



A Mini Retreat for Yourself or in a Group  
For the Elderly  
25 minutes

During this winter, draw into a quieter season of reflection and renewal, while embracing God's grace, and the wisdom that come with age. Winter invites us to slow our pace, listen deeply to God's presence, and strengthen the bonds of companionship that sustain us.

**For Group Retreats —**

- Make copies of the retreat for each participant.
- The leader reads two times and will need to organize the retreat.
- There needs to be four readers, or a few who take turns.
- The retreat is for the elderly.
- The duration of 25 minutes depends on how much time it takes to answer or meditate on the questions.
- Reading the whole retreat takes just under 6 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.
- The retreat is for the elderly.
- The duration of 25 minutes depends on how much time it takes to answer or meditate on the questions. Reading the whole retreat takes just under six 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. 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!