



BELLARMINE

Jesuit Retreat House

MINISTRY *of* INVITATION

THE CAPTAINS' HANDBOOK



DEDICATION

This updated edition of the Captains' Handbook is dedicated to the memory of Michael (Mike) Roche, who along with his Co-Captain Phil Zera, served as a Retreat Captain for more than 40 years. Mike attended his final Bellarmine retreat in January of 2018, just weeks after the loss of his beloved wife, Kathy. At the opening dinner of that retreat, Mike gave an impassioned speech to the retreat group about how much Bellarmine retreats have meant to him in his own life. Mike passed away just days after the retreat ended.

Mike and Phil's retreat group filled the retreat house every January, and the two of them served as a model for what great Retreat Captains should be. We remember Mike fondly and hope that this updated edition of the Captains' Handbook helps all of our Captains come to know how important their ministry is to their retreat groups and to Bellarmine.



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INTRODUCTION: A MINISTRY OF INVITATION

Welcome to the Bellarmine Team

Thank you for being a part of our team as together we work to promote the mission of Bellarmine Jesuit Retreat House, motivated by a common vision and set of core values. Whether you have been a Retreat Captain for 30 years or are just beginning your ministry of invitation, we welcome you to use this Captains' Handbook as a guide, resource, and source of encouragement for your efforts.

For more than 70 years, Bellarmine Jesuit Retreat House has been the spiritual "home away from home" for thousands of people of faith. We continue to depend on the tradition of Captains inviting, encouraging, and promoting the benefits of making a silent, Ignatian retreat at Bellarmine.



The work of a Captain is truly a ministry of invitation. Captains recognize the deepening relationship with God that is fostered by setting aside time on retreat. With this relationship comes a joy that must be shared; Captains reach out and invite loved ones, friends, neighbors, colleagues, and others to join them for a retreat experience that will guide them on their journey with Christ.

"I want the whole world to know of the wondrous things You have done for me, so that they too can praise You for Your great glory and love..."
- Psalm 138

Each retreat group is unique. Some may fill the house with 70 people on a given weekend, while others bring smaller groups of eight to twelve retreatants. Some groups come to the same retreat weekend each year, and others promote all of our retreats and spirituality programs.

Our Mission

Bellarmino Jesuit Retreat House is committed to fostering the spiritual development of Catholics and other people of faith through a variety of retreats and contemporary programs that are grounded in the *Spiritual Exercises* of St. Ignatius of Loyola.

Our Vision

Through the *Spiritual Exercises*, our retreatants will go forth into the world as companions with Christ in building the Kingdom of God.

Our Core Values

Ignatian Spirituality for Adults & Youth
Silence
Prayer
Hospitality
Service to the Poor
Sacred Spaces

THE MINISTRY OF A CAPTAIN

Embracing the Mission, Vision & Core Values

Our Captains are an extension of the Bellarmine team and may be the first way many people experience our mission, vision, and core values. When extending the invitation to come on retreat, our Captains embody the commitment to foster the spiritual development of others, build the Kingdom of God, and promote Ignatian Spirituality, silence, prayer, hospitality, service to the poor, and sacred spaces.

Personal Invitation to Those in Your Community

In Matthew's Gospel, Jesus challenges us to "Go therefore and make disciples of all nations" (Mt. 28:19). Invite many, and do not be discouraged if it takes several invitations before someone feels called to make a retreat. Ignatian Spirituality emphasizes being a "contemplative in action." Prayerfully discern those individuals in your parish, workplace, social circles, and family who might benefit from a retreat, and put that into action in the form of personal invitation.



Photo © Eric Niequist, 2016

Understanding Bellarmine's Programming

Familiarize yourself with the scope of Bellarmine's programming. The Latin phrase *cura personalis*, or "care of the person," beautifully describes the type of personal invitation offered by Retreat Captains. Our Captains are attentive to the particular needs and circumstances that bring individuals to a retreat or program, and they are sensitive to these needs when speaking about the programming at Bellarmine. Some individuals may prefer to begin with a day or evening program rather than a weekend retreat, and others may want to come for a longer individually directed retreat.

