmanor.org
signups-priests@trumbullmanor.org

RETREAT LOCATION

Trumbull Manor Conference Center
50 Rica Vista | Novato, CA 94947
(415) 898-6313

“The Work of God was born to help Christians...
to *understand* that their life, just as it is, can be an
opportunity for meeting *Christ*”

(Conversations with Msgr. Josemaría Escrivá, p.60)

Retreats at Trumbull Manor provide an opportunity to reflect on one's everyday life in the light of basic Christian principles. An atmosphere of personal prayer and recollection is maintained during the retreat.

Each full day of the retreat includes Holy Mass and several conferences in the chapel, Exposition of the Blessed Sacrament and recitation of the Rosary. The priest conducting the retreat is available for the Sacrament of Reconciliation and for spiritual guidance.
