



A Mini Retreat for Yourself or in a Group ▫ 45 – 50 minutes
Designed for the Seniors ▫ Leader's Edition

As seniors, we carry a wealth of experience and wisdom, and this retreat is an opportunity to deepen our faith and preparation for the coming of Christ. Let us open our hearts to the gentle guidance of Mary, who is a model of trust, patience, and love.

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 three 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 ten 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 ten 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!