

Grateful in Aging



BELLARMINE
Jesuit Retreat House

November 25, 2024

*Day of Reflection
for Men and Women*

Inner reflection and setting intentions can shift how we actually age! Shifting from role to soul often impacts our sense of identity, body image, approach to learning new things, disposition for change, images of the divine, etc. This retreat day will offer resources and discernment as well as a variety of spiritual practices that may assist in fully claiming and embodying your intention to choose to age consciously.



Retreat Leader: Ann Jackson, PBVM

Sister of the Presentation; spiritual director and retreat facilitator at Prairiewoods Ecological Spiritual Center in Hiawatha, IA; studying in a Mindfulness Meditation Teacher Certification program.



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

A day or evening program, 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 program 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."

Join us on retreat!

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