



*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 25, 2020
9:30am EDT**

FAITH AS SMALL AS A MUSTARD SEED

As grieving parents, often our faith is as small
as a tiny pinprick of light, a mustard seed, barely there.

And all we can do is hold onto that tiny light for dear life.

Eventually, when we are able to plant that mustard seed
in the fertile soil of God's love, we receive the grace of Hope.

And, slowly, we begin to grow.



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: [*We Walk By Faith*](#), Sung by Marty Haugen

Yet we believe him near.

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 READINGS

Matthew 13:31-32

He proposed another parable to them. "The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when full-grown it is the largest of plants. It becomes a large bush, and the 'birds of the sky come and dwell in its branches.'"

Matthew 17: 20

He said to them, "Because of your little faith. Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Mark 4: 30-32

He said, "To what shall we compare the kingdom of God, or what parable can we use for it? It is like a mustard seed that, when it is sown in the ground, is the smallest of all the seeds on the earth. But once it is sown, it springs up and becomes the largest of plants and puts forth large branches, so that the birds of the sky can dwell in its shade."

Luke 17: 6-10

The Lord replied, "If you have faith the size of a mustard seed, you would say to [this] mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you."

The Word of the Lord.

Thanks be to God.

REFLECTION #1: [The Parable of the Mustard Seed](#)

How open am I for the seed to be sown in my heart?



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: [Being Angry With God](#) by Fr. William Nicholas

How long, O Lord? How long? ...This is why people turn away from you!

PRAYER FOR MY UNBELIEF

Jesus, you came down to earth to save me, and you told me to have faith in you. You said that, with faith, I can even say to the mountain, "Go, throw yourself into the sea,"

and it will be done.

My mind knows that if I have faith in you, I will survive the death of my precious child —and be able to use that tragedy for good. Help my heart to know it too.

I believe in You, Jesus. I believe that You are Lord. You are God. You are Creator of Heaven and Earth.

I believe, Lord. Help my unbelief.

I deliver myself into Your righteous hands to do all of these things and more.

In Jesus' name, I pray.
Amen.

CLOSING SONG: [Do You Believe? Oh Yes, I Believe!](#) Credo, Nigerian Mass
In the Name of the Father, the Son, and the Holy Spirit

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...

Loving God,
May we do with loving hearts
what you ask of us this day.

May we hold onto the tiny pinprick of faith in our lives
when all else fails.

May we plant this tiny seed
into the fertile soil of your love.

May we use the courage and strength of the sunlight that you give us every day to
nourish this seed and to help it grow.

And may we recognize the opportunities for growth that you show us every day in the
people that we meet.

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



FOR FURTHER REFLECTION...

[I Do Believe... Help My Unbelief](#) by Deacon Bob Schnell
We believe, but unbelief lurks beneath the surface.

[The Mustard Tree](#), A Video Reflection
What does a mustard tree look like? ... You!

[Mustard Seed](#) by Deacon Patrick Kearns

Our faith, even if it is only the size of a mustard seed, is what empowers us.



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](#).

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](#).



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