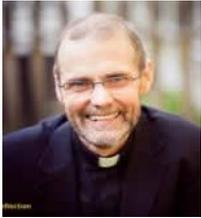


**APRIL 2019**

**NEWS LETTER NO. 22**

**EASTER GREETINGS FROM THE  
DIRECTOR OF MANRESA**



Manresa is celebrating our 70<sup>th</sup> anniversary in Pickering this year. The first weekend retreat in this present location took place in early December 1949. There were nineteen men on retreat. The

ministry of offering weekend retreats in the Toronto area started several decades before that. We have changed a lot since 1949, but the basis of our ministry of offering the fruit of Ignatian spirituality remains the same. I pray in thanksgiving to God for the many women and men who have passed through our doors. We pray here each weekend for deceased members of the Manresa family. We also give ongoing thanks for those who are still involved. As we give thanks to God for our ministry, I wish you and your families the joyful and hopeful greetings of the Easter season. May the spirit and peace of the Risen Lord be in your hearts and in all you do! We will celebrate the Sacred Triduum with a retreat at Manresa. I will keep you in prayer as we journey through those sacred days.

God bless!  
Fr. Henk

**ONGOING MAINTENANCE PROJECTS**

As Fr. Henk says above, Manresa (in its Pickering location) is 70 years old. A human body that old needs extra attention. Alas! So does a building, especially one that gets as much wear and tear as ours. Maintenance and grounds keeping projects continue to take place, usually between weekend retreats and other programs. Floors are repaired and ceiling fans and closets are worked on. Plenty of chairs have been repaired (thank you very much Pat). Brother Bob takes care of many items, getting help from professionals when needed. Fr. Henk lends a hand when he can.

Bro. Bob and Fr. Henk continue to work on a list of needed work projects for next summer. Contact Fr. Henk if you or your family would like to contribute to the costs of repairs and maintenance. An obvious area where funds are needed is the repair to the outside Stations of the Cross. This is a wonderful tribute to a living or deceased family member. Let us know if you have a skill or a gift that can help Manresa in our mission.

Volunteers are always appreciated. Do you have a skill and energy? We probably have a need that matches your talents. We offer a peaceful setting to do your work. Contact us!

**WE LOVE MANRESA!  
A Touchstone for St. Mary C.S.S. Students**

Manresa has welcomed St. Mary students for over 30 years and is an integral part of the Religion and Family Life curriculum. Every St. Mary student has the opportunity to visit Manresa at least twice throughout their high school career. These retreats allow for students to engage in spiritual reflection and foster a spirit of connectedness to both the greater community as well as our Catholic faith, and are often cited as one of the highlights of the high school experience. Manresa truly is our “home away from home”.



St. Mary Retreat Leaders in particular have a special connection to Manresa. These students are selected based on their leadership skills and commitment to social justice and serve as stalwarts of our core Catholic values. Each year, at Manresa, these dedicated students organize a Social Justice Retreat wherein they program a spiritual and educational overnight experience centred on disseminating the social teachings of the Church; for example, a past retreat focused on the encyclical *Laudato Si* and its call to climate action. These Social Justice Retreats are also marked by a 25 hour fast, as students stand in solidarity with our impoverished brothers and sisters around the world.

As the myriad of challenges faced by youth become increasingly complex, it becomes all the more necessary to entrench our Catholic values in the hearts and minds of our students. We at St. Mary are forever grateful for Manresa, and look forward to sharing in the journey for years to come – by Lara Spiers

### LOOKING FOR CAPTAINS AND CO-CAPTAINS

Do you feel a call to give back, as an expression of gratitude for all you have received? Manresa is in need of Captains and Co-captains for our weekend retreats. We are tremendously grateful for the men and women who help to coordinate and organize the weekend retreats. You have likely seen those volunteers on your retreat. The weekends would not be possible without their kindness and tremendous skill and generosity. Some are getting older or have less time than they used to. That's why we are looking for new people. Are you interested? Are you being called? Experienced Captains will mentor those who volunteer to serve in leadership on the weekend retreats. As well, our staff is here to give as much assistance as needed. You will not be alone. Speak to Fr. Henk or the office if you are interested in helping out.

### DIRECTED RETREATS

The Manresa program brochure for 2018 – 2019 includes three short paragraphs that are easily missed. They deal with the availability of (a) individual directed or undirected retreats, (b) ongoing spiritual direction and (c) special programs that can be booked by your group.

The Manresa team has been strengthened and we have the staff to help with your spiritual needs. Let us know what we can help you with.

***What is a directed retreat?*** A directed retreat provides you with individual spiritual direction. These retreats can be arranged during the week, when Manresa is quieter and less crowded than weekends.

A spiritual director meets with you at least once a day, to guide you through a retreat experience tailored to your needs. There are regular meals and the opportunity for the Eucharist each day. This option has come to be appreciated by many regulars at Manresa.

***What is ongoing spiritual direction?*** Most people who choose regular spiritual direction meet personally with their spiritual director on a monthly basis. It is one more element for a balanced approach to life.

***19<sup>th</sup> Annotation Retreats (the Spiritual Exercises in Everyday Life):*** Contact us if you have an interest in this experience of the Spiritual Exercises of Saint Ignatius. We may be able to connect you with a qualified spiritual director.

