



Manresa Jesuit Spiritual Renewal Centre

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



DAY OF REFLECTION

May 25th, 2026

with

Mary Bastedo

“Receive the Holy Spirit.”

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 Eucharist. Depart. You are welcome to stay longer for private prayer, reflection and enjoy our grounds.

The experience of Pentecost moved the disciples from fearful hiding to bold proclamation of the Good News, generous sharing with others in community and a radically new understanding of who God is.

In his book “Reaching Out,” Henri Nouwen offers insight into this threefold movement of the Holy Spirit: moving us from loneliness to solitude, from hostility to hospitality and from illusion to prayer. “To live our short lives in the spirit of Jesus Christ, means to reach out from the midst of our pains and to let them be turned into joy by the love of the One who came within our reach.”

On this 30th anniversary of Henri Nouwen’s death, Mary Bastedo, who lived with Henri during his ten years as pastor of L’Arche Daybreak in Richmond Hill, will help us explore Henri’s wisdom and its relevance for today.

Suggested Offering: \$ 75.00 pp

Includes lunch and coffee/tea break.

Register online at: manresa-canada.ca

Email: manresaregistration@outlook.com



Mary Bastedo is a spiritual director and retreat giver, trained at Regis College in Toronto and Loyola House in Guelph. For over fifty years she has been associated with the community of L’Arche, living and working with adults with developmental disabilities. In 1990 she was consecrated by her Bishop to live a life of service and prayer. She has been living in Aurora and attending Our Lady of Grace parish for the past 12 years. She enjoys painting, swimming, walking, playing flute, guitar and piano, leading music and going out for coffee with people.