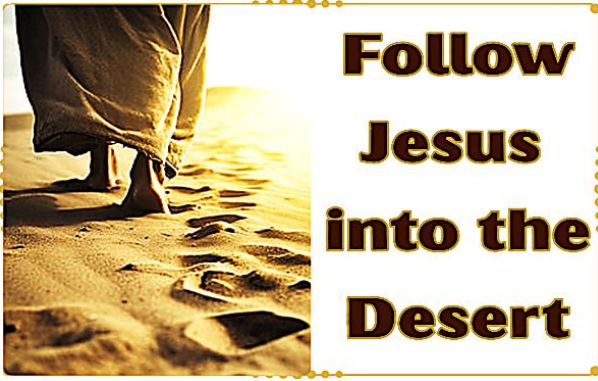




A Mini Retreat for Yourself or in a Group
25-30 minutes – Designed for Seniors

What This Retreat is All About —

"Follow Jesus into the Desert" invites you to intentionally step away from all distractions in your everyday life and enter more deeply into the mystery of Christ's forty days in the wilderness. Let this mini retreat be your impetus for grace, courage, and new beginnings.

For Group Retreats —

- The leader reads only twice and will need to organize the retreat.
- There needs to be only two readers, or one person to read twice.
- Lined paper is at the end of the retreat script, for convenience. Each person will need something to write with, and each table will need a candle (if possible), a cross or religious icon, along with a Catholic Bible. Plus, attendees need to sit at tables, so they may write.
- The retreat is for Seniors.
- The duration of 24-30 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to eight minutes. But, to meditate and answer questions, that is where the time goes. Please allow accordingly.
- A break may be taken, if needed, anywhere you choose or just before #3 Naming Your Deserts of Today.
- 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.
- Lined paper is at the end of the retreat script, for convenience. You will need something to write with, a candle, a cross or religious icon, along with a Catholic Bible.
- To make it easier to write, consider sitting at a table,
- The retreat is for Seniors.
- The duration of 24-30 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to eight minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break may be taken, if needed, anywhere you choose or just before #3 Naming Your Deserts of Today.

Gratitude —

Thank you for choosing to do this 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!