



*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 10 , 2020

9:30am ET

(or a convenient time for you)

ANGELS OF GOD

September 29: Feast Day of Sts. Michael, Gabriel, and Raphael

October 2: Feast Day of Guardian Angels

*“Make yourself familiar with the angels and behold them frequently in spirit;
for without being seen,
they are present with you always.”*

— St. Francis de Sales



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: *May the Choirs of Angels* by Ernest Sands

A beautiful way to envision the passing of our children into eternal life.

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

Ex.23:20-21. “See, I am sending an angel before you, to guard you on the way and bring you to the place I have prepared. Be attentive to him and heed his voice. Do not rebel against him, for he will not forgive your sin. My authority resides in him.”

Judith 13:20. “As the same Lord lives, his angel has been my keeper both going hence and abiding there, and returning from there here; and the Lord has not suffered me his handmaid to be defiled, but has brought me back to you without pollution of sin, rejoicing for his victory, for my escape, and for your deliverance.”

Psalm 34:8. “The angel of the LORD, who encamps with them, delivers all who fear God.”

Psalm 91:11-13. “For God commands the angels to guard you in all your ways. With their hands they shall support you, lest you strike your foot against a stone. You shall tread upon the asp and the viper, trample the lion and the dragon.” [God reveals to David that the angels will guard and protect him. Since this Psalm was written about 1,000 years before Christ, the belief in guardian angels was well-established among the Jews.]

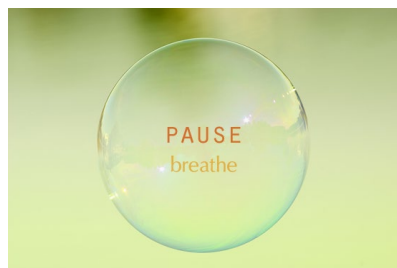
Dan. 10:13. “...But the prince of the kingdom of Persia stood in my way for twenty-one days, until finally Michael, one of the chief princes, came to help me. I left him there with the prince of the kings of Persia...” [See also Dan. 4:17; 10:10-21; and Acts 16:6 where angels serve as guardians of entire countries.]

Matt.18:10. “See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father.”

Acts 12:14-15. “She was so overjoyed when she recognized Peter’s voice that, instead of opening the gate, she ran in and announced that Peter was standing at the gate. They told her, “You are out of your mind,” but she insisted that it was so. But they kept saying, “It is his angel.” [This demonstrates that adults also have guardian angels. The phrase “they kept saying” also shows that the belief in guardian angels was common in the early Church.]

Heb. 1:14. “Are they not all ministering spirits sent to serve, for the sake of those who are to inherit salvation?” [This verse clearly indicates that God created the angels to help us achieve salvation.]

REFLECTION #1: [Pay Attention to Your Guardian Angel](#) by Fr. Matthias, Franciscan Friars
Beside each believer stands an angel as protector and shepherd leading him to 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: [All About Angels](#) by Fr. Mark Mary and Fr. Malachy, Franciscan Friars of the Renewal
Angels are real.

PRAYERS

My Guardian Angel (not just for children)

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light, to guard to rule and to guide. Amen.

St. Michael the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.

Amen.

CLOSING HYMN: [HOLY HOLY HOLY](#) by Holy Spirit Catholic Choir Langas - Eldoret
And together (at every Mass)--with all of the angels and all of the saints--we pray Holy, Holy, Holy.

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...

A Blessing of Angels
adapted from by John O'Donohue

May all the angels in their beauty bless us.

May they give us their streams of blessing.

May they stir our hearts to come alive to all the invitations that quietly surround us.

May they turn our wounds into sources of refreshment.

May they enable us to be drawn in new directions

May they open our eyes to the unseen suffering around us.

May they disturb us to take the side of the poor and the wronged.

May they confirm us in worth and self-respect.

May all of the Angels be our sheltering and joyful guardians.

We ask you to bless us in these ways, Lord, as we bless each other, in the name of the Father, the Son, and the Holy Spirit.

Amen



FOR FURTHER REFLECTION:

- [**St. Michael the Archangel, Our Defense Against Darkness**](#) by Jeannie Ewing
He unabashedly defeated Satan during the fall of the angels, and he continues to rush to our aid when we are feeble of heart, worried, or paralyzed with fear.
- [**St. Michael, Defend Us in Battle**](#), by Mike Harrison
Creative video interpretation of the Prayer to St. Michael
- [**Trusting in Our Guardian Angels**](#) by Fr. J. Michael Sparough, S.J.
Why does God send angels to some people, and not to others, when they really need help? It's a mystery.
- [**Angels and Saints**](#) by Dr. Scott Hahn
Humans have a very real relationship with both angels and saints.
- [**Visible, Invisible, and the Importance of Angels**](#) by Father Dan O'Reilly.
Angels, as majestic as they are, actually are servants of 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](#).

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](#)



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