



*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**

October 17, 2020

9:30am ET

(or a convenient time for you)

**COME TO ME
ALL YOU WHO ARE WEARY
I WILL GIVE YOU REST**

"REST" ... Not in the sense of cessation from work and struggle, but in the sense of peace of soul, joy and profound happiness. This is the rest that we all long for, the rest that will one day be uninterrupted in the bliss of heaven.



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 ET 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: [Come to Me and I Will Give You Rest](#) by Kari Jobe
I have been waiting for you here.

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 11: 25-30

At that time Jesus said in reply, “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike.

Yes, Father, such has been your gracious will.

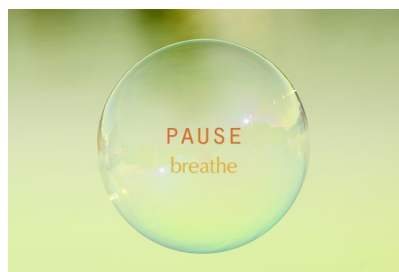
All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.

For my yoke is easy, and my burden light.”

REFLECTION #1: [Come to the Lord, All You Are Weary](#) Fr. Eric of Catholic Latte
It is only the Lord's yoke that is easy—and only the Lord's yoke which is light. In conjunction with the Lord, we can carry the burden of life.



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 Gospel of Matthew](#) by John Michael Talbot
Life becomes a miracle every day.

PRAYER

Lord, I come to you with a humble and contrite heart, seeking rest.

I bring my burdens to you because, only in you, can I find what I need most.

I choose to be still before you. I choose to cast my cares on you.

Speak to my heart so I can know you more.

I surrender my life and all that I am to you.

I accept your invitation to *Come*.

Fill me with your peace as I put all of my trust in you this day.

Amen

CLOSING HYMN: [My Yoke Is Easy](#), by Dennis Jernigan
You are precious in my sight.

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 we answer your invitation, O Lord.

May we hear and believe your words, O Lord.

May we move towards you without hesitation and without fear, O Lord.

May we give turn what is burdening us most today over to you, O Lord.

May you give us rest, O Lord.

We ask you this, in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

- [Come to Me All You Who Labor](#)
Video Scripture Reflection
- [I Will Give You Rest](#)
Rest in Song



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](#).

NEW!
FALL. 2020
EMMAUS MINISTRY
LIVE FOUR-HOUR VIRTUAL RETREATS!
The October Virtual Retreat is now closed.
[For more information on our November 21 Virtual Retreat, see here](#)



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