



Leader's Edition for Families & Groups
35 - 40 minutes

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 twice but will need to organize the retreat.
- There needs to be two readers, or one reading twice
- Make plans to have all participants go for a nature walk in a nearby park or garden. Somewhere that displays the colors of Autumn.
- Make a copy of this retreat for all participants
- The retreat is for families and groups.
- The duration time of 35-40 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 at any time.

Gratitude:

Thank you for joining this Autumn mini retreat for families and groups. May your time bring peace, insight, and spiritual renewal.