



12 Step Retreat in Ignatian Tradition.

The month of October began with three 12 Steps retreats back to back to back. The first was a 12 step Men's retreat given by veteran director, Nada Conic.

This was followed by a mid-week 12 step Men's retreat given by another veteran, Fr. John Whitall. He has worked in Toronto, but commutes now from Picton. Finally there was a women's 12 Step on Thanksgiving weekend presented by Fr. Joe Redican CSB. All three flowed smoothly as usual, but we need some drama each month it seems here at Manresa.

Here is how Br. Bob reported it:

"The fire engines arrived in their glory when the heat alarm went off. The cause was a person taking a shower in the Annex shower stall (Fleming Hall). The lady possibly left the door to the hallway open and the hot water (steam) went



Drama...

out in the hallway and set the HEAT alarm off which tells our monitoring system that there is a possible fire at Fleming Hall. As it was during the time just before 8:30 a.m. all the alarms went off through the whole building and everybody was outside when the fire trucks arrived.

I went over and shut the alarm off and everyone went to breakfast. The firemen then went through the buildings in a sort of a tour. They were very upset that we were using door jams to keep the HALLWAY doors open. They should be closed at all time whether there are people in or out of the building.

The Captain went through the Manor house. All the floors and basement and found many hallway and stairs jammed open. They did not like that either. As a result we are now following the fire-chief's instructions and the doors are closed."

Life is never dull at Manresa. Here was Fr. Joe trying to set the hearts on fire, and the firemen trying to turn down the heat!
When will we ever learn?



...more Drama

During the week, we have a slew of delivery trucks – meat, vegetables, fruits, office supplies.

There are regular drivers and they know how to manoeuvre our narrow driveway. And then there is the newbie driver... and here is the result.

Br. Bob managed to straighten it up.

Retreatants Reminisce



Fr. Philip Chircop S.J.



Fr. Ben St. Croix C.C.

The weekend of September 25-27 was absolutely gorgeous. Once darkness arrived on Friday evening, the sky was filled with stars. Both Saturday and Sunday the warm sun shone brightly, a gentle breeze was present and there were still many, many pretty flowers in Manresa's gardens.

"**Practicing Mercy. Kissed by Mercy. Embraced by Love.**" was the theme of Father Philip's retreat. Father told us about the upcoming Jubilee Year which begins Dec.8 and runs through November 20, 2016. He said that Pope Francis is giving us a whole year to celebrate Mercy.

I just loved the simple idea "Mercy is the capacity to enter into another's pain and sufferings." All these years I thought that mercy was forgiveness. When I heard this fresh description, Pope Francis' "Year of Mercy" meant so much more to me.

Father Philip reminded us that the mercy of God is fresh every day. When we awaken each morning, it would be a great practice to ask the Holy Spirit to help us to be aware of every opportunity during this coming day, to practice Mercy.

Some of the highlights of the retreat: Each Liturgy was beautiful, retreatants respected the silence throughout the weekend, and the meals were delicious. Fr. Michael Coutts reminded us that between now and our next retreat at Manresa, we were welcome to come for an hour or so, to walk through the grounds or pray in the Chapel. **by Carol von Zuben**

"Annually, the weekend after Labour Day, I welcome another opportunity to spend much needed quiet time, in this sacred space. Often exhausted and sometimes with a heavy heart, I come to Manresa with no expectation, but to seek the will of God for my life, at the present moment. Time and again, it's as though a weight is lifted off my shoulders and I experience deep Healing and an awesome Freedom, after surrendering a deep pain to God and giving Him permission to unfold His plan for my life.

I treasure the 'Gift of Silence', most of all, because God speaks in the silence of my heart, though I've, also, been blest with the gift of the gab. Yet, by God's grace, I am able to maintain silence, effortlessly. - Praise The Lord! - I'm grateful for Manresa, truly, an 'oasis' on the edge of our busy city, where I had an encounter with my Creator and my Love. Nothing else matters. My heart is grateful. I'm richly blest. I'm renewed, refreshed and rejuvenated. This was a time well spent. I'm so encouraged by the witness of a humble priest, whose heart bursts with Love for Jesus, and whose Joy is contagious.

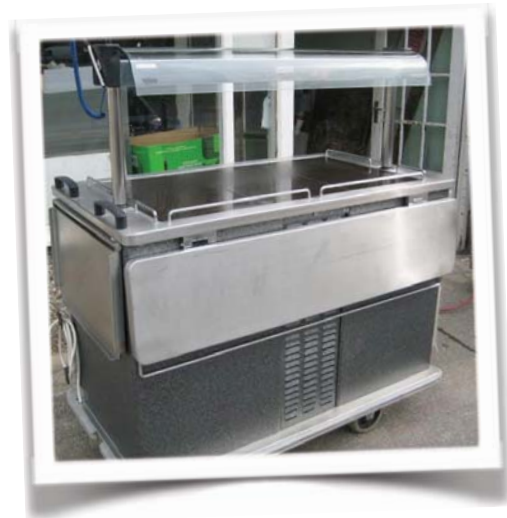
Hopefully, he will keep in good health. Otherwise we will be up the proverbial creek without a paddle for confessions on the weekend. Well, I have been assured that there will be Jesuit Priests available for this beautiful Sacrament. **by Myra Falzon**

Murphy's Law or Yogi Berra's brainwave?

