



*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**

January 2 , 2021

9:30am ET

(or a convenient time for you)

MARY, MOTHER OF GOD (and our Mother as well)

"The world being unworthy to receive the Son of God directly from the hands of the Father, He Gave His Son to Mary for the world to receive Him from her."

--Saint Augustine

**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: [Still Her Little Child](#) by Fr. Chris Wrexham
When she held his broken body, he was still her little child.

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

Luke 2: 16-21

The shepherds went in haste to Bethlehem and found Mary and Joseph,
and the infant lying in the manger.

When they saw this,
they made known the message
that had been told them about this child.

All who heard it were amazed
by what had been told them by the shepherds.

And Mary kept all these things,
reflecting on them in her heart.

Then the shepherds returned,
glorifying and praising God
for all they had heard and seen,
just as it had been told to them.

When eight days were completed for his circumcision,
he was named Jesus, the name given him by the angel
before he was conceived in the womb.

The Gospel of the Lord
Praise be to you, Lord Jesus Christ.

REFLECTION #1: Reflection #1: [Mary, The Virgin Mother of God](#)

by Fr. John Quigley

God wanted another way to be God. A physical way. She, by saying "Yes," was able to usher God into the universe in a physical way.



Take a moment to pause... breathe... Reflect on what you have received from Reflection #1.

Clear your mind before focusing on Reflection #2.

Reflection #2: [My Mom is Your Mom, said Jesus...](#) Why Catholics Call Mary Their Mother... Jesus gave her to us.

PRAYER

Hail Mary,

Full of Grace,

The Lord is with you.

Blessed are you among women,

And blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

Pray for us sinners,

Now, and at the hour of our death.

Amen.

CLOSING HYMN: [Ave Maria](#) by Andre Bocelli
Pray for us sinners.

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 as, together, we pray,

In the words of Padre Pio...

May the mother of Jesus and our mother, always smile on our spirits.

And may she obtain for us, from her most holy son, every heavenly blessing.

We pray 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:

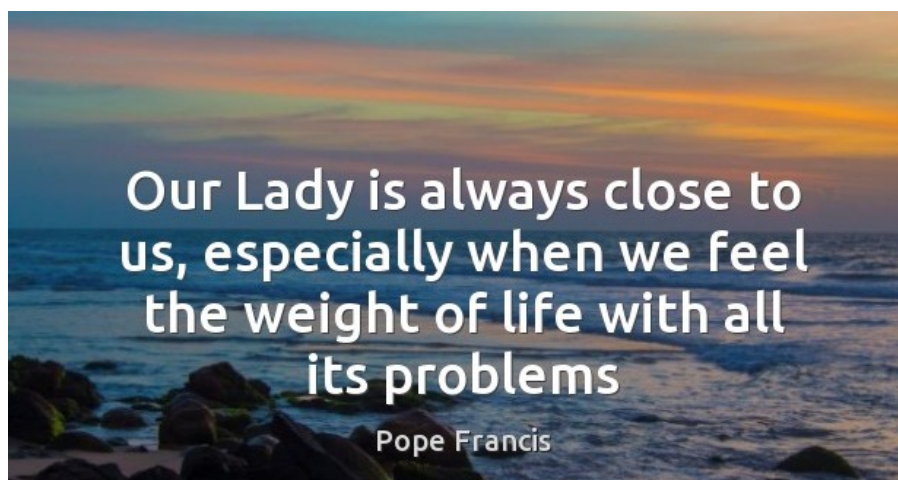
[Hail Mary, Prophetic Woman](#) by Casey Cole, OFM

Mary was not only a gentle flower, quiet light, peaceful dove. She was an assertive prophet at the same time.

[Mary Did You Know?](#) by Pentatonix

[Mary, Mother of God Quotes](#) from Jesuit Resources

- [Ave Maria in Art](#)



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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