

# Balance and Boundaries in Recovery



**BELLARMINE**

Jesuit Retreat House

**March 14-16, 2025**

*Ignatian, Silent 12-Step  
Weekend Retreat for Men*

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Addiction can be a challenging road to navigate. This weekend we will look at ourselves and see if we have a sense of balance as well as healthy boundaries in our lives. The 12 Steps will be the basis for this retreat.

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**Retreat Leader: Sr. Linda Fischer, ASC**

Sister of the Adorers of the Blood of Christ from Columbia, PA; 12-Step Retreat Ministry; recovering alcoholic for 32 years.



To register for this retreat, scan the QR Code  
or visit [jesuitretreat.org/retreats](https://jesuitretreat.org/retreats)



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# 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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