Communicating with Bellarmine & Group Members

Timely, repeated communication is crucial for successful recruitment. Please note the following guidelines:

- **Each February:** Contact our office to select your retreat date.
- **Six months before retreat:** Request your group list, flyers, bulletin ads, postcard invitations, and/or Save the Date cards.
- **Four months before retreat:** Send a "Save the Date" or notify group members of your retreat weekend.
- **Three months before retreat:** Pray for and personally invite others to the retreat. Inquire with your bulletin editor about including the bulletin ad in three issues, starting two months before the retreat. Send the contact information of your bulletin editor to Bellarmine.
- **One month before retreat:** Continue to spread the word with personal invitations. Check the Captains' Portal or contact the Bellarmine office to see who has registered with your group.
- **Two weeks before retreat:** Check with those who have registered to verify that they are still able to attend. Encourage them to notify the Bellarmine office of a cancellation at least three days before the retreat.
- **Week of the retreat:** RSVP to your invitation to attend the Captains' Meeting scheduled for the first evening of retreat. Continue to invite others to attend the retreat if space is still available.

Sharing Your Experience

Perhaps the most important role of the Captain is to serve as a witness to the value of a silent retreat. Take time to reflect on your retreat experience at Bellarmine.

- Who invited me to attend my first retreat?
- What first drew me to attend a retreat?
- Why do I continue to return to Bellarmine?
- What have I found in the silence?
- How have I progressed in my journey with Christ?

Be prepared to answer these and other questions, especially from those who have never before attended a silent retreat at Bellarmine or elsewhere. One of our Retreat Captains inspired the following letter of invitation. Use this as a guide for your own invitations to retreat, or check out other samples on the Captains' Portal.



Dear _____ ,

Please join me on a Bellarmine retreat this year on (date). If you can't make it, go to www.jesuitretreat.org and select another date that works for you. My weekend retreat is a special part of my year. I really want you to experience this gift. The beauty of a silent retreat is that you don't need to know anyone there. The weekend is with God, and He has the agenda!

Five Things to Know about Bellarmine Retreats

1. You will have a single, private, comfortable room in a lovely 1920s home nestled on 80 acres.
2. You can hear an outstanding retreat master deliver inspirational talks.
3. You will be served six delicious meals.
4. All activities are optional; you may pray, sleep, read, or walk any time of day or night.
5. You will deepen your spirituality.

Three Commonly Asked Questions

1. **"Why attend a retreat?"** - It is an opportunity to set aside the demands of daily living to gain perspective on your life and be totally refreshed in mind, body, and spirit.
2. **"How can I take a whole weekend for retreat?"** - The retreat begins Friday at 7:00 pm and ends Sunday at noon. Your heart needs nourishment; give yourself the gift of that time of spiritual refreshment.
3. **"Silence, really?"** - The silence begins Friday night after dinner and orientation. It is a tradition common to all Jesuit retreat houses. It provides an opportunity to quiet our minds and be in a peaceful environment.

I would be very pleased to answer any questions you might have, or you can call the Bellarmine office (847-381-1261). You are in my prayers!

BELLARMINE'S COMMITMENT TO OUR CAPTAINS

Annual Captains' Meeting

Each spring, Bellarmine offers Retreat Captains the opportunity to gather for a day of prayer, reflection, and sharing. At the annual Captains' Meeting, you will hear from Bellarmine staff members and fellow Captains as we reflect on the graces of the previous year and share new developments for the upcoming retreat season. Come share best practices and learn from other Captains.



Promotional Materials & Resources

We have a variety of materials that can be utilized for promotion of your retreat weekend. Some of these materials can be personalized with your group name and contact information:

- **Full-page flyers** with retreat master biography, retreat details, and a registration form
- **Quarter-page flyers** (or half-page, only upon request) to include in a parish bulletin
- **"Save the Date" cards** with basic information about the retreat
- **Postcards** with space to write out a personal invitation to group members

In addition, we can provide you with a contact list of group members so that you can easily follow up with those whom you have invited. See the following page for information on the Captains' Portal, another crucial resource to help you keep track of registrations for your retreat group.

