



Manresa Jesuit Spiritual Renewal Centre
2325 Liverpool Road, Pickering, ON L1X 1V4
905-839-2864 manresa-canada.ca

SILENT IGNATIAN RETREAT FOR WOMEN

November 7 - 9, 2025

with Fr. Henk van Meijel, SJ



Praying with Suffering.

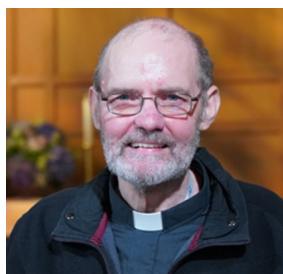
Suffering is something every human will have to encounter along their life journey. Some will carry big crosses and some small. Sometimes we are the ones who endure it and sometimes we knowingly or unknowingly will bring suffering to others. Suffering is meaningless, even inhumane by itself, but when we let the light of God shine upon it, everything changes.

Register online at: manresa-canada.ca

Email: manresaregistration@outlook.com

Suggested Offering: \$ 270.00 pp

This includes your two night's accommodation, meals, retreat program and spiritual direction.



Fr. Henk is the director of Manresa. Henk joined the Society of Jesus in 2006 at age 50, after having been proprietor for 25 years of a small business, and about five years of coordinating youth ministry. His initial spiritual direction formation was at Loyola House, Guelph, Ontario. He has a Master of Divinity degree from Regis College, Toronto. He worked at the Jesuit Native apostolate on Manitoulin Island, whereupon he studied at the University of Divinity, Melbourne, Australia, with an emphasis on Ignatian leadership and pastoral counselling.