



LOS ANGELES RETREAT CENTER COMMUNITY VISITORS DESCRIBE WHY WE NEED A BREAK DURING THE PANDEMIC

Los Angeles (November 12, 2020) – The need for a “mental health break” during these trying times has never been greater. Under normal circumstances, people have used retreats or a “quiet vacation” as a special gift only taken when they have the time available.

The pandemic has changed that dynamic, and the strains of finances, workplace difficulties, and the economic malaise all adding to the physical implications of the virus. People need a break. The Los Angeles Retreat Center Community has been responding with a combination of online and onsite retreats, each offering the spiritual break so many are seeking.

The need is well defined by the World Health Organization in their recent report:

“Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.” Source: *World Health Organization (Mental Health and Covid-19, October 2020)*

The Los Angeles Retreat Center Community is responding by providing sanctuary and programs to support those looking for a break from the tension created by all of these factors. Our teams have repurposed many programs to respond to these needs of us living in the Los Angeles area.

Since the pandemic started here are some of the experiences of those visiting the five centers which are a part of the community.

“Very, very good! I could see hearts softening and found myself looking inward asking how I can better serve God. Loved the personal stories!”

“A wonderful retreat away from a busy life.”

“Holy Spirit provides a safe haven to continue on one's journey.”

“Thank you for this online retreat during this difficult time.”

“I came in scattered and tattered and left less than 48 hours later restored and grounded.”

“The retreat gave me a new perspective. God is doing something new in me!”

These are just a few experiences from recent online and onsite retreatants at the retreat centers in the community. The need to visit a safe and serene location to keep

The following are the current members of LARCC, offering a choice of locations, facilities, and programs to Los Angeles area residents that are convenient wherever they live and whatever their particular faith expression:

- Holy Spirit Retreat Center (Encino) <https://www.hscenter.com>
- Mary and Joseph Retreat Center (Rancho Palos Verdes) <https://maryjoseph.org>
- Mater Dolorosa Passionist Retreat Center (Sierra Madre) <https://materdolorosa.org>
- Sacred Heart Retreat Center (Alhambra)* <https://sacredheartretreathouse.com>
- Serra Retreat (Malibu) <https://serraretreat.com>

All the retreat centers are offering both online retreats and single and multi-day personal retreats*. All the centers are located in spectacular settings, with gardens and vistas to help visitors enjoy that much needed private self-guided spiritual retreat. Enjoy guest rooms with a private bath and blissfully free of any electronic devices! Rooms are fully air-conditioned and have been cleaned & sanitized following CDC guidelines. Day options are also available from each retreat center.

The online programs can be conducted either onsite or at the location of your choice, making it simple to enjoy one of these retreats wherever you are situated.

A combined calendar of events is attached to this Press Release for the period October through December 2020 for distribution.

The retreat centers hope this new collaboration will help those in need of a retreat or a spiritual break to find the most appropriate venue and program to meet their requirements.

*Sacred Heart is offering online programs only at this time.

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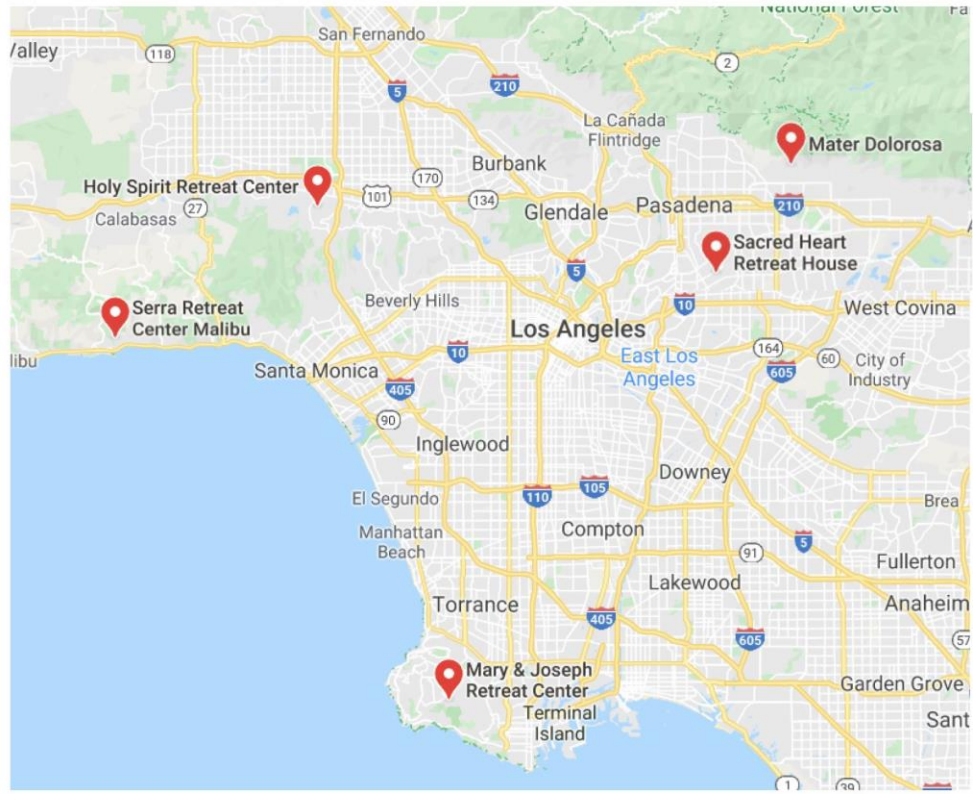
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Location of Los Angeles Retreat Center Community Member Organizations