Our Jesuits are happy to visit your parish every few years. They can preach at one or two Masses on a given weekend and share the Bellarmine story, or speak to a group of 50 or more at an event or meeting. To schedule a parish visit, after speaking with your pastor, please contact our office (retreats@jesuitretreat.org) three to four months before the desired speaking date. We recommend scheduling the visit for at least two months in advance of your retreat. As a Captain, you will be expected to attend the event(s) at which the Jesuit will speak and share Bellarmine marketing materials before and after the event.

BELLARMINE
Jesuit Retreat House

Save the Date!
October 2-4, 2018
Silent, Ignatian Retreat for Women
Retreat Master Fr. Jeff Puthoff, SJ

"Finding Our Wholeness"

All members of the [Retreat Group Title] retreat group are warmly invited to attend the October 2-4, 2018 women's midweek retreat with Fr. Jeff Puthoff, SJ. Fr. Jeff Puthoff, SJ is a Jesuit priest. He is interested in creating communities of healing, empowering young people, brain health, and finding God in all things. He has worked as a high school teacher, associate pastor, executive director and high school president, using his unique experience in organizational dynamics, leadership, brain health and Ignatian spirituality, applying it to youth education and organizational life. He is a retreat leader and director of the Spiritual Exercises of St. Ignatius of Loyola desiring to help others connect to God. He is a gifted national speaker on trauma-informed care, organizational dynamics, youth formation, Ignatian spirituality and leadership. Visit jesuitretreat.org or call 847-381-1261 to learn more! Contact [Retreat Captain] at xxx-xxx-xxxx for more information.

420 W COUNTY LINE RD • BARRINGTON, IL 60010 • 847-381-1261 • WWW.JESUITRETREAT.ORG

"Save the Date" card



Postcard Invitation (front)

BELLARMINE
Jesuit Retreat House

Men's Weekend Retreat:
"Who Do You Say That I Am?"

October 12-14, 2018
Retreat Master: Mary McKeon
an Ignatian, Silent Retreat for Men

420 W County Line Rd • Barrington, IL 60010 • 847-381-1261
www.Jesuitretreat.org

Quarter-page bulletin ad

BELLARMINE
Jesuit Retreat House

"An Ignatian School of Prayer"
March 29-31, 2019
Retreat Master Fr. Kevin Schneider, SJ
An Ignatian, Silent Retreat for Men

St. Ignatius of Loyola offered his *Spiritual Exercises* to help souls find God in all things and grow in relationship with the Lord. This retreat weekend will invite and offer opportunities to grow in methods of prayer that will help us walk with our Lord. Come walk with us.

Meet Fr. Kevin Schneider, SJ
Fr. Schneider was born and raised outside of Green Bay, WI and is the second eldest of six boys. He is a 1982 grad of Creighton University and was ordained in 1984. He is a member of the Jesuit community at Creighton Preparatory High School and is the director of spiritual programs for the adult community at Creighton Preparatory School. He has taught theology and is a chaplain for many athletic teams. Fr. Schneider offers retreats and days of recollection for schools and parishes and has offered retreats at Jesuit retreat houses in the upper Midwest. Offering retreats has filled him with joy and hope. He is a life-long Packers fan and an avid fan of the Creighton Bluejays. Please know he is praying for you.

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To register, visit us online at www.jesuitretreat.org, call the office, or complete this form and mail it to the address above accompanied with your \$85 deposit. If you are interested in Flexible Funding, please call the office at 847-381-1261.

I am registering for the following retreat (list date): **March 29-31, 2019 Men's Weekend Retreat**

Name: _____ Enclosed is my check payable to: Bellarmine Jesuit Retreat House, Inc. (Check or preferred)

Address: _____ Please charge my credit card: \$ _____

City/State/Zip: _____ Credit Card Type, #, exp. date: Visa / Amex / MC / Discover

Phone: _____ Card #: _____

Email: _____ Expiration date: _____

Dietary Requests: _____ Signature: _____

Room Requests: _____ Suggested retreat contribution: Weekend Retreat is \$285 per person (\$85 deposit), 4 Day Retreat is \$360 per person (\$85 deposit), Overnight Retreat is \$185 per person (\$85 deposit)

Captain/Group Name: _____

Full-page flyer

Discipleship

St. Ignatius reminds us that we need others to accompany us on our spiritual journey; we cannot walk it alone. The Bellarmine team is committed to accompanying you on your journey as a retreatant and Captain.



