



*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  
February 6, 2021  
9:30am ET  
(or a convenient time for you)**

## **BE STILL AND KNOW...**

“All the miseries of the human person  
come from the fact that no one can sit still for one hour.”  
Blaise Pascal

Achieving stillness seems beyond us  
and this leaves us with a certain dilemma:  
We need stillness to find God,  
but we need God’s help to find stillness.



**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:** [Be Still My Soul](#) by Kari Jobe

In you, I rest; in you I have found my hope

You never let me go; I place my life within your hands alone  
Be still, my soul.

### **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**

#### **Psalm 46**

God is our refuge and our strength,  
an ever-present help in distress.

Thus we do not fear, though earth be shaken  
and mountains quake to the depths of the sea,

Though its waters rage and foam  
and mountains totter at its surging.

**Selah** (Relax, Let Go, Trust)

Streams of the river gladden the city of God,  
the holy dwelling of the Most High.

God is in its midst; it shall not be shaken;  
God will help it at break of day.

Though nations rage and kingdoms totter,  
he utters his voice and the earth melts.

The LORD of hosts is with us;  
our stronghold is the God of Jacob.

**Selah** (Relax, Let Go, Trust)

Come and see the works of the LORD,  
who has done fearsome deeds on earth;

Who stops wars to the ends of the earth,  
breaks the bow, splinters the spear,  
and burns the shields with fire;

*“Be still and know that I am God!  
I am exalted among the nations,*

*exalted on the earth.”*

The LORD of hosts is with us;  
our stronghold is the God of Jacob.

**REFLECTION #1: [Be Not Afraid of Silence](#)** by Fr. Mark Toups  
*"Whenever we don't make time for silence in our lives, we become less human."*  
Ascension Press Lenten Companion



Take a moment to *selah*... pause... breathe... Reflect on what you have received from Reflection #1.  
Clear your mind before focusing on Reflection #2.

**REFLECTION #2: [Why Silence?](#)** Fr. Brice Higginbotham  
*Tune your radio to hear the voice of God.*

### **PRAYER**

Still my heart so that I may know that you are God,  
That I may know that you create and sustain my every breath,  
That you breathe the whole universe into existence every second,  
That everyone, myself no less than everyone else, is your beloved,  
That you want our lives to flourish,  
That you desire our happiness,  
That nothing falls outside your love and care,  
And that everything and everybody is safe in your gentle, caring hands, in this world  
and the next.  
Amen.

— Fr. Ron Rolheiser, OMI

**CLOSING HYMN: [Still](#)** by Hillsong United  
*I will be still and know that you are 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 as, together, we pray,  
May you know our hearts better than we know ourselves, Lord.

May you know our struggles and hold all of our fears in your caring hands.

May our hearts and minds be silent before you, Lord, resting in your deep love.

May you teach us to wait for your still, small voice to quiet the earthquakes and blazing fires in our lives.

May you replace our restlessness with inner calm, peace, and hope

May you help us find quiet and happiness in intimate communion with You.

May you teach us, Lord, to be still and know that you are God.

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:

- [Silence](#) from Catholic Daily Reflection, My Catholic Life.  
*God speaks to us in the silence and wants to communicate with us through this sacred language.*
- [The Value of Silence](#) by Fr. Mike Schmitz  
*God reveals himself--and ourselves to ourselves-- in the silence. Silence is a great magnifier.*
- [The Pope on Sacred Silence](#)  
*Let there be silence. Without this silence, we risk neglecting the recollection of the soul.*
- [Silence](#) by Dynamic Catholic  
Four questions we all need to answer.



[NEW!EMMAUS MINISTRY](#)

## **FEB-AUG 2021 PROGRAM SCHEDULE** **JOIN US!**

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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