



*Serving the Spiritual Needs of Grieving Parents
Whose Children of Any Age, Have Died by Any Cause,
No Matter How Long Ago*

**Your Emmaus Ministry
Remote Retreat
Program Guide
for 9:30am EDT
March 28, 2020**

Preparation:

Ahead of time, we recommend you find a quiet place in your home where you can immerse yourself in this retreat. Have your child's Emmaus Memorial Candle (or other candle) available along with a lighter or matches.

Take several deep breaths to cleanse your thoughts and open yourself to wherever the Holy Spirit is calling you today several minutes before the retreat is scheduled to begin.

At 9:30am (our normal retreat beginning time) open your email and join other fellow Emmaus Parent Companions in getting away from the rest of the world, at least for a time, to focus on God and on your precious child.

CANDLE LIGHTING PRAYER (Light your candle)

We begin... In the name of the Father, the Son, and the Holy Spirit, Amen

Lord, you are the Light of the World. Help us feel your presence in the lighting of this candle.

Lord, you gave us the gift of our children. Help us feel their presence in the lighting of this candle.

Lord, you gave us the hope of eternal life. Help us confirm that hope in the lighting of this candle.

Lord, you gave us love. Help us to know that, as much as we love our children, you love them even more.

We ask you this through Christ, Our Lord
Amen.

OPENING SONG: [Anchor Me](#)

Listen closely to the [words of this song](#) (rather than watching the video) imploring Our Lord to be with us and to anchor us, through all of our struggles and trials, particularly during this upcoming week.

PRAYER OF THOSE MAKING A RETREAT

Loving Spirit of Wisdom,

Guide my thoughts and my memories.

In the light of your love,

May I see what is important for me to remember,
What is important for me to hold to my heart,
And what I need to simply let go of in peace.

I trust you to be my guide,
Even when the path seems unclear to me.

We pray this in the name of Your Son, the Healer,
Our Lord, Jesus Christ.
Amen.

SCRIPTURE READINGS

First Scripture Reading: Jeremiah 31: 15-17

In Ramah is heard the sound of moaning, of bitter weeping. Rachel mourns her children; she refuses to be consoled because her children are no more. Thus says the Lord, "Cease your cries of mourning; wipe the tears from your eyes. The sorrow you have shown shall have its reward. There is hope for your future."

The Word of the Lord!
Thanks be to God!

SILENT REFLECTION

Spend some quiet time reflecting on what word or phrase from the First Scripture Reading did or did not speak to you today. What did you hear that brings you peace or comfort? What did you hear that brings questions?

Second Scripture Reading : Revelation 21: 1-4

Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.

I heard a loud voice from the throne saying, "Behold, God's dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away.

The Word of the Lord.

Thanks be to God.

SILENT REFLECTION

Spend some quiet time reflecting on what word or phrase from the Second Scripture Reading did or did not speak to you today. What did you hear that brings you peace or comfort? What did you hear that brings questions?

PRAYER OF HOPE

O God of Healing and Hope...

In Jesus, you meet us in our suffering and fear. Look with mercy and compassion on those of us whose children have died. Look with mercy and compassion on those of us who have been affected by this pandemic and on those of us who are vulnerable to it. Through this global trial, by your Holy Spirit, bring out the best in us. Make us more aware of our interdependence on each other and of the strength that comes from being one body in you. Let us remember that we are Resurrection people who place our trust in you. Through Christ our Wounded Healer,
Amen.

CLOSING SONG: [The Emmaus Song](#)

Listen closely to the [words of this song](#) asking Jesus to "Come journey with us." May our hearts be warmed and strengthened by your presence, Lord, especially during this upcoming week.

CLOSING BLESSING

Let us end our time of retreat...united with Brother John Maganzini, OFM and the Franciscan Friars at Saint Anthony Shrine, by blessing one another.

Raise your right hand and together let us recite the Blessing of Saint Clare:

May YOU always be with God ... wherever you may be.
and may GOD always be with YOU.
Let us go now in peace.
AMEN.

EMMAUS MINISTRY RESOURCE OF THE WEEK:

[There is More to this Life than this World](#)

A Retreat Reflection from Fr. Dennis Schuelkens, which is particularly comforting for parents whose children were not religious or spiritual when they died.

**You will receive a new email next Friday.
Please join your fellow
Emmaus Parent Companions
again next Saturday at 9:30am
Until then, may God bless you and keep you.
Sending many warm, virtual hugs**



c/o 194 Bishops Forest Drive Waltham, MA 02452
Copyright © 2020 emfgp.org all rights reserved.
[unsubscribe](#) | emfgp.org | info@emfgp.org | +1 800 919 9332 | 617 542 8057