



A Mini Retreat for Yourself or in a Group
Designed for Knights of Columbus ▫ 45 – 50 minutes

During Advent, we as Knights of Columbus, honor Mary and 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 three times and will need to organize the retreat.
- There needs to be five readers, or a few who take turns.
- Each person will need a Catholic Bible.
- This retreat is designed for Knights of Columbus.
- The duration of 45-50 minutes depends on how much time it takes to answer or meditate on the questions. Reading the whole retreat takes just under nine minutes. Please allow time 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 will a Catholic Bible.
- The retreat is for men.
- The duration of 45-50 minutes depends on how much time it takes to answer or meditate on the questions. Reading the whole retreat takes just under nine minutes.
- A break may be taken, if needed, at any time.

Gratitude —

Thank you for choosing to do this Advent mini retreat designed for the Knights of Columbus. 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!