



A Mini Retreat for Yourself or in a Group • 25 min.  
Designed for the Elderly

## Finding Grace

**Leader:** Winter invites the soul to slow its pace, to listen more deeply, and to embrace God's grace and gentle presence. For the elderly, the winter season mirrors the wisdom, stillness, and grace that come from a lifetime of faith and love. Your years, rich with experience, sacrifice, faith, and perseverance, are not a fading light but a steady flame. You are a blessing to your family, and your community. There's a sacred ministry in being elderly and it is a holy calling.

**All:** Lord God, In these winter months, quiet our hearts. Warm our spirits with Your love. Help us see the grace in our years, the strength in our stories, and the holiness in our presence. Walk with us in this time of reflection and renew our joy in You. In our years, you, dear God have invited us inward to discover again the peace of Your presence, the joy of gratitude, and the beauty of spiritual maturity. Amen.

**Reader 1:** Grace, in the Catholic tradition, is considered a free and undeserved gift from God that aids us in our spiritual journey. It is God's love and presence in the world, empowering us to live according to His will. Grace is not something that can be earned; rather, it is generously bestowed by God, allowing believers to grow in faith, hope, and love even in coldness of winter.

Catholic theology distinguishes between different types of grace:

- ❖ Sanctifying Grace — This is the grace that dwells in the soul, transforming and sanctifying it, making it holy and pleasing to God. It is imparted through the sacraments, particularly baptism, and is crucial for salvation.
- ❖ Actual Grace — This refers to the temporary divine assistance that helps individuals perform good acts and resist sin. It prompts and supports people in making moral decisions and fulfilling God's commandments.
- ❖ Sacramental Grace — Each sacrament provides specific graces that help believers live out their Christian vocation. For instance, the grace of matrimony strengthens the marriage bond, while the grace of the Eucharist nourishes spiritual life.

**Reader 2:** Psalm 92:14 – *“They still bear fruit in old age; they are ever full of sap and green.”*

Elder years are not a retreat from life—they are a deeper entrance into God's heart. Winter is marked by quiet strength, deep wisdom of God's grace, and an inner serenity that younger generations long to learn from. We continue to share a sacred partnership among one another and many others in our lives. As we embrace winter's grace, our lives carry the memory of faith lived over decades: the joys, losses, prayers whispered, Masses attended, families raised, hands held, and the many burdens carried.

Meditative Questions:

1. While embracing God's grace, what gifts do I now see in this season of my life?
2. In what ways do I continue to “bear fruit” and share that with those around me?

## Embracing Grace

**Reader 3:** Isaiah 40:31 – *“Those who hope in the Lord shall renew their strength.”*

The winter months invite us to slow down—not as a loss, but as a gift. Stillness becomes prayer. Quiet becomes communion. Simplicity becomes wisdom. Within the heart of the elderly lies a profound capacity to listen to God, to others, and to the quiet voice within our souls. This listening is itself a ministry. Prayer, scripture reading, the sacraments, and faithful attendance at Mass remain anchors of joy and resilience. Our faith, refined by many winters, becomes a warm fire for our loved ones, especially younger generations who look to us for guidance and stability.

Meditative Questions:

1. How does winter help me draw closer to God and feel His graces?
2. What practices — prayer, rosary, Scripture, Mass, helps to renew my spirit?

**Reader 4:** Imagine a serene winter landscape, with snow gently falling and covering the ground in a pure, soft blanket and meditating on the stillness and peace of this scene, imagining the quiet beauty as a metaphor for the grace that can be found even in the harshest of conditions.

- ❖ When did your life resemble winter, and how did you find grace?
- ❖ In what ways have you found grace or strength during challenging times?
- ❖ How can embracing the stillness of winter help you find peace in your daily life?

**Leader:** Winter can seem cold and quiet, but by decades of God’s faithfulness. Our lives continue to shine with a gentle, steady light that brightens the Church and all who know us. This is our ministry now: to be a source of warmth, wisdom, and prayer—a testament to the enduring love of Christ.

**All:** Dear Loving God, Thank You for the gift of these years, for the wisdom, strength, and quiet grace You have placed within us. Continue to teach us to embrace your grace and bless us with strength and patience and may Your love guide us in our daily tasks. Help us to carry the lessons of winter's grace into our lives, finding beauty and hope in every season. Warm our hearts this winter with Your love and renew our joy in serving You, now and always. Amen.