

Spiritual Refreshment for Moms



BELLARMINE
Jesuit Retreat House

May 9, 2025

Day of Reflection for Women

Come away for a day of spiritual refreshment just for moms! Whether your children are 2 or 52, you are welcome to join us as we gather the graces of motherhood and ask God to renew us in our vocation. We will look to the wisdom of Mary the Mother of Jesus as well as contemplate Scriptural images of motherhood.



Retreat Leader: Rachel Forton

Bellarmino Women's Ministry Team coordinator; spiritual director; "Prayer and Care" team member of "Mothers of Preschoolers;" previous Retreat and Communications Coordinator at Bellarmine.



Retreat Leader: Nancy Hulsebosch

Spiritual Director grounded in the principles of Ignatian Spirituality; completed a three-year spiritual direction internship at Bellarmine; MA from National-Louis University.

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



The Bellarmine Retreat Experience

What to Expect

A day or evening of reflection, grounded in the Jesuit tradition, is a shorter version of the Ignatian Weekend Retreat. Wherever you are on your spiritual journey, a day or evening program is sure to give you the peace and serenity needed to be still and to rest in God's loving embrace. Your day or evening of reflection includes thematic talks from our skilled Retreat Leaders, time for private prayer, celebration of Mass and a meal.

- 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."

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