Inviting others to attend a retreat can sometimes be challenging. You may hear "no" from the same individual multiple times before he or she decides to come to Bellarmine. We are here to encourage, support, and affirm your efforts. Please feel free to call or email the Bellarmine staff anytime with concerns, questions, or needs, or simply to share your experience with us. We have a designated staff member, our Retreat Coordinator, to support you in your role as a Captain.

Responsive Team

As partners in the retreat ministry, we are committed to making a timely response to your needs, whether you call, email, or make an appointment with the office. We will regularly update you on the status of your retreat weekend(s), notifying you when a retreat is nearly full to capacity or needs an extra "push" to fill the retreat house. We will remind you of important deadlines regarding retreat date selection, registrations, Captains' Meetings, etc.

Accessing the Portal

Visit our website: www.jesuitretreat.org
Click on "CAPTAINS" on the top of the home page
From the drop-down menu, select "CAPTAIN'S PORTAL"
Click on the "Captain Portal Login" button
Name: Captain
Password: RetreatCaptain1946

Please note: The username and password are case-sensitive.

Captains' Portal on the Website

We promise to keep the Captains' Portal on our website up-to-date with marketing materials and registrant lists for each retreat. We appreciate your feedback when you notice corrections to your group list. We want you to have all the tools you need to be successful in your ministry of invitation.

During the Retreat

Bellarmino staff members invite the Captains to attend a meeting after the last talk of the retreat weekend. The meeting offers an opportunity for you to reflect on the graces and challenges of your role as a Captain, to offer your thoughts on recruitment, and to make suggestions about how we may be better able to assist you. We would also like to hear your feedback on the retreat itself. Your feedback is invaluable to the continual improvement of our ministry.



WHAT EVERY CAPTAIN SHOULD KNOW

Bellarmino's Retreatants

Weekend retreats and spirituality programs are intended for adults age 18 or older. Exceptions will be made for certain retreat formats, such as Father-Son and Mother-Daughter retreats, when teenagers over the age of fifteen are welcome to attend. We welcome retreatants of all faith backgrounds.

Bellarmino's Programming

Bellarmino began as a ministry primarily focused on Ignatian, silent weekend retreats for men. Today, we serve the spiritual needs of men and women of faith. Our ministry offerings include:

- **Ignatian, Silent Weekend Retreats:** Most of our weekend retreats are single-gender. We offer several retreats for men and women, including a weekend retreat for sacramentally married couples.
- **Bill W 12-Step Retreats:** Several single-gender retreats each season are dedicated to supporting the recovery of men and women in 12-step programs. In addition, we offer one retreat each year for friends and family members with loved ones in recovery or struggling with addiction.
- **Summer Individually Directed Retreats:** These retreats last between five and eight days. We offer the opportunity to meet with a spiritual director daily, participate in the celebration of the Eucharist, worship in adoration, enjoy the serenity of our property, and spend time in silent prayer and reflection.
- **Spirituality Programs:** We continue to add to our offering of day, evening, and afternoon themed spirituality programs. Some are specific to women; others are open to anyone over the age of 18.
- **"Coming Home" Retreats for Veterans and Families:** Fr. Michael Sparough, SJ and a team of veterans lead a day-long retreat for men and women to pray and reflect on their military experiences in a safe environment.
- **Regular Spiritual Direction with a Priest or Lay Director:** Meet with a Jesuit staff member or Jesuit-trained lay spiritual director for ongoing guidance in your spiritual life.
- **Special Groups:** Parishes, schools, and organizations that share our mission host their own retreat programming at our retreat house. We offer a variety of sacred spaces, meeting rooms, extensive grounds, and delectable catering options. To learn more, contact us at 847-381-1261 or events@jesuitretreat.org.

