



A Mini Retreat for Yourself or in a Group  
45-50 minutes ♦ Dedicated to Deacons

During this winter, let us draw into a quieter season of reflection and renewal, turning our attention to the sacred work we share as deacons. Winter invites us to slow our pace, listen deeply, and strengthen the bonds that support our ministry. As brothers in service, reflect on the ways we can assist one another—through encouragement, prayer, practical help, and the steady companionship that sustains our vocation.

**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 four readers, or a few who take turns.
- Have a Catholic Bible per table.
- The retreat is for deacons.
- 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 seven 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 need a Catholic Bible.
- The retreat is for deacons.
- 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 seven minutes. Please allow accordingly.
- A break may be taken, if needed, at any time.

**Gratitude —**

Thank you for choosing to do this winter mini retreat, dedicated to deacons. 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!