



*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 26 , 2020
9:30am EDT
(or a convenient time for you)**

UNCERTAINTY

*When anxiety was great within me,
your consolation brought joy to my soul.
Psalm 94: 19*



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: [Trust in You](#) by Lauren Daigle

No matter what I face, you're by my side.

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

Matthew 6: 25-34

Therefore I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing?

Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?

Can any of you by worrying add a single moment to your life-span?

Why are you anxious about clothes? Learn from the way the wild flowers grow. They do not work or spin.

But I tell you that not even Solomon in all his splendor was clothed like one of them.

If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?

So do not worry and say, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear?'

All these things the pagans seek. Your heavenly Father knows that you need them all.

But seek first the kingdom [of God] and his righteousness, and all these things will be given you besides.

Do not worry about tomorrow; tomorrow will take care of itself.

The Word of the Lord.
Thanks be to God.

REFLECTION: [How to Live With Uncertainty](#) by Mother Clare and Fr. Mark-Mary
Sometimes trusting God requires letting go of our trust in ourselves. Let me decrease, Lord, so you can increase.

PRAYER IN UNCERTAINTY

MY LORD GOD, I have no idea where I am going.

I do not see the road ahead of me. I cannot know for certain where it will end.

Nor do I really know myself,
And the fact that I think I am following your will
Does not mean that I am actually doing so.

But I believe that the desire to please you does, in fact, please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this, you will lead me by the right road, Though I may know nothing about it.

Therefore, I will trust you always,
Though I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me,
And you will never leave me to face my perils alone.

Amen.

by Thomas Merton, *Thoughts in Solitude*

CLOSING HYMN: [Do Not Let Your Hearts Be Troubled](#) by David Haas.

If you are lost, I will show you the way.

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,

May you cast away the darkness of our souls and show us how we need to do your will.

May you destroy the uncertainty and fear in our hearts.

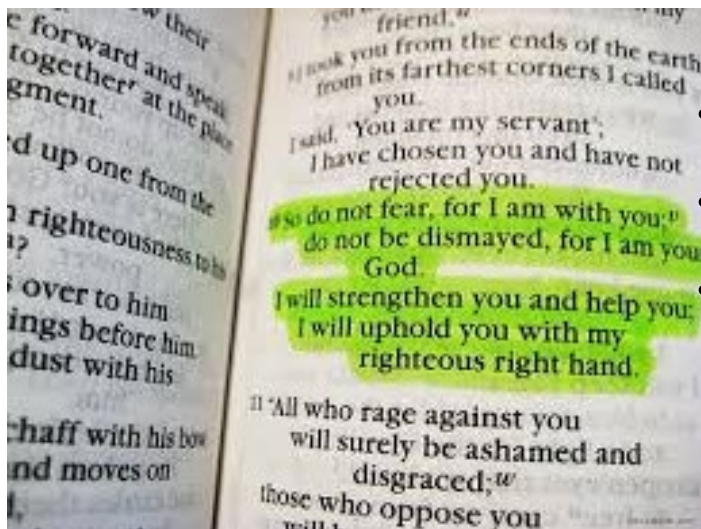
May you be our refuge in every danger.

May you bring clarity to our minds.

May you bring us the certainty that you will never leave us-- and that you will always lead us.

We ask you to bless us with all of this, in the name of the Father, the Son, and the Holy Spirit.

Amen



FOR FURTHER REFLECTION:

- [Litany of Trust](#): *Deliver Me, Jesus*
- [Let Not Your Heart Be Troubled](#): Scripture Meditation
- [Faith When Uncertainty Strikes](#) by Fr. Dan Leary



NEW!
FALL. 2020
EMMAUS MINISTRY
FOUR-HOUR VIRTUAL RETREATS!
Registration for the October 24th
Virtual Retreat is now closed.
[See our website for more details](#)
[on the November 21 Retreat.](#)



c/o 194 Bishops Forest Drive Waltham, MA 02452
Copyright © 2020 emfgp.org all rights reserved.
emfgp.org | info@emfgp.org | +1 800 919 9332

