



A Mini Retreat for Yourself or in a Group 35-40 minutes ▫ Designed for Seniors

Spring energizes a vibrant renewal of our spiritual life, as cold turns to warmth and new growth appears. In this season, we are encouraged to refresh our spiritual lives and welcome change. This mini retreat uses theology wisdom, scripture, and practical exercises to help you seek renewal through Christ and draw nearer to Him.

For Group Retreats —

- The leader reads only twice and will need to organize the retreat.
- There need to be four readers, or a few who can take turns.
- Writing paper is at the end of the retreat, for convenience. Each person will need something to write with, along with a Catholic Bible per table.
- Attendees need to sit at tables to enable writing.
- This retreat is for seniors.
- The duration of 35-40 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 7 minutes. Please allow accordingly.
- A break can be taken, if needed, at any time or just before “Cultivating New Growth”.
- 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 —

- As the sole person, you will be the reader of all parts.
- Writing paper is at the end of the retreat script for your convenience. You will need something to write with along with a Catholic Bible.
- To make it easier to write, consider sitting at a table.
- This retreat is for seniors. Enjoying peace and spiritual growth on your own can be rewarding.
- The duration of 35-40 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under nine minutes. Please allow accordingly.
- A break can be taken, if needed, at any time or just before “Cultivating New Growth”.

Gratitude —

Thank you for joining this springtime mini retreat. Pausing from daily life and making space for reflection, prayer, and inner renewal is a beautiful gift both to yourself and to those whose lives you touch. May this sacred time along your spiritual path fill you with deep gratitude and fresh perspective for the journey unfolding before you.