



Manresa Jesuit Spiritual Renewal Centre

2325 Liverpool Road
Pickering, ON L1X 1V4
manresa-canada.ca

DAY OF REFLECTION

October 31st, 2022

with

Sr. Mary Rowell, csj

**“Transforming Spirit”
A Day of Reflection for the
Season of Fall.**

Schedule for the Day:

- 9:00** Registration - coffee & muffins
- 9:30** Welcome & Session # 1 in Chapel
- 10:30** Private prayer. Exposition of the Blessed Sacrament
- 11:00** Reconciliation Service. Private prayer. Exposition of the Blessed Sacrament
- 12:30** Lunch in our Dining Room
- 1:45** Session # 2 in Chapel
- 2:30** Mass. Depart. You are welcome to stay longer for private prayer, reflection and enjoy our grounds.

As we once again enter Fall we return to our familiar patterns in life. It is sometimes easy for us to become trapped in our daily rhythms and yet the season of Fall is an invitation to each of us to reflect on a call to transformation in our lives. Fall reminds us of the beautiful colours of life even in our ordinary moments; the places where God is active in us in the here and now. As we watch the leaves fall from the trees we are invited to examine our lives; of what am I called to let go for deeper freedom of spirit and joy? Gift yourself with a day of quietness, peaceful reflection, personal and communal prayer and, if desired, an opportunity for reconciliation. Come away and be still with God!

Suggested Offering: **\$ 50.00** per person

Includes lunch and coffee/tea break.

Register online at: <https://manresa-canada.ca/events/> OR email: registration@manresa.ca



This special Day of Reflection will be facilitated by Sr. Mary Rowell, csj.

Sr. Mary is a Sister of St. Joseph in Canada based at Villa St. Joseph Ecology and Spirituality Centre in Cobourg, Ontario where she leads retreats, courses, and is a spiritual director. She provides retreats and workshops across Canada and the United States. Formerly a nurse and nurse educator, Sr. Mary worked in health care and education around the world. Sr. Mary holds a Bachelors degree in Philosophy and a Masters in Medical Law and Ethics from the University of London, U.K. and a Doctorate in Theology from the University of Durham, U.K. where her research focused on the interface of bioethics and theology. Sr. Mary is also a member of the Board of Directors at Covenant House.