



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

## EIGHT- DAY RETREAT FOR MEN & WOMEN July 22 - 30, 2026 *with Sr. Mary Rowell, csj*

### GOD MEETS US IN THE MIST A RETREAT FOR TIMES OF UNCERTAINTY AND TRANSITION

At each stage of life, and in altered circumstances, or in times of loss, we experience discomfiting change. Such times can make us anxious and fearful. We can lose a sense of identity and experience challenges to faith and trust. We sometimes find ourselves in the “mists of life” where even God feels absent and we don’t know where to turn. Yet it can be exactly in the mist that God waits to meet us. Writer, Gillian Deacon asks, “what are we missing?” Could it be that the “rush toward certainty is keeping us from something? Something better?” Perhaps these very times are hidden gifts, calling us to ‘the more’, to deeper intimacy with God, to greater meaning, to freedom of spirit, joy and peace.

Through prayer, presentations, Sacrament, spiritual accompaniment and sharing and guided by the riches of Ignatian Spirituality, we will enter gently into contemplative reflection on our questions of heart and spirit. Where is God in the ‘here and now’? What are the graces of today? How might I discern God’s present and unfolding call to me?

The retreat is a warm invitation to be with God in quietness and with one another as we open ourselves to the fullness of life which Christ promises always and for which we were created.

**Suggested Offering: \$ 1,225.00 per person**

Includes 8 night’s accommodation, all meals, program and spiritual direction. This SILENT retreat begins on Wednesday with dinner and ends with lunch the following Thursday.

#### TO REGISTER

ONLINE: [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.