



*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 23, 2021
9:30am ET
(or a convenient time for you)**

**Where There is Hatred,
Let Me Sow Your Love.**

*“Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.
Hate multiplies hate, violence multiples violence.”*

--Rev Dr Martin Luther King Jr.



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: [Peace Prayer](#) by John Foley, SJ
Where there's hatred grown, let me sow your love.

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

John 2:9-17

Anyone who claims to be in the light but hates a brother or sister is still in the darkness.

Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble.

But anyone who hates a brother or sister is in the darkness and walks around in the darkness. They do not know where they are going, because the darkness has blinded them.

I am writing to you, dear children, because your sins have been forgiven on account of his name.

I am writing to you, fathers, because you know him who is from the beginning. I am writing to you, young men, because you have overcome the evil one.

I write to you, dear children, because you know the Father. I write to you, fathers, because you know him who is from the beginning. I write to you, young men, because you are strong, and the word of God lives in you, and you have overcome the evil one.

Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them.

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

The world and its desires pass away, but whoever does the will of God lives forever.

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [The Sad Fruit of Hate](#) from My Catholic Life

Hate is an ugly passion that can sneak in and cause much destruction in our lives and the lives of others.



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: [Is it OK to Hate Someone?](#) by Fr. Mike Schmitz

It is important to live what we believe, and that means loving people so much that even when they harm us, we continue to love them.

PRAYER

Heavenly Father,

Give me the grace I need to look into my heart and see any tendencies of anger, resentment and hatred.

Purify me of this evil and set me free.

Lead me from death to life, from lies to truth.

Lead me from despair to hope, from fear to trust.

Lead me from hatred to love, from war to peace.

Let peace fill our heart, our world, and our universe.

We ask you this in the name of your Son, Our Lord, Jesus Christ.

Amen.

CLOSING HYMN: [Prayer of St Francis](#) with lyrics by Sebastian Temple

Where there is hatred, let me sow your love.

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, the great blessing of St. Francis from Numbers...

May the Lord bless and keep us;

May He make His Face shine upon us and be merciful to us;

May He turn His Countenance toward us and give us His Peace...

As we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

• **[The Hill We Climb](#) by Amanda Gorman**

So we lift our gazes not to what stands between us, but what stands before us. We close the divide because we know to put our future first, we must first put our differences aside. We lay down our arms so we can reach out our arms to one another, we seek harm to none and harmony for all.

• **[A Video Reflection of the Peace Prayer](#) by Ben Weger**

• **[A Channel of Your Peace Meditation](#)**

by Frank J. Maduri
The darkness that fills this world can be daunting and overwhelming if you allow it to be. The challenge is to bring light into the world, as Jesus and St. Francis strove to do in their everyday activities.



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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