



*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 16 , 2021  
9:30am ET  
(or a convenient time for you)**

## **Jesus, You Take Over!**

He got into the boat with them and the wind died down.  
(Mark 6:51)

*Jesus, You Take Over!*  
*Please... get into the boat with us.*

*Come more deeply into our hearts and lives today.  
We need you now, more than ever.*



**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:** [Anchor Me](#) by The Tenors

*When sadness crashes like an ocean; when fear is deeper than the sea; when I am swallowed by the darkness... Will you come and anchor me?*

### **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 6:45-52**

After the five thousand had eaten and were satisfied,  
Jesus made his disciples get into the boat  
and precede him to the other side toward Bethsaida,  
while he dismissed the crowd.

And when he had taken leave of them,  
he went off to the mountain to pray.

When it was evening, the boat was far out on the sea and he was alone on shore.

Then he saw that they were tossed about while rowing,  
for the wind was against them.

About the fourth watch of the night,  
he came toward them walking on the sea.

He meant to pass by them.  
But when they saw him walking on the sea,  
they thought it was a ghost and cried out.

They had all seen him and were terrified.  
But at once he spoke with them,  
“Take courage, it is I, do not be afraid!”

He got into the boat with them and the wind died down.  
They were completely astounded.

They had not understood the incident of the loaves.  
On the contrary, their hearts were hardened.

**REFLECTION #1: [Jesus, You Take Over!](#)** by Fr. Dolindo Ruotolo  
*I indeed will do it for you; I will comfort you, free you, and guide you.*



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: [Take Care; Do Not Fear](#)** by My Catholic Life  
*He is walking toward you in the midst of whatever you are struggling with, saying to you, "Take courage, it is I, do not be afraid!"*

## **PRAYER**

Lord, I trust in your almighty power and unconditional love.

I trust that you care about me and are present in every storm I face in life.

Give me hope in the midst of every trial and enable me to turn to you as the source of my peace.

I love you, dear Lord.

Jesus, I trust in you.

**CLOSING HYMN: [Be With Me, Lord](#)** by the Arch Street Band  
When I'm in trouble and don't know where to go...

## **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,

Loving Lord,

May we once again turn to your most compassionate heart.

May we lift our eyes toward you.

May we turn away from the sources of our anxiety and fear in life.

May we welcome you into our boat.

May you fill us with faith and hope.

May you give us the courage we need to put all of our trust in you.

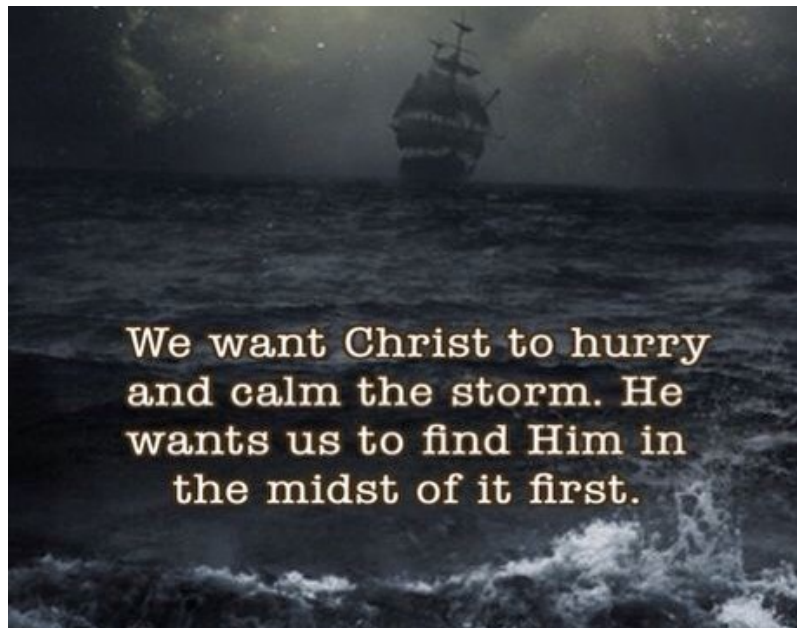
We pray this as we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



#### FOR FURTHER REFLECTION:

- [He Got Into the Boat With Them](#) from Word Among Us.  
Invite him in and be open to how he might want to reveal himself to you.
- [Where is God?](#) from Word Among Us  
*In the midst of all the suffering the pandemic has caused, our heavenly Father is still telling us, "I am here. I am with you."*
- [Calming the Storm](#) by My Catholic Life  
*The Lord's love for you is perfect. He will never let you drown.*
- [God is Always Near](#) by Pope Francis  
*He is our Father!*



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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