



A 45-Minute Mini Catholic Retreat for the Wives of Deacons

Leader: Welcome to our mini retreat, designed for each of us, wives of deacons, to encounter peace, prayer, reflection, and spiritual growth, as we prepare for our journey through Advent.

May this sacred time be an opportunity to draw closer to Mary, the Mother of God, who serves as our spiritual guide.

Leader: Let us begin by finding a quiet space and centering ourselves in the presence of God.

Opening Prayer

All: Loving Father, we thank You for gathering us here today. As we begin this retreat, we prepare our hearts for the coming of Your Son, Jesus Christ. May we look to Mary as our guide and inspiration. We seek Your presence and guidance. Thank You for the gift of Mary, the Mother of God, whose faith and devotion light our path through Advent.

Help us, as wives of deacons, to follow Mary's example with open hearts, quiet strength, and unwavering trust in Your plan. May we grow closer to You and to one another, serving our families and communities with love, patience, and hope. Lead us through this retreat with Mary by our side, inspiring us to welcome Your Son with the same humility and joy she embraced. Help us to open our hearts to her example of faith and trust. Amen.

Reflection on Mary's Role in Advent

Reader 1: During Advent, Mary embodies the virtues of patience, faith, and hope. Her "Yes" to God set in motion the miracle of the Incarnation. As wives of deacons, we play a unique role in supporting our husband's ministry and nurturing our family's faith life.

Meditate and share:

- ◆ How does Mary's example of faith and trust inspire your own journey during Advent?
- ◆ In what ways does your support mimic Mary as you serve your family and as a wife of a deacon?
- ◆ Many times, you are called to embody patience and hope to others. In what ways can you embody patience and hope to yourself and in your daily life?

Leader: Spend a few minutes in silence, envisioning Mary's peaceful presence with you, preparing you for your Advent journey. Meditate on her "Yes," pregnancy, patience, strength and faith.

"Be still, and know that I am God." – Psalm 46:10

Scripture Reading and Reflection

Reader 2: Read Luke 1:26-38, the Annunciation. In this passage, Mary receives the news from the Angel Gabriel that she will bear the Son of God. Her humble acceptance and faith are profound.

Mary's life was challenging, marked by judgment when she accepted God's plan. Living in a time when unwed mothers faced rejection, she relied on faith and support from Elizabeth and Joseph, both of whom embraced their roles with strength and grace. Mary often reflected on her blessings, keeping them close to her heart.

Inspired by her example, we as wives of deacons, can take moments each day to appreciate the good around us and offer gratitude through prayer. Let us learn from Mary's grateful spirit.

Below is a prayer from the Liturgy of the Hours, prayed on the feast of the Assumption. As we prepare for Advent and ask Mary to be our Guide, let us look to her example of faith and devotion, and ask her to continue to bring us closer to Christ, and help us to live for His glory.

All: Almighty God, You gave a humble Virgin the privilege of being mother of your Son, and crowned her with the glory of heaven. May the prayers of the Virgin Mary bring us to the salvation of Christ and raise us up to eternal life. We ask this through our Lord Jesus Christ your Son who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Meditate and share:

- ◆ Just as you said “Yes” to support your husband throughout his diaconate, how can you say “yes” to God’s plans in you and your life today, as Mary did?
- ◆ What challenges do you face in trusting God’s plan, and how can Mary’s example help you overcome them?
- ◆ Feel free to write down any insights or thoughts that come to mind.

Guided Prayer and Petition

Reader 3: Spend time in prayer, asking Mary to intercede for you and your loved ones during this Advent season. You may use the prayer below.

Dear Mother Mary, you who accepted God’s will with grace and courage, guide us as we prepare for the coming of your Son. Help us to embrace the spirit of Advent with open hearts. We ask for your intercession for our families and the ministries we support. Amen.

Offer your own petitions to Mary, speaking from your heart. Include the spirit of Advent, and preparations as a Christ-centered family.

Relocation, Meditation and Faith

Reader 3: Toward the end of her pregnancy, Mary and Joseph had to relocate due to the Census Decree by Caesar Augustus, whereby Joseph had to return to his hometown thus enabling Jesus would be born of the House of David. The distance between Nazareth and Bethlehem is between 70-90 miles.

Meditate and Share:

- ◆ At 8 ½ - 9 months pregnant, Mary traveled without a vehicle, in faith. In what ways can you relate to: traveling in faith, both in your personal life and as a support to your husband?
- ◆ How arduous has your road been, drawing closer to God?
- ◆ Mary did not go alone; she went with God and had Joseph at her side. In what ways have you and your husband worked as team?

Closing

Leader: As we conclude our mini retreat, let us carry Mary’s example with us through the Advent season. Allow her virtues of faith, hope, and love to illuminate your path.

All: Loving God, as Advent’s quiet light draws near, we rest in the gentle hope that Mary embodies. Bless us, the wives of deacons and our families, that our homes may be havens of service and peace. Through Mary’s tender example, teach us to listen for Your voice and to answer with the trusting “Yes.” Teach us, as you taught her, to listen with open hearts and to trust even in the waiting. Renew in us the hope that Christ brings light for every shadow and strength for every calling.

May we walk together as Christ-centered families, preparing to welcome the Lord with hope, love, and unity. Strengthen our bonds and deepen our trust, that we may always serve You and support our husbands with joy and love. May our love, like hers, reflect your mercy to the world.

Through the intercession of Mary, may our homes be filled with peace and our lives reflect Your light to all. We ask this in Jesus' name. Amen.

Thank you for participating in this time of reflection and renewal.

May you continue to feel Mary's presence as you prepare for the joyous celebration of Christmas.



Notes: