



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!