



Reflecting the Fire of the Holy Spirit

A Summer Mini Retreat for Yourself or in a Group
Designed for Elderly ♦ 45 - 50 minutes

Reflecting the Fire of the Holy Spirit is a summer mini retreat that unique invitations to pause, reflect, and rekindle the fire of the Holy Spirit. Allow this summer to be a time to deepen faith, foster community, and reignite the flame of divine love in our hearts. Grow closer to the Holy Spirit, offering opportunities for prayer, reflection, community engagement, and personal development.

For Group Retreats —

- The leader reads only twice and will need to organize the retreat.
- There needs to be four readers, or a few that take turns.
- Each table will need a
 - Catholic Bible, Candle, Rosary, or any sacramental objects that draw your attention toward spirituality.
- The retreat is for the elderly.
- The duration of 20 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 5 minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- 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.
- You will need a Catholic Bible, a candle, a rosary, images of saints, or any sacramental objects.
- The retreat is for elderly.
- The duration of 45 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under 5 minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.

Gratitude —

Thank you for joining this summer mini retreat for the elderly. Taking time for reflection and spiritual growth can bless you and those around you. I hope this experience brings you clarity, insight, and renewal.