If anything can go wrong it will

The Dinning Room Server

We began the season, with our versatile cook, Kim States telling me, the central serving station for the hot food and cold salads had broken down in the dinning room area. It turned out that someone had accidentally spilled liquid, which got into the computer unit. Thankfully, she knew someone who replaced the unit to the tune of \$1000.



Heating in the Chapel

We had hardly repaired the serving station, when Br. Bob told me that the heating unit in the chapel had broken down. Portable electric heaters were turned on for 48 hours during the weekend retreat. Apparently the gas was not reaching the combustion unit. We had to get heating services to repair that, which set us back another \$1200.

Director without a Voice!

Things usually come in threes. On Friday night, before Nada Conic could begin her talk, Br. Bob tells me that the PA system in the Brebeuf Conference room had totally collapsed. So we are going to set up a new unit, which will once again set us back "grand"ly. These have been working well for the last decade as far as I know. They have all to be replaced in a month.



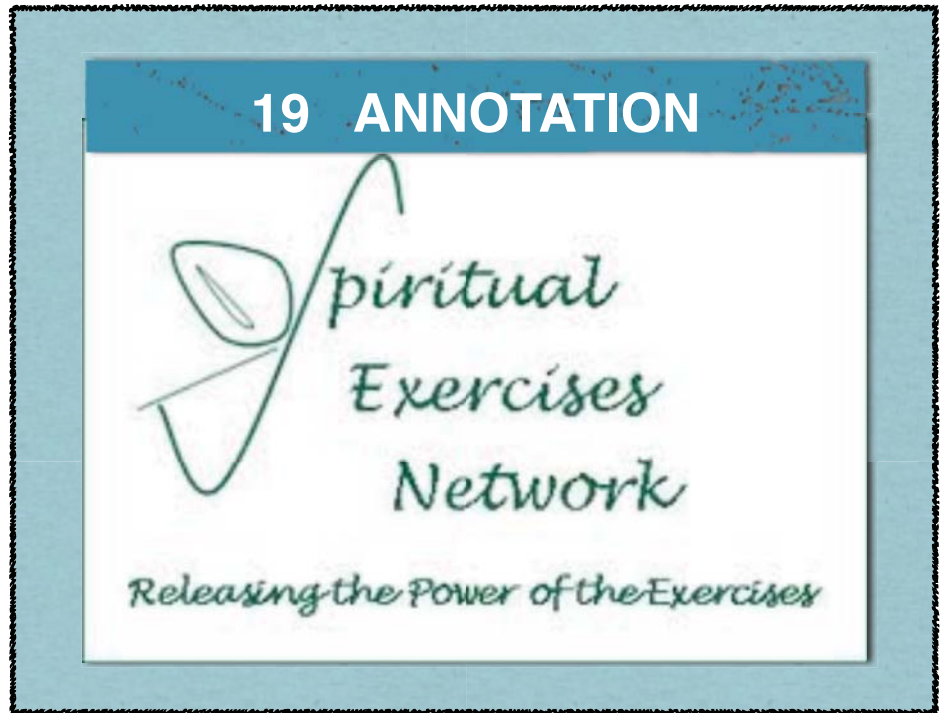
There are two ways of experiencing the full Spiritual Exercises of St Ignatius :

*Making a 30 day enclosed retreat
or
Making the retreat in the flow of daily life*

Both can be very profound and life changing experiences according to the needs and generosity of the individual.

St Ignatius realized that going away for 30 days was an option not available to everyone so he suggested that the same experience could be gained by remaining at home and continuing with the business of daily life.

The 19th Annotation retreat requires that the person take two periods for prayer during their day. One would be for a longer time, no more than one hour, and would be the prayer based on the material the person has been given; the other would be a much shorter



time for reflecting on how the day has been and how the prayer time has been reflected in this (often known as the Examen).

Meeting with one's companion or guide is important and this is usually every 7 to 10 days depending on the availability of each one.

In this meeting the retreatant shares what has happened in their prayer time and how God

has been present or absent in the daily living. In the light of what is shared the companion offers suggestions for further prayer.

The advantage of the retreat in daily life is that one is not restricted to 30 days, and it helps in forming a regular pattern for prayer. Also as things emerge they can be incorporated into the flow of life, rather than having to wait until one returns home.



Back to the Future - 21 October 2045 !

Thirty years ago, there was movie hit called "Back to the Future".
What might Manresa be like in 2045?

Manresa's Lay Director

Manresa will have a Lay Director who will be the mother of teenagers. If she can manage teenagers- she can manage a whole weekend of retreatants!



New \$10 million Fleming (O'Brien) Hall.

It will be called O'Brien Hall named after twice nominated Director of Manresa.

New batch of Retreat Counsellors.

Our Counsellors will be Seminarians and Lay Catholics who are qualified at our Jesuit Spirituality Centres



Financial Responsibility

Donations will be made by pressing a button on wrist-pads. These will also translate the talks automatically from any language to any