



*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  
July 4 , 2020  
9:30am EDT**

# HOPE



## **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 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:** [Christ, Our Hope in Life and Death](#)

*We will feast in endless joy.*

## **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**

#### **Jeremiah 17: 5-8**

Cursed is the man who trusts in human beings  
Who seeks his strength in flesh,  
Whose heart turns away from the Lord.  
He is like a barren bush in the desert  
that enjoys no change of season. But stands in a lava waste,  
A salt and empty earth.

Blessed is the man who trusts in the Lord,  
Whose hope is in the Lord.  
He is like a tree planted beside the waters  
That stretches out its roots to the stream:  
It fears not the heat when it comes,  
Its leaves stay green;  
In the year of drought it shows no distress,  
But still bears fruit.

**REFLECTION #1:** [Finding Hope in Times of Darkness](#) by Bobby Angel, Ascension Presents  
*"One who has hope lives differently."*



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:** [Hope](#) by Fr. Leo Clifford, OFM

*"The soul that is not alive in hope, as well as faith and love, is not complete."*

### **PRAYER TO OUR LADY OF HOPE**

***"Be strong and take heart, all you who hope in the Lord." (Psalm 31:24)***

Mary, Mother of Hope, during these difficult times,  
we come before you with humble hearts,  
asking your intercession for hope  
in our Church, our Country, and our World.

Help us to reflect on the words of Your Son, Jesus,  
*"Peace I leave with you, My peace I give to you."*

Help us to become witnesses of the Gospel message of  
love, peace, and hope.

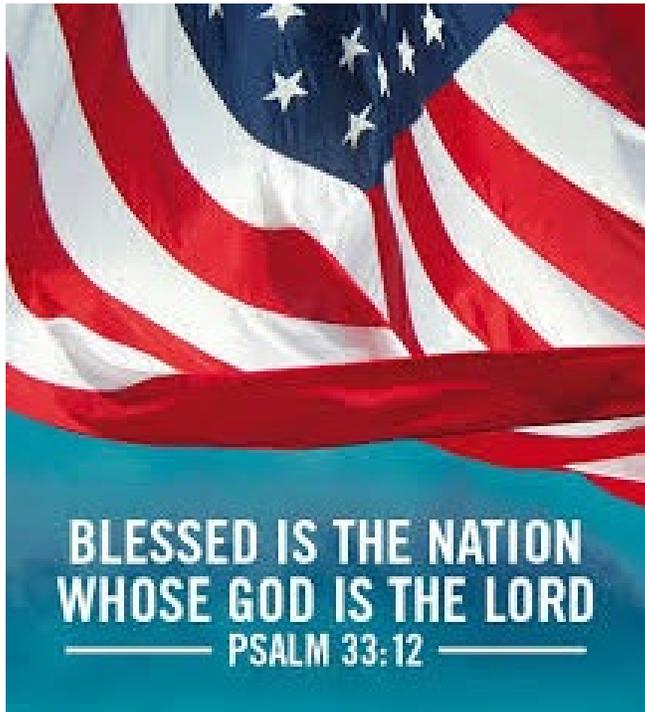
Grant all people the gift of hope  
that we may remain united as one family  
as we await the longed-for peace to return.

We ask this, as all things, in the name of Jesus.

AMEN

Bro John Maganzini, OFM

**CLOSING SONG:** [Be Still My Soul](#) (cited by Fr. Leo Clifford in Reflection #2)  
*In you I rest; in you I found my hope/In you I trust; you never let me go*



**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...

May Almighty God forgive our sins  
and heal our land.

May he give us the strength to be a  
blessing in someone else's life today.

May he compel us to be respectful of  
the life, dignity and rights of all  
persons.

May he help us find certain hope in  
knowing...

*"All shall be well, for there is a force  
of Love moving through the universe*

*that holds us fast and will never let us go."*

We offer this blessing in the name of the Father, the Son, and the Holy Spirit.  
Amen.

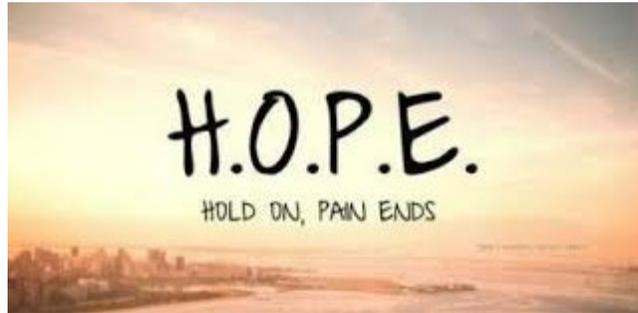
**FOR FURTHER REFLECTION...**

[Man's Search for Meaning](#) by Victor Frankl (cited by Bobby Angel in Reflection #1)

[Hope During the Coronavirus](#) by Bishop Robert Barron (31 minutes)

[Hope When All Seems Hopeless](#) by Del Torkelson

[Finding Hope During Dark Times](#) by Chase Parker



You will receive a new Emmaus Remote Retreat 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 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](#).

