



Manresa Jesuit Spiritual Renewal Centre

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

DAY OF REFLECTION

March 30, 2026

with

Fr. Michael Knox, SJ

Jesus Christ and St. Julian of Norwich: A Mystical Journey

A day of reflection on the visions and experiences of mediaeval mystic, Julian of Norwich, exploring her relationship with Jesus Christ, and reflecting upon how her journey with him can help us shape our own.

Schedule for the Day:

- 9:00 Registration - coffee/tea & 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 Eucharist. Depart. You are welcome to stay longer for private prayer and reflection.



Suggested Offering: \$ 75.00 pp
Includes lunch and coffee/tea break.

Register online at: manresa-canada.ca
Email: manresaregistration@outlook.com



Fr. Michael Knox, SJ is a Roman Catholic priest in the Society of Jesus (Jesuits) and lecturer at Regis College. After entering the Jesuit order in 1997, he completed an honours BA degree in history at St. Michael's College, University of Toronto, followed by a diploma in philosophical studies. In 2009, he completed a Baccalaureate in Sacred Theology and a Master of Divinity at Regis College, University of Toronto, followed by a Licentiate in Sacred Theology and an MA in Theology at the same school. In 2015, he completed a DPhil in history at Oxford University, entitled, "The Rhetoric of Martyrdom in the Jesuit Relations of New France, 1632-1650". In 2016, he was appointed Director of the Martyrs' Shrine in Midland, Ontario. He is now Vice Rector for the Jesuit Community, Regis College.