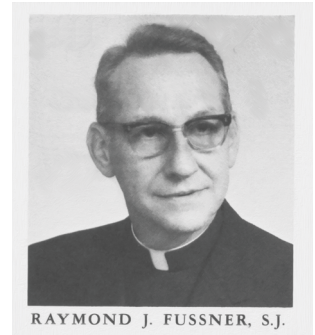
Accommodations

The capacity of the main retreat house is 66, which includes twelve rooms with attached bathrooms. We reserve rooms with baths for those with medical issues and/or limited mobility. If rooms with bathrooms are still available after serving these individuals, they may be assigned to Captains in appreciation for their work on behalf of Bellarmino. Retreatants with a medical need requiring a special room accommodation are advised to notify our team **at least two weeks prior to retreat**. Once we have reached our full capacity in the main house, we can accommodate five retreatants in the cottage and an additional six retreatants in the coach house. The cottage hosts five retreatants and includes a kitchenette, fireplace lounge, two bathrooms, and a prayer room. The coach house is a rustic, 100-year-old two-story building with three bathrooms and six bedrooms.



Retreat Contributions & the Fr. Fussner Fund

It is the commitment of Bellarmine Jesuit Retreat House to welcome all, regardless of their ability to make a contribution at the time of retreat. If cost is a concern, please advise our Retreat Coordinator to arrange a payment plan or make use of the Fr. Fussner Fund, established in honor of Fr. Raymond Fussner, S.J. Fr. Fussner served Bellarmine for 23 years beginning in 1969. Individuals may receive funding for one weekend retreat or two day programs per retreat season.



2018 - 2019 Contribution Amounts

Weekend / Bill W Retreat:

\$285 per person (\$85 deposit)

4-Day Retreat:

\$360 per person (\$85 deposit)

Married Couples' Retreat:

\$515 per couple (\$85 deposit per couple)

Overnight Retreat:

\$185 per person (\$85 deposit)

Private Retreat:

\$99 per person, per night

Day of Reflection:

\$50 per person

Evening of Reflection:

\$35 per person

To reserve a space on a retreat, deposits are expected. Online, mail-in, or call-in reservations are accepted. Some of our retreats fill quickly, so in order to avoid a waiting list, registration is recommended at least a month in advance. The requested contribution may be paid by credit card, check, or cash at the end of the retreat. Donations above the suggested amount are tax-deductible and can be applied to the Fr. Fussner Fund. Suggested contribution amounts for the 2018-2019 retreat season can be found on the left. Please note that these amounts may be subject to change in future retreat seasons. Visit our website or contact the office for current contribution amounts.

What to Share with New Retreatants

What to Expect on a Weekend Retreat

- Plan to arrive between 4:00 pm and 6:00 pm on Friday. The retreat begins with an opportunity for confession at 6:00 pm, a social at 6:30 pm, and dinner at 7:00 pm, followed by the first retreat talk and Eucharist. Silence begins after the first retreat talk. The retreat concludes Sunday at 1:00 pm after lunch.
- Your room is pre-assigned. If you have a medical need requiring a special room accommodation, please advise our office at least two weeks before the retreat. All rooms are individual with a bed, desk, and sink. Bed linens, towels, and a Bible are provided in every room.
- Meals are served daily in our dining room. If you have dietary requests, please contact our office at least two weeks prior to your retreat. Snacks, coffee, and filtered water are available throughout the retreat.

What to Bring on Retreat

- Comfortable clothes; dress in layers. Bring work-out clothes if you would like to use our exercise room.
- Walking shoes
- Personal toiletries and medications
- A journal and writing instrument
- Your rosary
- A travel coffee mug and/or refillable water bottle
- Bug spray and sunblock
- Robe and slippers, as shower rooms and restrooms are shared



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Bellarmino History

The Early Years

In the 1890s, Barrington Hills was in the midst of a development era known as "the estate period." In 1909, railroad magnate Robert P. Hammond purchased 300 acres of woodland for cattle raising and feeding operations. When the Hammond family moved to Barrington Hills from Missouri, they oversaw construction of the cottage and coach house from 1910 to 1913. Robert's wife, Nellie, was the first president of the Barrington Garden Club and developed the estate's original perennial gardens.

After laying the foundation for the mansion, Hammond sold half of the property to Frank and Clara Hecht in 1923. The Hechts completed the mansion on the original foundation, which took six years to build. The Hechts lived in their home - which they called "The Meadows" - until 1947.



