



*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 4, 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: [This Is Not Forever](#)

Listen closely to the words of this song reminding us that this proving ground here on earth is not forever. All that is, will pass away. And we shall live.

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 READING Mark 4: 35-41

On that day, as evening drew on, he said to them, "Let us cross to the other side."

Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him.

A violent squall came up and waves were breaking over the boat, so that it was already filling up.

Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?"

He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm.

Then he asked them, "Why are you terrified? Do you not yet have faith?"

They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"

Click on the meditation:

[SCRIPTURE MEDITATION](#)

Excerpted from Pope Francis' Urbi et Orbi Blessing

SILENT REFLECTION

Spend some quiet time reflecting on what word or phrase from the this Scripture Meditation 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: [Breastplate of St. Patrick](#)

Listen closely to [the words of this song](#) exhorting us to bind ourselves to Christ in all things.

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:

[Pope Francis' Urbi et Orbi Blessing](#)

Watch the complete Urbi et Orbi Video Blessing from St. Peter's Square on March 27, 2020.

**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
Emmaus Ministry Wednesday Virtual Gatherings at 8pm EDT
beginning Wednesday, April 8, 2020...**

You **need to register** for each week's Wednesday night event.



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