



*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  
September 12 , 2020  
9:30am EDT  
(or a convenient time for you)**

## **COURAGE**

*Be strong and of good courage; do not fear nor be afraid of them; for the LORD, your God, He  
is the One who goes with you.  
He will not leave you, nor forsake you.  
Deuteronomy 31:6*



**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:** [You Raise Me Up](#) by Selah  
*I am strong when I am on your shoulders*

**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**

**Isaiah 41:10-13**

So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand.

All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

Though you search for your enemies, you will not find them.

Those who wage war against you will be as nothing at all.

For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you."

The Word of the Lord.  
Thanks be to God.

**REFLECTION #1:** [Take Courage](#) by Fr. Mike Schmidt.  
*In the evening is when I know I need Courage.*



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 Gift of Courage](#) by Sister GERALYN, SCC  
*"In the midst of our fear, of our concern and our fright today, Courage is the virtue that allows us to get up and get moving... to be and to do what God wants us to do today."*

## **PRAYER FOR COURAGE**

**Dear God,**

Give me courage,  
for perhaps I lack it more than anything else.

I need courage to bear unkindness,  
mockery, and so many contradictions.

I need courage to fight Evil,  
against terrors, troubles, temptations,  
darkness, threats, seductions, and false lights,

I need courage to fight against tears, depression,  
and, above all, Fear.

I need your help, dear Lord.

Strengthen me with your love and your grace.

Console me with your Blessed Presence

And grant me the courage to persevere  
Until I am finally with you--and my precious child--forever in heaven.

Amen.

**CLOSING HYMN:** [Be Not Afraid](#) by John Michael Talbot  
*Blessed are those who weep and mourn, for ONE DAY YOU WILL LAUGH.*

## **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...

Lord,  
May you help me to be strong and courageous.

May you wipe away my tears and get me out of this pit of despair.

May I know how much you love me in the midst of all that is happening right now

And may you give me the strength to praise you, even when it hurts and doesn't make  
any sense.

We ask this for all of us...

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

Amen



**FOR FURTHER REFLECTION...**

- [The Lord says, "Have Courage. Come."](#) by Pope Francis. *Have Courage... You are my daughter. You are my son, says the Lord.*
- [It's Not Time to Panic. Here's Why.](#) *Whatever the world can throw us, it does not have to separate us from God.*



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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**NEW!**  
**FALL. 2020**  
**EMMAUS MINISTRY**  
**FOUR-HOUR VIRTUAL RETREATS!**  
[See our website for more details.](#)



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