



*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 30 , 2020
9:30am EDT**



PENTECOST

After Jesus ascended into heaven,
the Apostles continued to be paralyzed by fear
and totally unsure of what to do next,
even though they had seen our Risen Lord several times.

Then, on Pentecost, the Holy Spirit came upon them
and everything changed.

We ask the Holy Spirit to come upon--and overshadow--each of us this day.

Come, Holy Spirit

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: [Come, Holy Spirit](#)

Come Holy Spirit, Light of Light, shed your radiance on us
([See here for the lyrics](#))

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

ACTS 2:1-11

When the time for Pentecost was fulfilled,
they were all in one place together.
And suddenly there came from the sky
a noise like a strong driving wind,
and it filled the entire house in which they were.

Then there appeared to them tongues as of fire,
which parted and came to rest on each one of them.
And they were all filled with the Holy Spirit
and began to speak in different tongues,
as the Spirit enabled them to proclaim.

Now there were devout Jews from every nation under heaven staying in Jerusalem.

At this sound, they gathered in a large crowd,
but they were confused because each one heard them speaking in his own language.

They were astounded, and in amazement they asked,
“Are not all these people who are speaking Galileans?
Then how does each of us hear them in his native language?”

We are Parthians, Medes, and Elamites,
inhabitants of Mesopotamia, Judea and Cappadocia,
Pontus and Asia, Phrygia and Pamphylia,
Egypt and the districts of Libya near Cyrene,
as well as travelers from Rome, both Jews and converts to Judaism, Cretans and Arabs, yet we hear
them speaking in our own tongues of the mighty acts of God.”

REFLECTION: [Bishop Robert Barron on the Holy Spirit](#)

A prayer that always works--no matter what situation you are in or how much it hurts.

To Consider...

Like the wind, we cannot see the Holy Spirit, but we can feel His fruits. Which of His fruits listed by Bishop Barron... Love, Joy, Peace, Patience, Generosity, Faithfulness, and Self-Control... do you need the most today?



Take a moment to pause... breathe... savor what you have received from the Reflection.

Clear your mind before our Closing Prayer of Hope.

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: [Veni Creator Spiritus](#)

Holy Spirit....Come to Me This Day

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 to the Holy Spirit..

Come, Holy Spirit,
Fill the hearts of your faithful
And kindle in them the fire of your love.

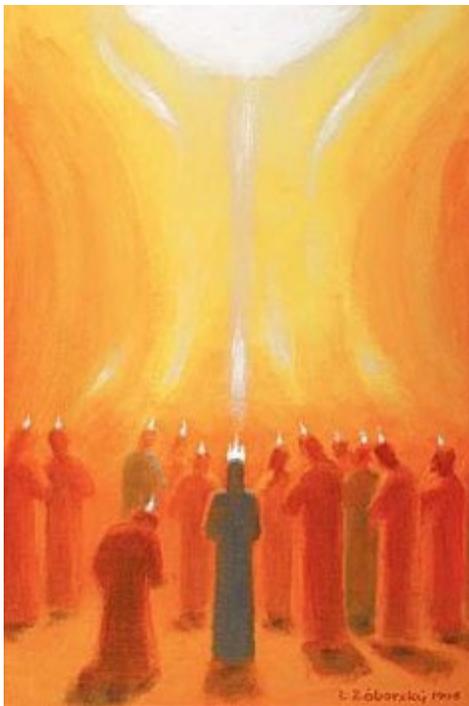
Send forth your Spirit
And they shall be created.

And You shall renew the face of the earth.

O God, who by the light of the Holy Spirit,
Did instruct the hearts of the faithful,

Grant that by the same Holy Spirit
We may be truly wise and ever able to enjoy His Consolations.

We bless each other, in solidarity, today
In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



FOR FURTHER REFLECTION....

[The Day of Pentecost: A Video Reflection](#)

[Why is the Holy Spirit Often Depicted as a Dove?](#)

[The 7 Gifts of the Holy Spirit](#)

**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
--or would like to see them again--
you can access these inspiring talks [here](#).



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