



# A Change Like Autumn — Leader's Edition

A Mini Retreat for Yourself or in a Group ▫ 30 - 45 minutes

Written by: Gracemarie, DCCW Spirituality Commission — September 2025

A change like Autumn Retreat is about exploring the concept of change and renewal. The phrase "A change like autumn retreat" evokes a sense of transformation, letting go, and new beginnings, much like the natural shifts observed during the fall season. This Autumn Retreat creates an environment where individuals can reflect on their lives and with the Lord, release what no longer serves them, and embrace the opportunity for personal growth and spiritual renewal.

## For Group Retreats:

- Make copies of the retreat for each participant.
- The leader reads once but will need to organize the retreat.
- There needs to be four readers, or two reading twice
- Writing paper is at the end of the retreat script, for convenience. But each person will need something to write with. There is no other item necessary.
- Attendees need to sit at tables, so they may write.
- The retreat is not only for women, but men may attend as well.
- The duration time of 30-45 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under seven minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break can be taken, if needed, just before Reader 3.
- 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:

- Make a copy of the retreat to read and write on.
- As the sole person, you will be the reader of all parts.
- Writing paper is at the end of the retreat script, for convenience. But you will need something to write with. There is no other item necessary.
- It will be helpful to sit at a table, to make it easier to write.
- The retreat is not only for women, but men may attend as well. So, invite a friend or loved one, if that's your choice. Otherwise, enjoying peace and spiritual growth on your own can be quite rewarding.
- The duration time of 30-45 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes just under seven minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break can be taken, if needed, just before Reader 3.

## Gratitude:

Thank you for choosing to do this mini retreat. Your willingness to set aside time for reflection, prayer, and personal growth is a true gift to yourself and those around you. May this journey bring you renewed peace, deeper insight, and a sense of spiritual refreshment. Blessings on your retreat experience!

## Feedback:

If you wish to share your feedback, please email me, Gracemarie at [gracemariebelvedere@gmail.com](mailto:gracemariebelvedere@gmail.com) and put in the subject line, "Autumn Mini Retreat," please and thank you.