The Retreat Ministry Begins

In 1947, the Jesuits purchased 75 acres from the Hechts and bought an additional five acres along Caesar Drive. Bellarmine Hall was founded in 1948 as a men's retreat house by former Army Chaplain Fr. James McGinnis, SJ. He gave the first retreat in January of that year and placed the venture under the patronage of St. Robert Bellarmine, a cardinal and Jesuit scholar.



Fr. McGinnis passed away in 1949 and was succeeded by Fr. James Mahoney, SJ. For 19 years, "Bellarmine Hall" thrived under his leadership. The house quickly became too small for the number of people desiring to make a retreat. In 1957, the Sacred Heart Chapel, dining room, and additional bedrooms for retreatants and Jesuit staff were completed.

21st Century Ministry

In the fall of 2003, construction began on the Conference Center and Jesuit residence. The main conference room is 2,500 square feet; additionally, there are five breakout meeting rooms for smaller gatherings. The construction was made possible thanks to a generous \$4 million donation from John and Carolyn Beck. The Becks were dedicated to our Ignatian ministry, particularly retreats for youth. The primary purpose of the Conference Center is to host youth Kairos retreats. John and Lenore Fogarty contributed to the construction project and made possible a daily Mass chapel which doubles as the adoration chapel during retreats.

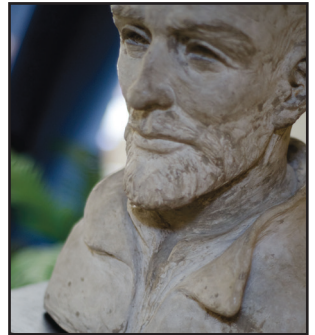
In 2010, Fr. Paul Macke, SJ became Executive Director, leading our ministry into its next era. In 2013, our name formally changed to Bellarmine Jesuit Retreat House, Inc. While many long-time retreatants still use "Bellarmine Hall," this moniker no longer represents the full scope of our retreats and spiritual programs. In 2017, leadership passed to Fr. Michael Class, SJ, and Bellarmine continues to adapt our ministry to the spiritual needs of those seeking a closer relationship with Christ.



IGNATIAN SPIRITUALITY

St. Ignatius of Loyola

Ignatius of Loyola, one of the great spiritual masters of the Church, is the founder of the Society of Jesus. He was born into a noble Basque family that was loyal to the Spanish Crown. Ignatius said of himself that, up to the age of 30, he “had a vain desire of winning glory.” While recovering after being badly wounded in a battle and nearly dying, the healing of his body became an occasion for the healing of his soul. While reading a book on the lives of the saints and another on the life of Christ, Ignatius underwent a profound religious conversion.



After a year-long retreat in which he experienced a series of mystical illuminations, St. Ignatius wrote the *Spiritual Exercises*. Along with Sts. Francis Xavier and Peter Faber, his companions at the University of Paris, Ignatius went on to found the Society of Jesus, commonly known as the Jesuits. Because of the profound impact that his writings have had on the Church, St. Ignatius has been named the patron saint of retreats.

The *Spiritual Exercises*

A fundamental truth underlies the *Spiritual Exercises*: God loves us unconditionally, and we, even in our limitation, enjoy a special worth and dignity in the eyes of God. The main purpose of the *Spiritual Exercises* is to unite us with God, Who is Love. The *Spiritual Exercises* are the foundation of all Bellarmine retreats and spirituality programs.

"The phrase 'Spiritual Exercises' takes in all the formal ways we have of making contact with God, such as meditation, contemplation, vocal prayer, devotions, examination of conscience and so on."
- St Ignatius of Loyola

The *Spiritual Exercises* are divided into four “weeks” or phases. The first phase asks us to contemplate God's love and mercy. In the second phase, we learn more about Jesus and come to know Him more deeply. The third phase invites us to unite our sufferings to the Passion of Jesus, inspiring hope and strength. In the final phase, we pray for the Spirit of the Risen Lord to enter our hearts as we work to bring about the Kingdom of God on Earth.

St. Robert Bellarmine

St. Robert Bellarmine was a cardinal archbishop, papal adviser, and one of the 17th century's most distinguished theologians. Bellarmine combined great wisdom and learning with a passionate love of Christ. He lived this love in the midst of a busy life fraught with much controversy. He was canonized in 1930 and was named a Doctor of the Church the following year.

