



# YOUNG PROFESSIONALS SILENT IGNATIAN RETREAT FOR MEN & WOMEN

For those 19 - 39 years.

May 29 - 31, 2026

## Fanning the Flames of Hope. *with Bryan Manning, SJ*

What is an Ignatian retreat? In simple terms, it's a chance to step out of the usual pace of life and spend some intentional time with God. Ignatian spirituality comes from **St. Ignatius of Loyola**, and it focuses on prayer with Scripture, quiet reflection, and learning to notice how God is present in the real details of our lives. For those 19 - 39 years.

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



Suggested Offering: \$ 280.00 pp

Includes your 2 night's accommodation, meals, retreat program & spiritual direction.

**Manresa Jesuit Spiritual Renewal Centre**  
2325 Liverpool Road, Pickering, Ontario L1X 1V4  
905-839-2864



**Bryan Manning, SJ** is a Jesuit Scholastic from Newfoundland. He entered the Society of Jesus in August 2019. He has a bachelor's degree in English literature and Philosophy, and an MA from Fordham University in Philosophy and Society. Prior to entering the Jesuits, he worked in privacy management, as a supervisor with at-risk youth in the St. John's area, and as a case manager with John Howard Society. He is currently doing his regency in Regina, SK where he works as a jail chaplain providing spiritual counselling, listening and emotional support to inmates and staff. This September, he will begin theology studies at Regis College, University of Toronto.