



*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**

August 29, 2020

9:30am EDT

(or a convenient time for you)

FINDING JOY

"You may cry in darkness, but you will dance in morning light."

J O Y = Just Open Yourself



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: [New Dawn](#) by Monica Brown

"You may cry in darkness, but you will dance in morning light."

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 16: 23-28

On that day you will not question me about anything. Amen, amen, I say to you, whatever you ask the Father in my name he will give you.

Until now you have not asked anything in my name; ask and you will receive, so that your joy may be complete.

I have told you this in figures of speech. The hour is coming when I will no longer speak to you in figures, but I will tell you clearly about the Father.

On that day you will ask in my name, and I do not tell you that I will ask the Father for you.

For the Father himself loves you, because you have loved me and have come to believe that I came from God.

I came from the Father and have come into the world. Now I am leaving the world and going back to the Father.”

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [Why Joy is More Christian Than Happiness](#) by Fr. Mike Schmidt,
Ascension Presents

"We long for happiness, but we are made for joy."



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: [The Meaning of Christian Joy](#) by Pope Francis

"Be courageous in suffering and remember that the Lord will come after, joy will come after, and after the dark comes the sun"

PRAYER FOR LASTING JOY

Father,
help us to seek the values
that will bring us lasting joy
in this changing world.

In our desire for what you promise
make us one in mind and heart.

Help us to celebrate our joy
in the resurrection of the Lord
and to express in our lives
the love we celebrate.

Father, our source of life,
you know our weakness.
May we reach out with joy to grasp your hand
and walk more readily in your ways.

Open our hearts in welcome.
Remove the things that hinder us
from receiving Christ with joy,
so that we may share his wisdom
and become one with him
when he comes in glory,
for he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
AMEN

CLOSING SONG: [Ode to Joy](#) at the Royal Albert Hall, London

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...

Heavenly Father,
We rejoice in your great wisdom and strength
And thank you for being ever-present in our time of need.

May you fill our hearts with love and joy,

May we wait in joyful hope for the coming of your son, Our Lord Jesus Christ.

May you keep us rejoicing, so that we may be strengthened and empowered to do your
holy will..

We ask you to bless us
In the name of the Father, the Son, and the Holy Spirit.
Amen.

FOR FURTHER REFLECTION...

[Discovering Joy in Suffering](#)
by Melanie Jean Juneau



"We can be joyful in difficult circumstances when we live in Christ and He lives in us and when we see reality, not our circumstances."

[Handel's Messiah](#)

Joy does not simply happen to us.
We have to choose joy
and keep choosing it every day.

~Henri J. M. Nouwen

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](#).



c/o 194 Bishops Forest Drive Waltham, MA 02452

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[unsubscribe](#) | emfgp.org | info@emfgp.org | +1 800 919 9332