### MARGARET SILF COMING TO MANRESA

We are excited to announce that Margaret Silf is coming here to offer a weekend retreat in the fall. Margaret is from the UK and is a popular retreat leader, a sought after speaker on Ignatian spirituality and a prolific writer of spiritual books. She is passionate about making Christian spirituality, and especially Ignatian spirituality, accessible to people with no theological background. She travels all over the world as a speaker and retreat director. We are grateful that she has agreed to offer a weekend retreat for men and women on **Friday, October 4 to Sunday, October 6, 2019**, with an offering of \$240.00. This weekend is certain to sell out, so you are advised to book early. The title of the weekend retreat is “Through turmoil to transformation” – Could our troubled times hold the seeds of a renewed future? Check our website for more information.

## RETURNING HOME WITH THE PRODIGAL SON

Sr. Sue Mosteller, CSJ has considerable experience with L'Arche and the spiritual writings of Fr. Henri Nouwen. She will offer a five-day guided retreat for men and women from **Monday, June 17 to Friday, June 21, 2019**. Her short summary of the week says, "There's something naturally fulfilling about returning home. Let Henri Nouwen guide you to the true home of your loving, sometimes wounded heart."

The suggested offering is \$450.00. This includes accommodations and food for four nights, the retreat program and spiritual direction. Check out our website for more information at: [Prodigal Son](#)

## COMING UP

There are still openings for some of the weekend retreats. Perhaps you have friends or family who could benefit from a time of retreat. Check out our website at:

[Manresa Retreat Schedule](#)

and take a look at upcoming retreats offered by Fr. Robert Foliot, April 05-07 Women, Fr. Joseph Schner, April 26-28 Men/Women, Fr. Henk van Meijel, May 03-05 Men, Fr. Scott Lewis, May 24 -26 Women, Fr. Doug McCarthy, June 07-09 Men/Women.

People may be interested in Fr. John D. O'Brien's retreat, May 31-June (02) focusing on young professionals. Check out our website for more information at:

[Young Professional's Retreat](#)

## A THOUGHT FROM SAINT IGNATIUS

When St. Ignatius invites us to pray with the Resurrection of the Lord, he invites us to "consider the office of consoler that Christ our Lord exercises, and compare it with the way in which friends are wont to console each other." The office of consoler! I've always liked that phrase. It sums up so much about the ways in which we could be so present to one another, if we shared our own consolation with those around us, especially those who are experiencing difficulty. Ignatius' reference to it dealt with the early followers of Jesus and how those men and women offered consolation to their friends who were in grief. I think of it every time I'm at a wake for someone who has just died.

But that office of consoler is not confined to that. Think of what so often happens when friends visit over a meal or cup of tea or go for a walk to catch up. This is our basic ministry to one another. The office of consoler is exercised through attentive listening, wise counsel, words of encouragement, and so on. Let's try to exercise that kind of care for a family, friends and strangers.

by Philip Shano, SJ

## THE CANADIAN COUNCIL OF CHURCHES

Between March 24-26, the Commission on Faith and Witness of the Canadian Council of Churches (CCC) gathered for their Spring meeting at Manresa Jesuit Spiritual Renewal Centre. The Commission on Faith and Witness is composed of representatives from most of the 26 member churches of the CCC, intentionally engaging churches in theological reflection to foster greater understanding of the faith we hold in common and to provide an ecumenical witness to Christ's mission in the world.

The Commission provides a meeting-place, a lively and fertile ground for reflection and work, among Christians of different families. Together we work to reflect theologically on matters of concern among the member churches of the Council.



As Christians of different traditions, the Commission members find joy in meeting together, getting to know and understand each other. How fitting the peaceful and spiritual setting of Manresa is for this gathering!

For this triennium, we are discussing our respective theological positions on "The Theology of Person and Mental Health." Together, we are seeking to discern the truth of God and the role of the church in speaking about how our society and faith communities understand and recognize "persons" – all persons – and how our understanding finds practice in how we address the concerns of individuals living with mental health issues. More about our work can be found at:

[Council of Churches](#)  
and  
[Faith and Witness](#)

by Jo Anne Lam

### **DOG SLEDDING IN HALIBURTON**

What does a Floridian foreigner make of these long Canadian winters? He makes what he can't in those snow-free lands: an adventure out of dog sledding! That's what four scholastics from Regis College did during reading week to get some much needed respite from burying their heads in the books. Julio Minsal (Antilles Province), Manu Matthew (Nepal), Oshish Tirkey and Roshan Kiro (Darjeeling), set out for Haliburton, Ontario, on a mid-February's day for their journey with Siberian huskies. They say it was the trip of a lifetime. "It's like going skiing, except a pack of high-energy dogs does all of the work!" said Julio Minsal who claims tropical Miami for home. The scholastics went up and down hills, at times crossing through fast speed snow-mobile lanes, to get breathtaking sweeps of the Canadian landscape sledding on the banks of flowing rivers, over frozen lakes, and through snowy forests with ever greens.



Each sled was driven by two mushers and tugged by five huskies on a gangline. With a single-foot's push off the ground and a quick command to "Hike up!" the dogs took off on their way with no need for persuasion, only permission to do what they were made for. "It's like they'd been waiting all summer for this moment." No matter how much the breaks were applied, the well-trained team of huskies only came to a stop when the driver yelled "Whoa!" The event lasted a solid two hours, likely because the mushers became more easily fatigued than the huskies, and ended with a friendly visit to the kennel where the dogs received their well-earned water and food. "At the end of the day," said Julio Minsal, "we weren't sure who was more grateful: the drivers for their dogs or the dogs for their drivers." After the day's adventure, the Floridian came back to Manresa to the happy realization: "Maybe Canadian winters aren't a sign of God's forsakenness after all, but of his Providence: cold and chill, bless the Lord; ice and snow, bless the Lord...huskies and trails, bless the Lord, praise and exalt him above all forever!"

by Julio Minsal, S.J.