



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

SILENT IGNATIAN RETREAT FOR MEN & WOMEN

September 18 - 20, 2026

with Fr. Henk van Meijel, SJ



Praying with the Sermon on the Mount.

The Sermon on the Mount as found in the Gospel of Matthew summarizes Jesus' moral teachings. In some way it can be compared to the famous 1963 speech "I Have a Dream" by Rev. Martin Luther King. King who obviously was inspired by Jesus' Sermon on the Mount 2000 years ago, was therefore inspired by God to lay out his teaching on racial equality and social justice. Jesus in his sermon give us all the tools to live good Christian lives and be examples of God's love and mercy for our neighbours.

Register online at: manresa-canada.ca

Email: manresaregistration@outlook.com

Suggested Offering: \$ 280.00 pp

This includes your two night's accommodation, meals, retreat program and spiritual direction.



Fr. Henk is the director of Manresa. Henk joined the Society of Jesus in 2006 at age 50, after having been proprietor for 25 years of a small business, and about five years of coordinating youth ministry. His initial spiritual direction formation was at Loyola House, Guelph, Ontario. He has a Master of Divinity degree from Regis College, Toronto. He worked at the Jesuit Native apostolate on Manitoulin Island, whereupon he studied at the University of Divinity, Melbourne, Australia, with an emphasis on Ignatian leadership and pastoral counselling.