

# A SILENT IGNATIAN WEEKEND RETREAT FOR WOMEN

May 22 - 24 2026

with Fr. Chris Llanos, SJ

“From Fear to Freedom”

When the Holy Spirit came upon Jesus' disciples,  
it freed them from fear and filled them with a bold, loving purpose.

This retreat is an invitation to enter that same movement from fear to freedom. Through silence and prayer, we will contemplate and seek the Holy Spirit's transforming gifts.

Manresa Jesuit Spiritual Renewal Centre

2325 Liverpool Road, Pickering, Ontario L1X 1V4

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.



**Fr. Christopher Llanos, SJ** was born on the Caribbean Island of Trinidad and moved as a child to Calgary in 1971. He pursued studies at the University of Calgary, where he earned a degree in Psychology and briefly worked as a supervised therapist for individuals on the Spectrum. In 1986, Fr. Llanos entered the Jesuits, subsequently undertaking philosophical studies in Chicago, followed by two years of service at an inner-city school and church in Kingston, Jamaica.

Upon presbyteral ordination, Fr. Llanos engaged in pastoral work in Jamaica. He later pursued advanced education, obtaining a Doctorate specialized in Immigration Policy and Ethics from Harvard University. Following the completion of his doctorate, he served by teaching, counselling and conducting retreats and giving spiritual direction.

He now resides at La Storta Residence in Pickering where he continues to support Regis students and engages in retreats, spiritual direction, and pastoral ministry within Durham Region parishes.