A Heart-Centered Approach to the Spiritual Exercises of St. Ignatius





BELLARMINE Jesuit Retreat House

January 3-5, 2025

Ignatian, Silent Weekend Retreat for Men

The measure of our love for God depends upon how deeply aware we are of God's love for us. St. Ignatius' Spiritual Exercises are designed to deepen our awareness of God's love. This retreat will focus on the relationship between our hearts and God's.



Retreat Leader: Fr. Jim Kubicki, SJ

Contributes to Relevant Radio; author of A Heart on Fire: Rediscovering Devotion to the Sacred Heart of Jesus and A Year of Daily Offerings.



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

847-381-1261 • 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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