



A Mini Retreat for Youth—20-25 minutes Designed for the Elderly

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 needs to be three readers, or a few that take turns.
- Each person will need bubbles, along with a Catholic Bible per table.
- The retreat is designed for the Elderly.
- The duration of 20-25 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 6 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.
- You will need bubbles, along with a Catholic Bible per table.
- The retreat is designed for the Elderly.
- The duration of 20-25 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.

Gratitude —

Thank you for joining this spring mini retreat for the elderly. Taking time to pause, reflect, and renew is valuable for yourself and those around you. May this spiritual experience inspire transformation and spiritual growth.