We consider St. Robert Bellarmine to be the patron saint of our retreat house because he embodies the integration of head and heart and of contemplation and action, which foster our growing in the likeness of Christ.



The Value of Silence

Silence, both exterior and interior, is key to a meaningful Bellarmine retreat experience. Our atmosphere of quiet allows the possibility for you to hear God speaking within you. Silence, then, is a gift you give yourself and your fellow retreatants. Retreatants who are new to an environment of silence often say at retreat's end that the silence was a highlight of their time at Bellarmine. The quiet helps prepare you to become a "contemplative in action."

In Scripture, God frequently speaks not in booming thunder or the power of earthquakes, but in a whisper - a "light, silent sound" (1 Kings 12:12).

When inviting others to a retreat, you may encounter resistance to or fear of silence. Encourage them to give silence a try by speaking from your own experience of silence. How has the silent aspect of retreat enabled you



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to enter more deeply into the life of Christ and engage in self-reflection? How have you experienced God's voice ringing out in the silence of your heart? Encourage new retreatants to trust that God will indeed speak in the silence, and that His is a voice of love.

Some Forms of Prayer

- **Lectio Divina:** Choose a Scripture passage to slowly read aloud. Pay attention to a word or phrase that stands out to you. Continue to re-read the passage, talking with God about that word or phrase. *Lectio Divina* can be done with a group or individually.
- **Prayer of Imagination:** Select a Gospel scene and imagine yourself present with Jesus in that scene. You are not a bystander, but an active participant in the scene. Notice any feelings or desires that arise and talk to God about them.
- **Meditation:** Deeply consider a particular truth of the faith, engaging your intellect in meditation. Ask God to enlighten you about this truth. Think about it in relation to your life, not just in abstract terms.
- **Prayer of the Heart:** Express your innermost feelings to God. In contrast to formal prayer, such as recitation of the "Our Father" or "Hail Mary," prayer of the heart uses your own words. Prayer of the heart can occur any time and often occurs at random when you are moved to pray to God.
- **Contemplation:** Simply being with God, captivated by God's presence, is contemplation. Be attentive to God dwelling in you, and pray without words or thoughts.

The Daily Examen

- ✠ I quiet my mind and my heart for prayer. I believe in God's presence with me...
- ✠ I offer gratitude to God for the blessings of the day and begin by savoring my gifts.
- ✠ I review the events of the day, noticing the feelings that surface: my hopes, fears, regrets, joys and sorrows.
- ✠ I pray from the feelings that surface: talking to God as a friend, listening with my heart for God's response of love.
- ✠ I look forward in hope, asking for the grace to better serve God.
- ✠ Conclude by praying, "Our Father..."

MY CAPTAIN'S COMMITMENT

In preparation for retreat, I will...

- ✘ Pray about whom to invite to Bellarmine
- ✘ Personally invite many to the quiet of retreat
- ✘ Maintain frequent communication with my retreat group and Bellarmine
- ✘ Use Bellarmine's materials to follow-up with invitations and spread the word
- ✘ Work to raise awareness of and attendance at Bellarmine
- ✘ Read the Captains' Handbook and annual Program Guide to inform myself of the breadth of Bellarmine's offerings

On retreat, I will...

- ✘ Welcome all retreatants, especially those who are new to Bellarmine
- ✘ Help to ensure volunteer roles are filled for Mass, Stations of the Cross, and the rosary
- ✘ Act as a role model of prayerful silence
- ✘ Pray for all those on retreat with me

After retreat, I will...

