



*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 6, 2020
9:30am EDT**



The Incredulity of Saint Thomas
(Michelangelo Merisi da Caravaggio)

My Lord and My God

*Throughout history, St. Thomas has often been derided
as "The Doubter or Doubting Thomas,"
the one, who because of the intense pain
of his crushed hopes and dreams,
refuses to be consoled.
But... could Doubt, in his case, really be a virtue?*

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: [Jesus, My Lord, My God, My All](#)

The words of St. Thomas on seeing Jesus in the flesh.

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: 24-29

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came.

So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe."

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you."

Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe."

Thomas answered and said to him, "My Lord and my God!"

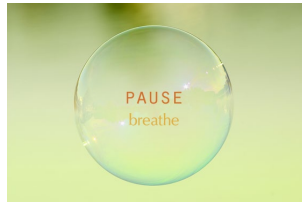
Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

The Word of the Lord.

Thanks be to God

REFLECTION #1: [A Broken Heart](#)

Thomas' worst nightmare comes true.



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

REFLECTION #2: [Why Are You So Troubled?](#)
I believe, Lord. Help my unbelief.

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: [Hymn to St. Thomas](#)

"You are my Lord and my God" We echo the words of St. Thomas every time we witness the real presence of the Eucharist at Mass.

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...

Thank you, Lord,
For not condemning us for our doubts and
For being patient with us in our questioning,
For understanding us in our disbelief, and
For consoling us in our sorrow.

Now, more than ever, Lord,
We ask you, in your perfect love for us,
To cast out every fear in our hearts.
To give us the strength to carry on.
And to send us your Holy Spirit of Peace.

We ask you this,

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

FOR FURTHER REFLECTION...

[*The Virtue of Doubting and the the Corona Virus*](#)

[Doubting Thomas For Mothers](#)

[Carravagio's *The Incredulity of Saint Thomas*: A Reflection/Prayer](#)

**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
that you can participate in individually, see [here](#).**

REMINDER

We concluded our
Emmaus Ministry LIVE Virtual Gathering Series in May.
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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