



*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 Guide
for 9:30am EDT
April 11, 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 EDT (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: [Stabat Mater](#)

A beautiful hymn giving us a glimpse of Mary, as she experienced the suffering and death of her only child.

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.

REFLECTION:

[Stations of the Cross for Grieving Parents](#) by Fr. David Convertino, OFM written specifically for
Emmaus Ministry Parents

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 HYMN: [Comfort Ye, Disconsolate](#)

Earth has no sorrow that heaven cannot cure. Click [here for the lyrics](#) if you'd like to follow the words.

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 give the Blessing from Numbers, Chapter 6:

May Almighty God bless you.
May He look upon you
With the eyes of His Mercy
And give you His peace.

Here below, may He pour forth
His graces on you abundantly.
And in heaven,
May He place you
among His saints.

We ask you this,
In the name of Christ, Our Lord,
Amen.

EMMAUS MINISTRY RESOURCE OF THE WEEK:

[Mary's Way of the Cross](#) by Richard Furey

We begin and close this retreat with Mary, the Mother of God, who walked the *very first* Way of the Cross. As grieving mothers and fathers, she reaches out to us. She experienced the death of her precious—and only—son first-hand. She watched him change from the deep secret in her womb... to her precious Baby Jesus...to a carpenter's son...to a prophet... to the Son of Man and the Son of God. Mary knows.

**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**

REMINDER

**If you would like to join our other virtual program, the
LIVE Emmaus Ministry Wednesday Virtual Gatherings at 8pm EDT
Continuing on Wednesday, April 15, 2020 with Fr. David Convertino, OFM, one of the original
founders of the Emmaus Ministry.
You [need to register](#)
for each week's Wednesday night event.**



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