



## A Mini Retreat for Yourself or in a Group 30-40 minutes ▫ Designed for Adults

Spring symbolizes renewal in our spiritual life, as cold turns to warmth and new growth appears. In this season, we are encouraged to refresh our spiritual lives and welcome change. This mini retreat uses theology wisdom, Scripture, and practical exercises to help you seek renewal through Christ and draw nearer to Him.

### For Group Retreats —

- The leader reads only twice and will need to organize the retreat.
- There needs to be four readers, or a few that take turns.
- Writing paper is at the end of the retreat, for convenience. But each person will need something to write with, along with a Catholic Bible per table.
- Attendees need to sit at tables, so they may write.
- The retreat is for men and women.
- The duration of 30-40 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 7 minutes. Please allow accordingly.
- A break can be taken, if needed, just before Cultivating New Growth.
- Mini Retreats can be a part of a meeting or a special event after Mass, or a special event on the weekends or in the evening. Use your creativity.

### For Individual Retreats —

- As the sole person, you will be the reader of all parts.
- Writing 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 not only for women, but men may attend as well. So, invite a friend or loved one, if that's your choice. Otherwise, enjoying peace and spiritual growth on your own can be quite rewarding.
- The duration of 30-40 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 can be taken, if needed, just before Cultivating New Growth.

### Gratitude —

Thank you for choosing to do this springtime mini retreat for adults. 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!