



A Mini Retreat for Yourself or in a Group □ 45 – 50 min.

Dedicated to the Knights of Columbus

Mary's Faith and the Knights' Devotion

Leader: Mary believed completely in God's promises, even when she could not see the path ahead. We strive to mirror that trust by standing firm in my Catholic identity -- defending the faith, promoting prayer, and upholding the teachings of the Church with courage. Like Mary at the Annunciation, we say my own quiet "yes" through daily acts of fidelity as a Knight.

ALL: Blessed Mother, whose quiet "yes" set love in motion, guide me to serve with a humble heart and steadfast faith. May I, like you, rush to the needs of others with hands of charity and a spirit of obedience to which I am called a Knight. May I make every day a day of Advent effort and prayer.

Teach me perseverance in trial and unity with my brothers, that my works may mirror your silent strength. Guard my mission to defend the Church and family, and lead me always to Christ, whom you first bore to the world.

Inspire in me the courage to witness with joy and hope, to lift the lowly and protect the innocent. Wrap my efforts in your mantle of grace and peace, that every act of service may glorify God alone. May I incorporate the spirit of Advent into my efforts.

Leader: Mother Mary, who cradled the Christ Child and cared for His people, teach me to recognize every family as part of God's own household. As you guarded the Holy Family with love and quiet strength, may we protect and uplift the parishes entrusted to my care.

In this Advent season of preparation and hope, stir my heart to serve with renewed devotion and readiness for the Lord as His Knight. Draw me into deeper prayer and gratitude for the Savior you brought forth, that my works may reflect your faith and lead others to your Son.

Reflect, Read and Discuss:

To model my service as Mary did, I must first cultivate quiet moments of prayer and listening, allowing God's voice to guide my heart. Mary answered God so readily because of her deep trust, humility, and unwavering faith in His plan -- she believed that God's ways were perfect, even when she could not fully understand them. Her willingness flowed from a heart fully surrendered, attentive to others, and committed to God's glory rather than her own comfort. May my heart hunger to serve as a wholly dedicated Knight. May I carry the spirit of Advent my soul and offer my heart to others.

I can do the same by practicing trust, saying "yes" to small acts of service, and responding to needs around me without hesitation or seeking recognition. Reflection on her life helps me align my intentions with God's call, allowing my knighthood to become authentic, compassionate, and transformative. In doing so, every act -- no matter how simple -- can echo Mary's faithful response and bring Christ's love to others.

Read, Meditate and Share how these readings compare Mary's works of faith to the mission of the Knights:

- ♦ Luke 1:39–45 -- The Visitation

Mary goes in haste to serve, love, initiative, compassion.

- ◆ **Luke 2:1–20 -- The Nativity of Jesus**
Service through sacrifice, patience in hardship, welcoming Christ.
- ◆ **John 19:25–27 -- Mary at the Foot of the Cross**
Enduring love, fidelity in suffering, commitment to God's family.

Reader 1: What are four questions of reflection that Mother Mary would wish to reveal to us regarding Advent service, love, and passionate devotion as a Knight? Noting her own blessed faith and work, how can we answer my own important calls to service, patience, and love? Let's review these reflection questions shown throughout this retreat, inspired by Mary.

ALL: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Lord, grant me Your grace to serve with a Knight's heart aflame and a mind inspired, that I may see clearly the work I am doing and the work still to come. Help me to pray deeply and reflect often, walking always in Your ways. May I follow the example of Mother Mary, whose blessed ministry still touches the entire world, and let her faith, patience, and love guide every act of service I offer. Her Advent gave us Jesus. May I also bring her Holy Son to others. Amen.

FAITH AND OBEDIENCE

Reader 2: Humility calls me to step aside from my ego and let God's will shape our actions, just as Mary did with her quiet "yes." Trust invites me to believe that God's plans are greater than our fears, even when the path is hidden. Obedience challenges us to act with courage and love, offering us to serve as a Knight without hesitation or condition.

Read, Discuss and Meditate:

Read James 2:17 -- Faith shown through works - Mary's "Yes" to God's call: obedience, humility, readiness.

