

## Retreats

# Grieving parents get spiritual help at St. Anthony Shrine

SPECIAL TO THE PILOT

*The Emmaus Ministry of St. Anthony Shrine in Downtown Crossing in Boston is a Catholic ministry that serves the spiritual needs of grieving parents of any religion whose children of any age have died by any cause, no matter how long ago.*

## Brown Bag Lenten Lunch Retreats in Boston in March

St. Anthony Shrine in Downtown Crossing is offering two One-Hour Brown Bag Lunch Retreats. Given by grieving parents for grieving parents, these inspirational talks promise to bring some peace during these dark days of winter. Organizers ask you to bring a lunch; they will provide beverages.

### Mary Knows...

Wednesday, March 7, 2018, 12:15 p.m.-1:15 p.m., St. Anthony Shrine, 100 Arch Street, Boston, free-will offering.

Presented by Laurie Jacob, MATM, Dary's mother.

A focus on Mary, Mother of God and Grieving Parent. Using "Visio Divina," reflect on images of Mary in art and how she surely understands our pain as a mom whose child has died. A lively discussion of ... *Who was God for Mary?*



Laurie Jacob

*Who is Mary for God? Is Mary taking care of our children for us? How can Mary become our best friend? Why is Mary so important?*

### They Are Alive!

Wednesday, March 22, 2018, 12:15 p.m.-1:15 p.m., St. Anthony Shrine, 100 Arch Street, Boston, free-will offering.

Presented by Emily Ketring, Angel's Mother, and author of "An Angel of the Beatitudes: Finding Faith after the Loss of a Child." Emily Ketring will discuss excerpts from her beautifully written, recently published book offering Catholic theology and spiritual direction for those lost in a sea of despair after the death of a child. "Our most important comfort is understanding that our children are still connected to us — now more than ever.... We don't have to wait until we die to be reunited. They are alive and so is our connection. Our connection with God can grow through our connection with our children."



Emily Ketring

### One-Day Spiritual Retreat at St. Anthony Shrine's Friary

Saturday, March 10, 2018, 9:30 a.m.-7:30 p.m., \$25 individuals; \$40 Couples; includes three meals and all retreat materials. Weekend parking available at Post Office Square at \$9/day.

As a grieving parent, you can give yourself the gift of getting away from everyday life to focus on where God — and your precious child — is right now. Join other grieving parents and Franciscan Friars in the "upper room" of the friary to work on your own, individual spiritual journey. Share as much of your journey, or as little, as you like. Many parents participate by listening. Find peace and comfort by being with others who "get it" in a Catholic, faith-based environment. Receive the gifts of the Holy Spirit.



For any grieving parent, the loss of a child is the most horrific and painful challenge that life can bring. Nothing is ever the same again. You will never "get over it." The hole in your heart is — and will always — be there. It is very easy to despair.

Our fundamental beliefs as Catholics... *life has changed, not ended; the promise of eternal life is a fact, not just a promise; and we will definitely see our deceased loved ones again...* bring much peace, comfort, and hope to broken parents who need it so much.

The Emmaus Ministry for Grieving Parents of St. Anthony Shrine in Downtown Crossing helps meet this need with its mission of serving the spiritual needs of all grieving parents. Come to one of our sessions; see [www.emfgp.org](http://www.emfgp.org); or call us at the Shrine at 617-542-8057.