



*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 23, 2020  
9:30am EDT**



The Ascension  
A Preview of Coming Attractions and Much More

## **We Are Meant to Live Forever**

*"The Ascension reinforces our dignity.  
It is a shot of vitamin B right into the spine.  
We stand taller and straighter when we know, without a doubt,  
that we are all meant to live forever in the Father's house in heaven."*

### **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:** [You Are Mine](#)

Come and follow me. I will bring you home.

**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**

**Luke 24: 46-53**

While they were still speaking about this, he stood in their midst and said to them, "Peace be with you."

But they were startled and terrified and thought that they were seeing a ghost.

Then he said to them, "Why are you troubled? And why do questions arise in your hearts?"

Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."

And as he said this, he showed them his hands and his feet.

While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?"

They gave him a piece of baked fish; he took it and ate it in front of them.

He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled."

Then he opened their minds to understand the scriptures.

And he said to them, "Thus it is written that the Messiah would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem.

You are witnesses of these things. And [behold] I am sending the promise of my Father\* upon you; but stay in the city until you are clothed with power from on high."

Then he led them [out] as far as Bethany, raised his hands, and blessed them.

As he blessed them he parted from them and was taken up to heaven.

They did him homage and then returned to Jerusalem with great joy and they were continually in the temple praising God.

**REFLECTION #1: [Ecce Homo... In All His Glory](#)**

*Jesus had gone away, but had not died. He had departed, but was fully alive.*



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

**REFLECTION #2: [Why Does the Ascension Matter?](#)**

A reflection from *The Word Exposed* by Luis Antonio Cardinal Tagle

The Ascension is not just about Jesus. It is about us.

**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: [I Am the Bread of Life](#)**

Even though you die, you shall live forever.

**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 pray...

Lord Jesus,  
You came from Mary physically,  
And from the Father spiritually.  
During this Feast of the Ascension,  
You return to the Father's house.

Help all who believe in You and who belong to You.  
Reunite us with our precious children  
So that, together, one day  
we will join you in your heavenly home

Forever and ever.

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

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**FOR FURTHER REFLECTION...**

[Sorrow to Joy, A Reflection on the Ascension of the Lord](#)

[Resurrection and Ascension of Jesus--Beethoven Oratorio: Christ on the Mount of Olives--Hallelujah](#)

**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](#).**

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**REMINDER**

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



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