



A Mini Retreat for Yourself or in a Group
40-50 minutes ♦ Designed for Seniors

Winter's quiet invites us to draw close to God's gentle presence. This mini retreat designed for seniors invites you to notice winter's beauty: the clarity of frost, the peace of stillness, and the hope in awaiting spring. Here, we create space for grace, letting our souls rest, listen, and be transformed by Christ.

For Group Retreats —

- ◆ The leader reads twice, organizes the retreat and makes copies for each person.
- ◆ There needs to be four readers, or a few that take turns.
- ◆ Writing paper is at the end of the retreat script, for convenience. But each person will need something to write with, along with a Catholic Bible for each table.
- ◆ Attendees need to sit at tables, so they may write.
- ◆ The retreat is dedicated to Seniors.
- ◆ The duration of 40-50 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 8 minutes. Please allow accordingly.
- ◆ A break can be taken, if needed, at any time.
- ◆ Mini Retreats can be a part of a meeting or a special event after Mass, or a special event on the weekends or in the evening. Use your creativity.

For Individual Retreats —

- ◆ As the sole person, you will be the reader of all parts.
- ◆ Writing paper is at the end of the retreat script, for convenience. You will need something to write with, along with a Catholic Bible.
- ◆ To make it easier to write, consider sitting at a table,
- ◆ The retreat is dedicated to Seniors.
- ◆ The duration of 40-50 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under eight minutes. Please allow accordingly.
- ◆ A break can be taken, if needed, at any time.

Gratitude —

Thank you for choosing to do this winter mini retreat for seniors. Your willingness to set aside time for reflection, prayer, and personal growth is a true gift to yourself and those around you. May this journey bring you renewed peace, deeper insight, and a sense of spiritual refreshment. Blessings on your retreat experience!