



A Mini Retreat for Yourself or in a Group
Designed for Women in Ministry ▫ 30-45 Minutes

Colors of Autumn

Leader: Autumn deepens the spirit with changing leaves and a cooling wind, inviting us as women in ministry to remain attentive, resilient, and ready. This sacred season is God's gentle call: Awaken your hearts! Stand firm in your calling! Be prepared to grow and serve!

The colors of autumn offer a sacred wellspring of reflection, reminding us of the beauty, mystery, and transforming grace of God alive within our ministry. These colors mirror our own journeys as daughters of God—moments of pouring out, renewal, and faithful service within parish life.

Red reflects the passion and courageous love we bring to our ministry, echoing Christ's sacrifice in our daily work. Orange symbolizes balance, warmth, and the freedom found in trusting God amid the demands of service. Yellow shines with joy, hope, and the quiet light we carry into our communities, even in times of change.

God gifts us the trees as companions in ministry, teaching us to stand rooted in faith while reaching toward Him. They call us to remain attentive—to our parishioners, our work, and our inner lives. Through stillness, prayer, and gratitude, we remain spiritually awake and strengthened for the mission entrusted to us. — Adapted from ignatianspirituality.com

Reader 1: "You are the light of the world... your light must shine before others, that they may see your good deeds and glorify your heavenly Father." — Matthew 5:14-16

All: Thanks be to God.

Reader 2: "Let us come into his presence with thanksgiving; let us joyfully sing psalms to him." — Ps 95:2

As leaves turn and fall and the air sharpens, Autumn becomes a sacred invitation. It calls us, as women serving in ministry, to reflect on our labor, to honor the grace within our work, and to embrace the beauty of change in both parish life and personal vocation.

Our Evolving Ministry in Autumn

Autumn Prayer —

All: God of all seasons, there is a time for releasing and a time for renewal. Grant us, as your daughters in ministry, the courage to embrace transformation in our work and our spirits.

God of autumn, as the trees release their leaves, we too are called to let go—of burdens, expectations, and weariness in our ministry. Strengthen us when surrender feels uncertain and guide us gently forward.

God of shifting colors and sacred rhythms, our ministry holds patterns of growth, challenge, and grace. Help us to recognize your presence in every moment and learn from the journey you set before us.

God of quiet mornings and harvest evenings, you dwell in the mystery of our calling. When we feel overwhelmed in our parish work, remind us of your steady presence and renew our

strength.

God of harvest and abundance, bless the work of our hands and hearts. Though we may not always see the fruits of our labor, teach us to trust in your timing and remain faithful.

God of love, you meet us in the deepest places of our ministry and our souls. Let this season of autumn speak to us of growth, courage, and renewal. May we walk forward with open hearts, trusting that you journey with us always. 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.

- Where in my ministry do I feel most fulfilled, and where do I feel most challenged?
- What might I need to release—expectations, fears, or fatigue—to better serve God and others?
- How is God inviting me to grow spiritually and emotionally in this season of my ministry?

Reader 3: "The Lord will indeed grant what is good, and our land will yield its harvest." — Psalm 85:12

Autumn calls us to gratitude, even in the midst of the demands of ministry. As women serving faithfully, we recognize that every act of care, every prayer, and every unseen effort contributes to God's harvest. In the Eucharist, we give thanks for Christ's presence, which sustains us in our work and nourishes our spirits.

Autumn Gratitude

A Gratitude of Autumn Prayer —

All: God of all seasons, we thank you for this Autumn in our ministry.
We thank you
for the cool air that refreshes our spirits and renews our energy,
for the changing leaves that reflect the beauty of transformation in our lives,
for the falling leaves that remind us to trust in letting go,
for the quiet fields that bring peace amid our busy parish work,
for the joy we witness in those we serve,
for the harvest of ministry, both seen and unseen,
for the rhythm of seasons that shapes our journey as your faithful servants.
God of all seasons, transform us through your Spirit as we continue to serve with love. Amen

Reader 4: "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

In our women/s ministry, transformation often comes through sacrifice, perseverance, and trust. As women in service to God, we are called to release what no longer serves, to embrace growth, and to allow God to work through us. In doing so, our lives and ministries bear fruit that nourishes others and glorifies Him.

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 is God inviting me to trust Him more deeply in my ministry as a woman?
- In what ways can I share the fruits of my work with greater generosity and love?
- How can I remain aware of God's presence in both the joys and struggles of my daily service?

