



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

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.
- Make plans to have participants go for a nature walk in a nearby park or garden. Somewhere that displays the colors of Autumn.
- There needs to be two readers, or one reading twice
- The retreat is for all youth.
- All participants will need a copy of the retreat to be able to join in the prayers.
- 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.

**For Individual Retreats:**

- As the sole person, you will be the reader of all parts.
- The retreat is for all youth.
- PLEASE do not go for a nature walk alone. You can complete the retreat readings and meditation alone, but NOT the nature walk, unless it's in your own private back/front yard.
- The duration of 40 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 youth 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.