



**A Mini Retreat for Yourself or in a Group
30 - 45 minutes ▫ Leader's Edition for Seniors**

A change like Autumn Retreat is about exploring the concept of change and renewal. The phrase "A change like autumn retreat" evokes a sense of transformation, letting go, and new beginnings, much like the natural shifts observed during the fall season. This Autumn Retreat creates an environment where individuals can reflect on their lives and with the Lord, release what no longer serves them, and embrace the opportunity for personal growth and spiritual renewal.

For Group Retreats:

- Make copies of the retreat for each participant.
- The leader reads once but will need to organize the retreat.
- There needs to be four readers, or two reading twice
- The writing paper is at the end of the retreat script. Please bring pens or pencils. There is no other item necessary.
- Attendees need to sit at tables, so they may write.
- The retreat is for seniors.
- The duration time of 30-45 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under seven minutes. Please allow accordingly.
- A break can be taken, if needed, just before Reader 3.
- 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:

- Make a copy of the retreat to read and write on.
- As the sole person, you will be the reader of all parts.
- The writing paper is at the end of the retreat script. Please have a pen or pencil. There is no other item necessary.
- It will be helpful to sit at a table, to make it easier to write.
- The retreat is for seniors but can be done as a solo individual. We hope you enjoy peace and spiritual growth and find it quite rewarding.
- The duration time of 30-45 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under seven minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break can be taken, if needed, just before Reader 3.

Gratitude:

Thank you for choosing to do this mini retreat, dedicated to seniors for Autumn and for your willingness to set aside time for meditation and prayer. May your spiritual journey bring you renewed peace, deeper insight, and a sense of spiritual refreshment.