



A Mini Retreat for Yourself or in a Group Designed for the Elderly ▪ 25 Minutes

Leader: Welcome to our Autumn Mini- Retreat. This is your space to hit pause, recharge, and connect, with each other, with yourself, and with God, as we soak in all the awesome gifts of fall. Whether you're here to find some peace, grow in faith, or just spend time reflecting, we're excited to journey through this season of change together.

All: Dear Heavenly Father, as the leaves change and the air turns crisp, we gather here to seek Your presence. Open our hearts to receive Your love and guidance. Let this time be one of growth and meditation, as we embrace the beauty of Your creation. Amen.

Adapting to and Navigating Change

Reader 1: Autumn is a season of transformation. Just as the leaves change color and fall, we too experience changes in our lives. Meditate on how these changes can be viewed positively, as opportunities for growth and renewal. Change, though sometimes challenging, is a natural part of life and can lead to new beginnings (Encourage participants to meditate and share their thoughts.)

- What changes have you noticed in your life recently?
- How can you embrace these changes with faith and trust in God?
- In what ways can change lead to personal growth?

Reader 2: It's time to go for a virtual nature walk. Please see the photo on the next page. Chances are, you've probably been somewhere like this and if not, please use your imagination. Take a few minutes to meditate on the following questions:

- Can you remember the sounds of birds, leaves crushing or smell of the water?
- How about the smell of autumn? Was it distinct?

Reader 3: This season of autumn:

- What is one thing you are grateful for?
- How can you see God's presence in nature?
- What is one change you would like to embrace with God's help?

Reader 4: For everything there is a season, and a time for every purpose under heaven. – Ecclesiastes 3:1

- Take a minute to meditate on the passage you just heard.
- No matter how old we get, one thing is constant and that is change. Meditate and share on how the verse you just heard relates to the changes and transitions in your life.
- In what ways do you trust in God's perfect timing and purpose, especially during a change?

All: Lord, thank You for the gift of this retreat and the beauty of creation that surrounds us. Help us to embrace change with grace and faith, knowing that You are with us every step of the way. Help us to make a personal commitment to embrace change in our lives, trusting in Your plan for us. As we leave this retreat, may we carry Your love and light into our daily lives. Amen.

