



*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 30, 2021**

**9:30am ET**

(or a convenient time for you)

## **Out of the Darkness Comes A Great Light**

The people who walked in darkness  
have seen a great light;  
upon those who dwelt in the land of gloom  
a light has shone.

Isaiah 9:2

**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:** [Christ Be Our Light](#) by anggosworship  
Shine in our hearts. Shine through the darkness.

## **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**

**Is 8:23—9:3**

First the Lord degraded the land of Zebulun  
and the land of Naphtali;  
but in the end he has glorified the seaward road, the land west of the Jordan,  
the District of the Gentiles.

Anguish has taken wing, dispelled is darkness:  
for there is no gloom where there was distress.

The people who walked in darkness  
have seen a great light;  
upon those who dwelt in the land of gloom  
a light has shone.

You have brought them abundant joy  
and great rejoicing,  
as they rejoice before you as at the harvest,  
as people make merry when dividing spoils.

For the yoke that burdened them,  
the pole on their shoulder,  
and the rod of their taskmaster  
you have smashed, as on the day of Midian.

The Word of the Lord.  
Thanks be to God.

**REFLECTION #1:** [Light Disperses Darkness](#) by Catholic Life.

*Where there is spiritual Light, the Light of God's grace, the darkness of evil is dispelled.*



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:** [Choosing Darkness](#) by Fr. Michael Sparough. S.J.  
*The light came into the world, but the people preferred darkness to light.  
Enlighten me, Lord, when I choose a darkened day.*

## **PRAYER**

Lord,

Come to me and enter the darkness of my mind and heart.

Come and cast aside the sorrow and pain that I feel today.

Bring clarity to my confusion and replace it with the bright knowledge of your loving presence.

Help me to have confidence in the power of your light: the power of your truth and the power of your grace.

Let me be brave enough to allow this light to penetrate my soul this day.

Let me be brave enough to give it to others.

Jesus, I trust in you. Shine your great light on me.

Amen.

**CLOSING HYMN:** [Holy Darkness](#) by John Michael Talbot  
*I have tried you in the fires of affliction; I have taught your soul to grieve. In the barren soil of your loneliness, there I will plant my seed.*

## **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,

May Our Lord, Jesus Christ, dispel the tragic darkness of our world today.

May the forces of evil: sin, suffering, and death,  
Succumb to the power of his Great Light.

May we never curse the darkness, as we seek to bring the light of his hope into this world of despair.

May we be instruments of his Great Light.

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:**



[How to be a Light in the Darkness](#) by Fr. Mark-Mary and Br. Malachy  
*Every time you say "yes," you bring light to the fire.*

[Mother Teresa's Apostolic Darkness](#)

by Father Brian Kolodiejchuk  
Love is in the will. It is our choosing.

[Finding God in Darkness](#)

by Fr. Mike Schmitz  
When we feel spiritual darkness, it means God is preparing our souls for much greater things.



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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