

A Mini Retreat for Yourself or in a Group
35 - 40 minutes ▫ Leader's Edition for Elderly



The phrase "A change like autumn retreat" brings a sense of transformation, letting go, and new beginnings, much like the natural shifts observed during the fall season. This is a time to hit pause, recharge, and connect, with each other, with yourself, and with God, as we soak in all the awesome gifts of fall. Let's make the most of it!

For Group Retreats:

- The leader reads once but will need to organize the retreat.
- There needs to be four readers, or two reading twice
- The retreat is for all the elderly.
- The duration time of 25 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under six minutes. Please allow accordingly.
- A break can be taken, if needed at any time.

For Individual Retreats:

- As the sole person, you will be the reader of all parts.
- The retreat is for all elderly.
- The duration of 25 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under six minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break can be taken, if needed at any time.

Gratitude:

Thank you for choosing to do this mini retreat, dedicated to all elderly for Autumn and 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.