

Spiritual Reset: A Winter Respite to Calm Our Minds & Hearts



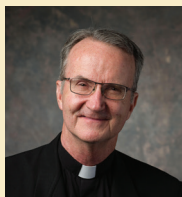
BELLARMINE

Jesuit Retreat House

February 20-21, 2026

*Ignatian, Semi-Silent
Overnight Retreat for Adults*

Take time away from the frenetic pace of life to catch your spiritual breath. During this mini-retreat we will delve into the timeless wisdom of the Spiritual Exercises and the deep calm of mindfulness and centering prayer. Together, these spiritual practices can help restore balance in your heart and mind.



Retreat Leaders:

Fr. J Michael Sparough, SJ

**with Fr. Keith Romke, Mark Nimo, and the
Charismatic team**



Retreat Leader: Elizabeth Neubauer

Spiritual Director; teacher of Centering Prayer and meditation practices; graduate of the Spiritual Guidance Training Program at Siena Retreat Center in Racine, WI.

**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, four 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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