

Contemplative Day of Prayer & Thanksgiving



BELLARMINE

Jesuit Retreat House

November 24, 2026

9 am - 3 pm

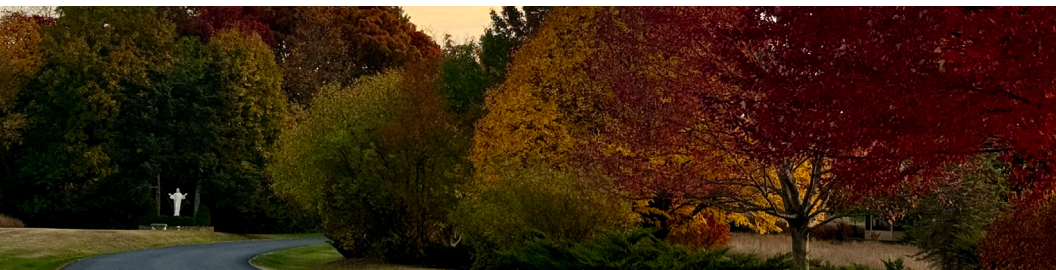
Day of Reflection for Adults

In times of darkness and uncertainty, gratitude is more than a feeling - it is a spiritual stance that opens our eyes to the gift of life and resists despair. A grateful heart takes nothing for granted and so St. Paul encourages us to be grateful in all circumstances (1Th 5:18). Not grateful for all circumstances but grateful in all circumstances. Join us for a day of prayer and spiritual practicing to nurture a more grateful heart.



Retreat Leader: Al Gustafson

Creator of the online Christian contemplative community Still Point; founder of the Career Transitions Center of Chicago; doctorate in Ministry from Catholic Theological Union.



*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

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.

- 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 a labyrinth, 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!

To view the 2026-27 Retreat Schedule, scan the QR Code or visit jesuitretreat.org/retreats.

