



*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
May 16, 2020
9:30am EDT**



The Apostles after the Crucifixion locked in the Upper Room afraid for their lives

BE NOT AFRAID

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: [Be Not Afraid](#)

Fear Not and *Be Not Afraid* are the most-often repeated phrases in the Bible--more than 300 times, by some counts.

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

John 20: 19-24

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you."

When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

[Jesus] said to them again, "Peace be with you. As the Father has sent me, so I send you.

And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit.

Whose sins you forgive are forgiven them, and whose sins you retain are retained."

REFLECTION #1: [How the Apostles Dealt with Grief](#)

Why had it gone so wrong? Would they survive? What now?

Consider:

"Now they had to step up to the plate, to choose whether they would walk a path of stitching together the glimpses they had received, or go back to throwing their nets into the sea, nursing grief and disillusionment the rest of their lives."

How often do we face this choice?



Take a moment to pause... breathe... and clear your mind before considering Reflection #2.

REFLECTION #2: [We Are Like the Apostles](#)

This 2020 Easter Season finds us more like the Apostles than we might imagine.

Consider:

"And if the Lord could enter through locked doors and windows even before there was an Internet, so He can enter into all of the places we find ourselves this Easter Season 2020."

Where do you need healing the most this day?

This is a Text Block! Click on this text to edit it. You can add content easily by dragging content blocks from the right sidebar. Drag this and other blocks around to re-order them.

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. Help us to help each other.

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: [You Are Mine](#)

Do not be afraid; I am with you.

CLOSING BLESSING

Let us end our time of retreat...united with Brother John Maganzini, OFM and the Franciscan Friars at Saint Anthony Shrine in Boston, MA, 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.

RESOURCES:

[Give God Control: 20 Scripture Verses to Help During Fear and Anxiety](#)

[Top Five Scripture Readings That Banish Fear](#)

[Shipwrecks](#)

**You will receive a new email next Friday.
Please join your fellow
Emmaus Parent Companions
again next Saturday at 9:30am EDT**

**Until then, may God bless you and keep you.
Sending many warm, virtual hugs**

For past Remote Retreats, see [here](#).

REMINDER

We concluded our
Emmaus Ministry LIVE Virtual Gathering Series
on May 6, 2020 with Fr. Jurgen Lias.
If you were not able to join us for any of our Reflections,
you can still see these inspiring talks [here](#).



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