



*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
December 5, 2020
9:30am ET
(or a convenient time for you)**

**ADVENT
WEEK TWO**

Prepare the Way



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: [O Come Divine Messiah](#) by Abbé Simon J. Pellegrin

The world in silence waits the day when hope shall sing its triumph and sadness flees away.

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

Mark 1: 1-8

As it is written in Isaiah the prophet:
Behold, I am sending my messenger ahead of you; he will prepare your way.

A voice of one crying out in the desert:
“Prepare the way of the Lord,
make straight his paths.”

John the Baptist appeared in the desert
proclaiming a baptism of repentance for the forgiveness of sins.

People of the whole Judean countryside
and all the inhabitants of Jerusalem
were going out to him and were being baptized by him in the Jordan River
as they acknowledged their sins.

John was clothed in camel's hair,
with a leather belt around his waist.
He fed on locusts and wild honey.

And this is what he proclaimed:
“One mightier than I is coming after me.
I am not worthy to stoop and loosen the thongs of his sandals.

I have baptized you with water;
he will baptize you with the Holy Spirit.”

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [**Second Week of Advent Reflection**](#) by Sr. Miriam James
Wrestling. Struggling. Leaning into Him.



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: [Waiting](#) by Tim Muldoon
After every desolation, there comes consolation.

PRAYER

God of power and mercy,

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, forever and ever.

Amen.

CLOSING HYMN: [Ready the Way of the Lord](#) by Bob Hurd.
Look and behold the saving power of God.

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.

Bow your head, raise your right hand and, together, we pray...

Father, in the wilderness of the Jordan you sent a messenger to prepare people's hearts for the coming of your Son.

May we hear his words and repent of our sins,

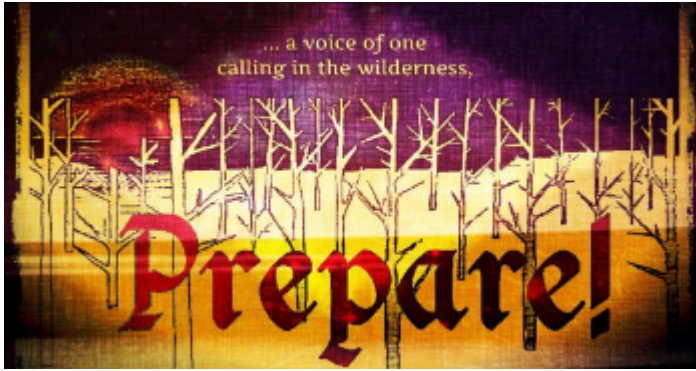
May we clearly see the way to walk,

May we clearly see the truth to speak, and

May we clearly see the life to live for Him, our Lord Jesus Christ.

We ask for all of this, as we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



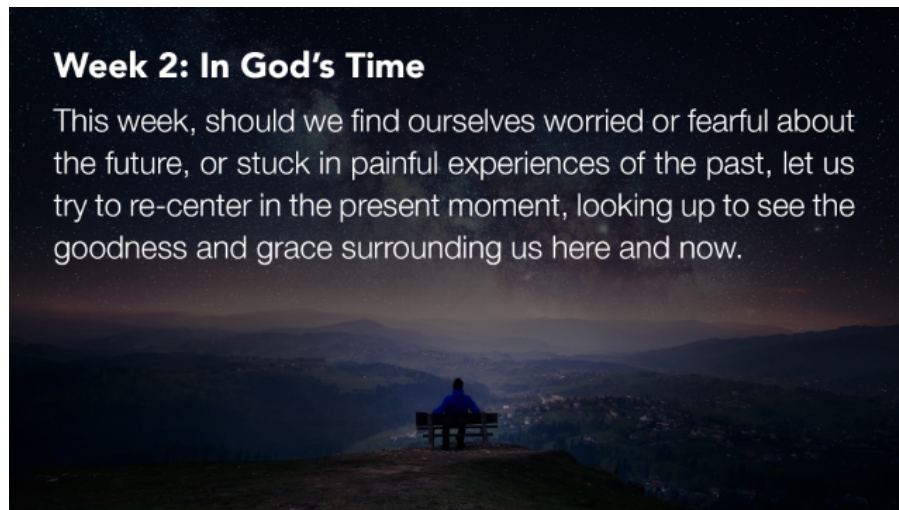
**FOR FURTHER
REFLECTION:**

**Reflection for the
Second Week in Advent**

produced by the Catholic
Health Association
There is more going on than
we know. The past can
return to re-grace us for it is
not really past. It has been

stored in the house of everlastingness. All who lived, live, and will live exist in the boundlessness of creation.

- **Seeking Silence Amid the Calamity** by Catholic Community of Ascension and St Augustine
Make room to discover Jesus. Find Him in the silence. Allow Him to speak to you.
- **The Immaculate Conception Explained** by Fr. Mike Schmidt
All of Mary's goodness comes from what God has done in her life. All she did was say "Yes." What would happen if we said yes.



Week 2: In God's Time

This week, should we find ourselves worried or fearful about the future, or stuck in painful experiences of the past, let us try to re-center in the present moment, looking up to see the goodness and grace surrounding us here and now.

You will receive a new Emmaus Remote Retreat
email next Friday.

Please join your fellow
Emmaus Parent Companions
again next Saturday at 9:30am ET

Until then, may God bless you and keep you.
Sending many warm, virtual hugs

For past Remote Retreats, see [here](#).



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