



Manresa Jesuit Spiritual Renewal Centre

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

DAY OF REFLECTION

May 26, 2025

with

Fr. Henk van Meijel, SJ

FINDING GOD IN A BUSY LIFE.

We often wonder where God is as we live our lives in a busy world. We go from day to day without standing still and reflecting on our life journey with God, how God has been there all the way along, even in times when we felt dry or abandoned in our spiritual life.

The hope of this retreat is that retreatants come to a higher awareness of their individual unique earthly journey with God.

Schedule for the Day:

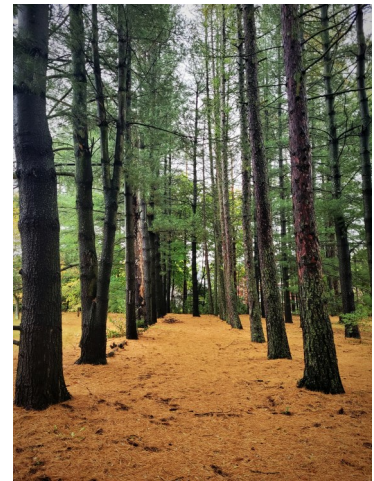
- 9:00** Registration - coffee/tea & muffins
- 9:30** Welcome & Session # 1 in Chapel
- 10:30** Private prayer. Exposition of the Blessed Sacrament. Opportunity for confession, reflection, and time to wander our grounds.
- 12:30** Lunch in our Dining Room
- 1:45** Session # 2 in Chapel
- 2:30** Mass. Depart. You are welcome to stay longer for private prayer, reflection, and enjoy our grounds.

Suggested Offering: \$ 65.00 per person

(Includes lunch and coffee/tea break.)

Register online at: manresa-canada.ca

Email: manresaregistration@outlook.com



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.

