

Spiritual Reset: A Winter Respite

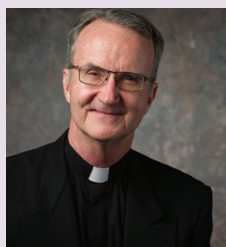


February 9-10, 2024

Ignatian, Semi-Silent
Overnight Retreat
for Adults

*Calm Your Mind –
Quiet Your Heart*

Retreat Leaders



Fr. Michael Sparough, SJ



Elizabeth Neubauer

Take time away from the frenetic pace of life to catch your spiritual breath. During this mini retreat we will delve into the timeless wisdom of the *Spiritual Exercises* and the deep calm of mindfulness and centering prayer. Together, these spiritual practices can help restore balance in your heart and mind. Gift yourself with 24 hours to let go of worry, surrender to God's love, and re-connect to your deepest self.



BELLARMINE
Jesuit Retreat House

To register for this retreat,
scan the QR Code with your camera
or visit

jesuitretreat.org/retreats/february-9-10-2024



420 W County Line Rd | Barrington, IL 60010 | 847-381-1261 | JesuitRetreat.org

The Bellarmine Retreat Experience

What to Expect

This retreat includes several presentations, daily Mass, communal prayer, a one-on-one conversation with a spiritual director, and many other opportunities to explore the retreat house and grounds. Come to the quiet to read, sleep, pray and reflect. All activities are optional.

- Bellarmine has two libraries, a resource center, two chapels, dining room, and many other places to relax.
- Located on 80 acres, with both woodlands and prairie grasses.
- Outdoor spaces include walking trails, prayer gardens, a gazebo, stations of the cross, as well as patios and outdoor chairs and benches.
- Each retreatant has their own bedroom.



Graces and Blessings of a Retreat

“A Bellarmine retreat is like a spa weekend for my soul. My soul gets a ‘good scrubbing and I feel spiritually renewed.”

“This retreat will help me to pray better and to recognize the voice of God. I am leaving feeling refreshed and renewed.”

“The retreat helped reinforce the importance of finding quiet time and space for discernment and connecting more deeply with God.”

Join us on retreat!



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To view the 2023-24 Retreat Schedule,
scan the QR Code with your camera
or visit
jesuitretreat.org/retreat-schedules

