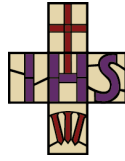


In Gratitude for our Mind, Body, and Spirit



BELLARMINE
Jesuit Retreat House

November 22-23, 2024

*Ignatian, Silent
Overnight Retreat for Women*

St. Ignatius Loyola's Spiritual Exercises suggest care for both soul and body. During this retreat we will celebrate the double gifts of our bodies and souls. We will have sessions to nourish the mind and sessions where we practice Tai Chi. Beginners welcome.



Fr. Michael Sparough, SJ

Bellarmino Ministry Team member; writer, storyteller, spiritual director, podcaster and retreat leader; President of Heart to Heart Catholic Media Ministry.



Erin Maiorca

Trained chef, spiritual director and Tai Chi Easy™ practice leader; BA from the University of Illinois Urbana-Champaign; Bellarmine's Executive Director.



To register for this retreat, scan the QR Code
or visit jesuitretreat.org/retreats



847-381-1261 • [JesuitRetreat.org](https://jesuitretreat.org) • Barrington, IL

The Bellarmine Retreat Experience

What to Expect

This retreat includes several presentations, daily Mass, communal prayer, six delicious meals, 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

"I enjoy coming to a Bellarmine retreat to let go of the worldly distractions and reconnect and refocus on Our Lord and what is important in life."

"Time to be silent, to grow in my relationship with Jesus. Excellent "tools" given to help make that happen."

"The silence. It's the only time in life where I have access to silence for this long and it opens my heart to hear God."

Join us on retreat!

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