



Manresa Jesuit Spiritual Renewal Centre

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

DAY OF REFLECTION

Monday, September 29, 2025

with Sr. Mary Rowell, csj

Gifted in the Spirit: Graced in God.

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.

The Holy Spirit is the animating force in all Creation, the energizing impetus in the evolving Church, whole-making and fully alive in each one of us; alive for love and alive for mission. The awareness of the presence of the Holy Spirit, Pope Leo has said, "accomplished something extraordinary in the lives of the Apostles", likewise for us the gift of the Spirit is ours "shattering our inner chains, fears and hardened hearts to make us new."

Becoming aware of this great gift of the Spirit is at the heart of discernment calling us to pay attention to the interior movements that align us with God's Dream for our lives and for the world. It is also at the very foundation of the Church's renewed call to Synodality through which we are invited to listen intensely, to gift our voices and lives and as we walk together, in communion, participation and mission in a Church unfolding in mystery and in a world that cries for healing.

Suggested Offering: \$ 70.00 pp

Includes lunch and coffee/tea break.

Register online at: manresa-canada.ca

Email: 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.