

A Mini Retreat for Yourself or in a Group  
Designed for Men in Ministry ▪ 30-45 Minutes

## Colors of Autumn

**Leader:** Autumn calls us to reflection and renewal. The shifting leaves and crisp air remind us, as Men of Ministry, to stay vigilant, grounded, and spiritually alert. God invites us now to examine our hearts, our service, and the way we nurture those entrusted to our care.

The rich colors of Autumn offer inspiration for our spiritual lives and ministry. They mirror the cycles of

growth, surrender, and renewal, reminding us that even letting go can be beautiful and sacred.

- **Red:** the passion of Christ and the fire that fuels our ministry and love for our families.
- **Orange:** balance, warmth, and the freedom to release burdens that weigh on our hearts.
- **Yellow:** joy, hope, and the promise of spiritual renewal in our personal and ministerial life.

God gifts us trees as symbols of endurance and faith. Their branches reach toward Heaven, reminding us to stand tall, stay alert, and remain rooted in prayer and gratitude. Practice stillness, reflection, and mindfulness, allowing the Spirit to renew you this season.

— Adapted from [ignatianspirituality.com](http://ignatianspirituality.com)

**Reader 1:** *"You are the light of the world. Let your ministry shine with integrity, compassion, and devotion. Do not hide your service or love for God under a bushel; instead, let it be seen in your parish, your family, and your personal life. By shining openly, you invite others to open their hearts to Christ's love."* — Matthew 5:14-16

**All:** Thanks be to God.

**Reader 2:** *"Let us come into His presence with thanksgiving; let us make a joyful noise to Him with songs of praise!"* — Psalm 95:2

As the Autumn leaves fall, let us pause to reflect on our blessings. This season reminds us that change, patience, and gratitude are essential for personal and ministerial growth as we minister as men to our parishes.

## Our Change in Autumn

**Autumn Prayer —**

**All:** God of the seasons, You teach us that there is a time to let go and a time to embrace new life. Grant us courage to enter into transformation and renewal.

- God of Autumn, as the trees release their green, help us release what no longer serves our families, our parish, or our own spiritual growth.
- God of fallen leaves and intricate patterns, help us see the unfolding patterns of our lives as men of ministry, learning from each season of growth and challenge.
- God of misty mornings and harvest moons, remind us of Your mysterious, powerful presence in our hearts. Strengthen us to trust in Your guidance.
- God of abundance, bless the work we do as men of ministry, helping us sow seeds of faith, hope, and charity. Let us wait with patience and hope for the fruits of our labor.

- God of love, enter our hearts this Autumn. Show us how to let go, renew, and deepen our faith. May we carry this renewal into our ministry and families, inspired by Your Spirit. Amen. — Adapted from An Everyday Pilgrim

### **Meditate, Journal and Share:**

Meditate on each question, use the lined paper at the end of the retreat and journal your thoughts. Then share your thoughts.

- Which blessings in my life as a man in ministry am I too busy to fully notice?
- How can I shed old habits or burdens this Autumn to open myself to spiritual renewal?
- Which aspects of my ministry, family life, or personal faith need a rebirth, and how can God's grace guide me in this transformation?

**Reader 3:** *"Yes, the Lord will grant his bounty; our land will yield its produce."* — Psalm 85:13

Autumn is a season of gratitude. Even in ministry's challenges, we are called to give thanks for spiritual and practical harvests. Eucharist, the supreme thanksgiving, reminds us to live in Christ's love daily.

## Autumn Gratitude

**A Gratitude of Autumn Prayer —**

**All:** God of all seasons, we thank You for Autumn.

- For the crisp air that energizes our hearts and spirits,
- For the brilliant colors that reflect Your creativity,
- For the falling leaves that show strength through letting go,
- For harvests that nourish our communities and parishes,
- For this season's reminder that life, ministry, and faith move in cycles of growth and renewal.

God of all seasons, as you transform the earth, transform us by your Spirit. Amen

— Rev. Doug Leonhardt, S.J.

**Reader 4:** *"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit."* — John 12:24

Ministry, like Autumn, asks us to embrace transformation. By letting go of pride, selfish desires, or old habits, we become vessels, stronger men in ministry for God's work, producing fruit for our families, parishes, and communities.

### **Meditate, Journal and Share:**

Meditate on each question, use the lined paper at the end of the retreat and journal your thoughts. Then share your thoughts.

- How can I surrender fully to God's will in my ministry and personal life?
- In what ways does the harvest of my efforts reflect God's generosity, and how can I share it?
- How can I cultivate deeper awareness of God's presence, even amid ministry challenges and seasonal changes?

**Closing Prayer —**

**All:** Loving God, as the trees let go of their leaves, help me release what hinders my ministry as a man, of family life, and spiritual growth. Grant me courage to live authentically, serve wholeheartedly, and carry the renewal of this retreat into daily life.

Help me honor prayer, compassion, and grace in every action. As your minister, strengthen me to rejoice in blessings and face challenges with faith. In Your holy name, Amen.

