

A Mini Retreat for Yourself or in a Group  
Designed for Seniors • 30-45 Minutes



## Colors of Autumn

**Leader:** Autumn reminds us that life is always changing, and that transformation can be beautiful. The colors of fall, the crisp air, and the harvest around us are God's gentle call to reflect, renew, and embrace the wisdom of our years.

The reds, oranges, and golds of Autumn mirror the passions, joys, and hope within our lives. God invites

us to let go of what no longer serves us and to open our hearts to new ways of loving, serving, and growing.

- **Red** – the love and sacrifice that continue to guide us.
- **Orange** – the warmth and balance that help us share our gifts freely.
- **Gold** – the joy and hope that shine in our daily service to family, parish, and God.

The trees remind us to reach upward, even as they release their leaves. In stillness, prayer, and gratitude, we learn to stay awake to God's presence in our lives.

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

**Reader 1:** "You are the light of the world...let your light shine before others, that they may see your good works and glorify your Father in heaven." – Matthew 5:14-16

**All:** Thanks be to God.

**Reader 2:** "Let us come into his presence with thanksgiving; make a joyful noise to him with songs of praise." – Psalm 95:2

Autumn calls us to reflect on life's blessings, embrace the beauty in change, and cultivate patience as we witness the harvest of our years.

## Our Change in Autumn

**Autumn Prayer** —

**All:** God of the seasons, in this Autumn of our lives, help us embrace change with courage and hope.

- God of falling leaves, help us surrender old ways and welcome new growth.
- God of patterns and colors, let us see the design of your hand in our lives.
- God of misty mornings and harvest moons, deepen our wonder and gratitude for you.
- God of abundant harvest, teach us patience in waiting and joy in service.
- God of love, guide us in transforming our experience of Autumn into acts of devotion, prayer, and kindness. Amen.

### **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 am I overlooking in daily life?
- How can letting go of old habits help me grow spiritually?
- Where in my faith or relationships do I seek renewal, and how can God guide me?

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

