



A Mini Retreat for Yourself or in a Group • 45 – 50 minutes Designed for Caregivers

Advent is a season of anticipation and preparation as we await the birth of Christ. Being a caregiver, this time can also be a period of meditation and renewal, allowing Mary, the Mother of God, to be our guide. This mini prayer retreat is designed to help you find peace, strength, and inspiration through Mary's example during Advent.

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 twice and will need to organize the retreat.
- There needs to be four readers, or a few who take turns.
- Attendees should sit somewhere that enables meditation in a quiet area.
- 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.
- You should sit somewhere that enables meditation in a quiet area.
- 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!