



A Mini Retreat for Yourself or in a Group ▫ 25 – 30 minutes
Designed for the Elderly ▫ 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 twice and will need to organize the retreat.
- There needs to be seven readers, or a few who take turns.
- The retreat is for both men and women.
- The duration of 25-30 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under nine minutes. 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.
- The retreat is for both men and women.
- The duration of 25-30 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under nine minutes. 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!