



A Mini Retreat for Yourself or in a Group ▫ 45 – 55 minutes
Designed for Adults ▫ Leader's Edition

During Advent, as we honor Mary in the feasts of the Immaculate Conception and Our Lady of Guadalupe, learn to draw closer to her, reflect on her role as a model of faith, hope, and love, and actively engage in practices that honor her and her son, Jesus.

Through Mary's intercession and example, may this Advent journey bear the fruit of deeper union with her Son.

For Group Retreats —

- Make copies of the retreat for each participant.
- The leader reads four times and will need to organize the retreat.
- There needs to be five readers, or a few who take turns.
- Lined paper is at the end of the retreat script, for convenience. But each person will need a writing utensil, along with at a minimum, one Catholic Bible per table.
- Attendees should sit at tables, so they may write.
- The retreat is for both men and women.
- The duration of 45-50 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under nine minutes. But, to meditate and answer questions, can expand the time. Please allow accordingly.
- A break may be taken, if needed, at any time.
- Mini Retreats can be a part of a meeting, a special event after Mass, on the weekends, evenings or in someone's home. Use your creativity.

For Individual Retreats —

- Make a copy of the retreat to read and write on.
- As the sole participant, you will be the reader of all parts.
- Lined 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 for both men and women.
- The duration of 45-50 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under nine minutes. But, to meditate and answer questions, can expand the time. Please allow accordingly.
- A break may be taken, if needed, at any time.

Gratitude —

Thank you for choosing to do this mini retreat. 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!