- ✘ Consider the individuals who made retreat with me and pray about who may serve as a Co-Captain to broaden my reach and help build attendance
- ✘ Continue to pray for those who attended retreat with me
- ✘ If it is time for me to retire from my role as a Captain, I will pray about who may serve as my successor



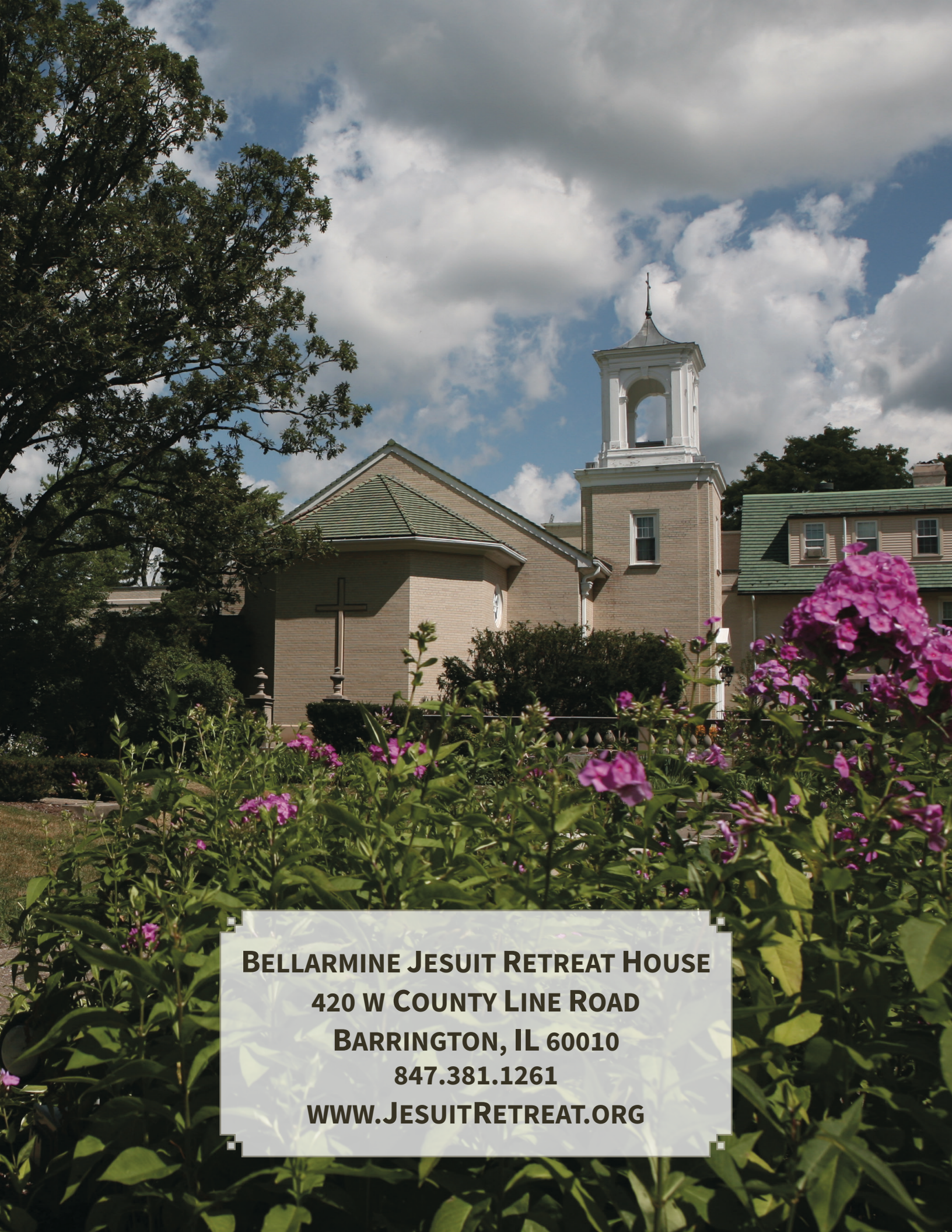
BELLARMINE
Jesuit Retreat House



FIRST PRINCIPLE & FOUNDATION

We are created to praise, reverence, and serve God, our Lord, and by this means to save our soul. The other things on the face of the earth are created for us to help us in attaining the end for which we are created. Hence, we are to make use of them in so far as they help us in the attainment of our end. We must rid ourselves of them in so far as they prove a hindrance to us. Therefore, we must make ourselves indifferent to all created things, so far as we are allowed free choice and are not under any prohibition. Consequently, so far as we are concerned, we should not prefer health to sickness, riches to poverty, honor to dishonor, a long life to a short life. The same holds for all other things. Our one desire and choice should be what is more conducive to the end for which we are created.

- St. Ignatius of Loyola



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