Answer, Share and Meditate on:

- ◆ Am I willing to say 'Yes' to God without hesitation, as Mary did at the Annunciation, even when I feel unqualified or unsure?
- ◆ Take a moment to meditate on humility, trust, and obedience.

A CALL TO CHARITY AND SERVICE

Reader 3: Initiative calls me to see the needs of others and respond without waiting to be asked, following Mary's example at the Visitation. Compassion invites me to enter the joys and struggles of those around me with a loving heart. Quiet service reminds me that true love is expressed in humble actions, often unseen, yet always powerful in God's sight.

Read, Meditate and Discuss:

Read Acts 20:35 -- It is more blessed to give than to receive.

- ◆ Do I serve others with love in action -- like Mary rushing to Elizabeth -- or do I wait to be asked or thanked?
- ◆ Do I take initiative to being an Advent-filled soul?
- ◆ Take a moment to meditate on initiative, compassion, and quiet service.

IMPORTANCE OF FAMILY AND BROTHERHOOD

Reader 4: Perseverance teaches me to remain faithful through trials, trusting God's plan as Mary did from the Nativity to the Cross. Surrender invites us to release control and accept God's will with courage and humility. Our strength grows from enduring hardships with love, patience, and unwavering faith, reflecting Mary's quiet yet powerful example. May we always honor her in my duties as a Knight.

Read, Meditate and Discuss:

Read Acts 20:35 -- It is more blessed to give than to receive.

- ◆ When faced with difficulty, do I respond with patience and faith as Mary did at the Nativity and beneath the Cross?
- ◆ *Take a moment to reflect on perseverance, surrender, and strength.*

Reader 5: To be a light to the world, we must let Christ's love shine through my words, actions, and presence, just as Mary pointed others to her Son. We are called to witness hope, mercy, and faith in every encounter, inspiring others to seek God's truth. By serving as a dedicated Knight, living with humility, compassion, and courage, we become a beacon of Christ's light.

Read, Meditate and Discuss:

Read Matthew 5:14–16 -- Be a light to the world.

- ◆ Does my work in the Church as a Knight reveal Christ through me, as Mary's life always pointed others to her Son?
- ◆ *Take a moment to reflect on witness, charity, and devotion.*

LIVING IN READINESS WITH MARY

Leader: Advent is a sacred season of preparation, a time to open my heart fully to God's presence and to the needs of those around me. It calls us to not only await Christ's coming with prayerful anticipation but also to actively prepare through service, love, and creative acts of charity. Just as Mary opened her heart to God's extraordinary plan and Joseph embraced his role with quiet strength, we too are invited to respond as a Knight of Columbus to God's call with courage, faith, and unwavering commitment.

This season challenges me to be ablaze with passion for my mission, to let our minds imagine new ways to serve my family, parish, and community, and to answer the call to love selflessly and without hesitation. Through Advent, we are called to be a witness of Christ, reflecting His mercy, patience, and compassion in every step we take. In following His path, walking as He walked, we embrace the vocation to love all people, to lift the lowly, to defend the vulnerable, and to nurture hope wherever we go. This is my goal as a member of the Knights of Columbus.

Advent is more than waiting -- it is preparing, acting, and living in readiness, so that when we encounter Christ, we are fully alive in service, fully awake to His call, and fully committed to walking in the footsteps of my Savior, guided by the examples of Mary and Joseph.

CLOSING PRAYER OF FOOTSTEPS WITH MARY

ALL: Lord God, I thank You for the example of Mother Mary, whose faith, obedience, and love guide my heart. Help me to respond to her Advent call by preparing my heart, serving others, and walking faithfully in the footsteps of Your Son. Strengthen my commitment as a Knight to charity, patience, and brotherhood, so that my actions reflect Christ's love in every moment. May I carry Mary's spirit of humble service into my family, parish, and community, ever mindful of Your calling. Today, I renew my pledge to serve with passion, faith, and love, honoring You in all I do. Amen.