

What's Next?

Discerning Your Decisions in the Ignatian Tradition

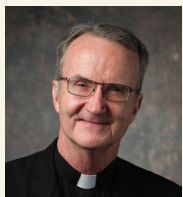


BELLARMINE
Jesuit Retreat House

February 17, 2025

Day of Reflection for Men & Women

The Spiritual Exercises help us move toward a deeper interior freedom to better navigate the twists and turns of life. Fr. Michael reprises one of his most popular programs as he helps us prayerfully appreciate St. Ignatius' methodology for decision making and how it can be applied to the big and small decisions we face.



Retreat Leader: Fr. Michael Sparough, SJ

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



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 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."

Join us on retreat!

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