



## Manresa Jesuit Spiritual Renewal Centre

2325 Liverpool Road, Pickering, ON L1X 1V4  
manresa-canada.ca 905-839-2864



# DAY OF REFLECTION January 27, 2025

*with Sr. Mary Rowell, csj*  
“Stepping into the Dark:  
Embracing God’s Gifts in a Winter Season.”

### **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. Opportunity for Confession, reflection, and time to wander our grounds.
- 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.

In winter, there is a temptation for many of us to hide away until it is over! Yet, winter invites us into a special time and place with God. The season holds many gifts for us. Through the bare trees we catch glimpses of all we may otherwise not see!

In a season of darkness we are called, as many of the Mystics point out, to embrace a mature faith through which we can peacefully hold our questions with trust in God.

This call, says spiritual writer, Christine Valtner Paintner, invites us to again “listen closely to the wild silence shimmering through the darkness and see what new things we hear when we release our need to have everything figured out, including God.”

All welcome to journey together on this day engaging Divine Mystery, radical humility and the continuing search for what really matters in our lives.

**Suggested Offering: \$ 65.00** per person

Includes lunch and coffee/tea break.

Register online at: [manresa-canada.ca](http://manresa-canada.ca)  
Email: [manresaregistration@outlook.com](mailto:manresaregistration@outlook.com)



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.