



*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
June 13, 2020
9:30am EDT**



The REAL Presence

"If angels could be jealous of men,
they would be so for one reason:
Holy Communion."

"The culmination of the Mass is
not the consecration, but Communion."
— St. Maximilian Kolbe

The REAL Presence

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: [Take and Eat](#)

This is my body given up for you. This is my blood given up for you.

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 6: 51-58

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

For my flesh is true food, and my blood is true drink.

Whoever eats my flesh and drinks my blood remains in me and I in him.

Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

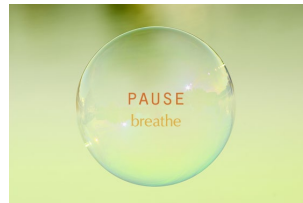
This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

The Word of the Lord

Thanks be to God.

REFLECTION #1: [The Catholic Eucharist](#) by Jeff Clavin

When Jesus said he is the bread of life, he meant it... literally.



Take a moment to pause... breathe... savor what you have received from the Reflection #1.

Clear your mind before focusing on Reflection #2.

REFLECTION #2: [Flannery O'Connor and the Eucharist](#) by Bishop Robert Barron.

"Well, if it's only a symbol, the hell with it."

"It is the center of existence for me; all the rest of life is expendable."

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: [Eat this bread:](#)

Come to me and never be hungry.

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--on this special feast day of St. Anthony--by blessing one another.

Raise your right hand and, together, let us pray...

May the REAL Presence, which is Presence in its fullest sense, bless us and keep us safe and free from all anxiety.

May the REAL Presence, which is Substantial and by which Christ, God and Man, makes himself wholly and entirely present to us in the Eucharist, bless us and bring us peace.

May the Body, Blood, Soul and Divinity of Our Lord Jesus Christ nourish us.

In the name of the Father, the Son, and the Holy Spirit.

Amen.



FOR FURTHER REFLECTION...

An Imaginative, Dramatic Interpretation

[What Really Happens at Mass... When Heaven and Earth Meet?](#)

Eucharistic Miracles

[The Eucharistic Miracle of Buenos Aires](#)

[Miracles of the Eucharist](#)

[Eucharistic Miracles by Fr Robert Spitzer](#)

The Pew Report

[Catholic Misunderstanding of the Eucharist](#)

"It's hard to describe how angry I feel after reading the latest Pew Forum study, which reveals only one-third of Catholics agree with the Church that the Eucharist is actually the Body and Blood of Christ. This should be a wake-up call to all of us in the Church that we need to pick up our game when it comes to communicating even the most basic doctrines of the Church."

**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 have concluded our
Emmaus Ministry LIVE Virtual Gathering Series.
If you were not able to join us for our Reflections
--or would like to see them again--
you can access these inspiring talks [here](#).



c/o 194 Bishops Forest Drive Waltham, MA 02452
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[unsubscribe](#) | emfgp.org | info@emfgp.org | +1 800 919 9332