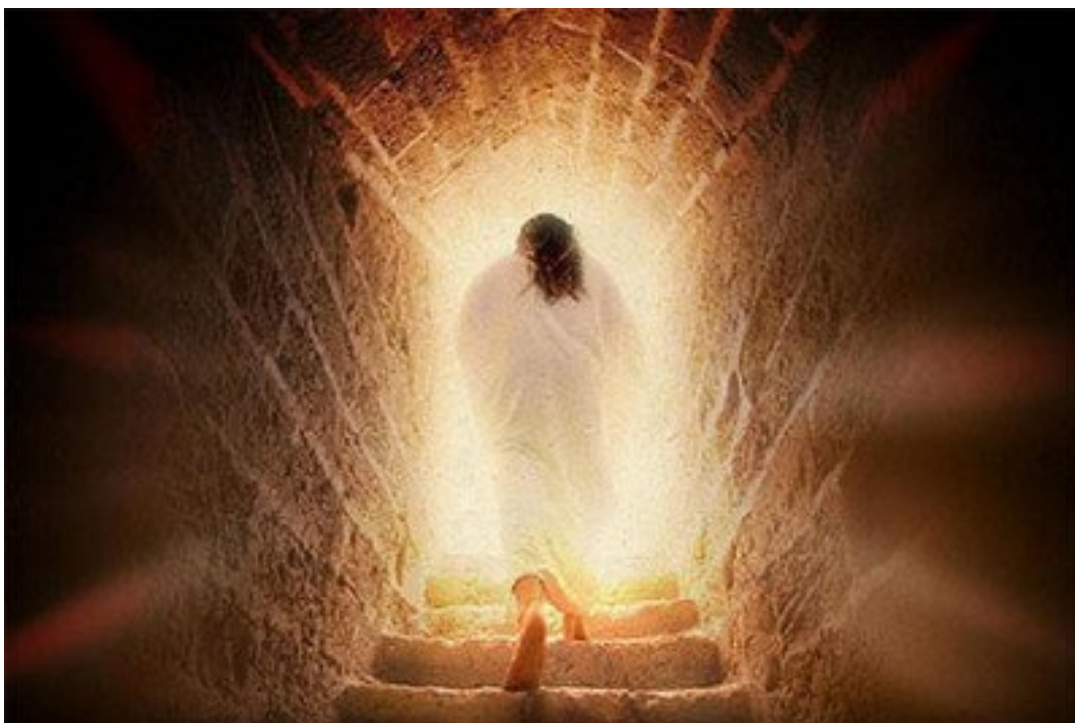




*Serving the Spiritual Needs of Grieving Parents
Whose Children of Any Age Have Died by Any Cause,
No Matter How Long Ago*

**Your Emmaus Ministry
Remote Retreat Guide
April 10 , 2021
9:30am ET
(or a convenient time for you)**



**"Amid these many hardships,
we must always remember that
we have been healed by the wounds of Christ
and in light of the Risen Lord,
our sufferings are now transfigured...
where there was death, now there is life."**

--Pope Francis

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 is Risen](#)* by Phil Wickham
Oh death, where is your sting? Oh fear, where is Your power?

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 20: 1-18

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb.

So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.”

So Peter and the other disciple went out and came to the tomb.

They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in.

When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place.

Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed.

For they did not yet understand the scripture that he had to rise from the dead.

Then the disciples returned home.

But Mary stayed outside the tomb weeping. And, as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been.

And they said to her, “Woman, why are you weeping?” She said to them, “They have taken my Lord, and I don’t know where they laid him.”

When she had said this, she turned around and saw Jesus there, but did not know it was Jesus.

Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him."

Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" which means Teacher.

Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'"

Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [Resurrection of Jesus](#) by Bishop Robert Barron
Through the Resurrection, the way of Hope opens up for everyone. Let the power of the Resurrection resonate in your own heart and announce it to the whole world.



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: [A New Day Has Dawned](#)
by Catholic Daily Reflection, My Catholic Life.
Allow the beauty of creation to be a sign to you of a reality that is infinitely greater than this world.

PRAYER

EASTER PRAYER BY ST. HIPPOLYTUS OF ROME

Christ is Risen: The world below lies desolate
Christ is Risen: The spirits of evil are fallen
Christ is Risen: The angels of God are rejoicing
Christ is Risen: The tombs of the dead are empty

Christ is Risen indeed from the dead, the first of the sleepers,
Glory and power are his forever and ever.

Amen.

CLOSING HYMN: [Easter Hallelujah](#) by Leonard Cohen adapted by Kelley Mooney.
They saw that they were not alone.

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,

Lord God, You loved this world so much that you gave your one and only Son; that we might be called your children too.

May we have hearts full of thanks for your sacrifice.

May we live in the gladness and hope of Easter Sunday everyday.

May we have eyes that recognize your grace and rejoice in our salvation.

May the glory and promise of this joyous time of year bring peace and happiness to all of us and those we hold most dear

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

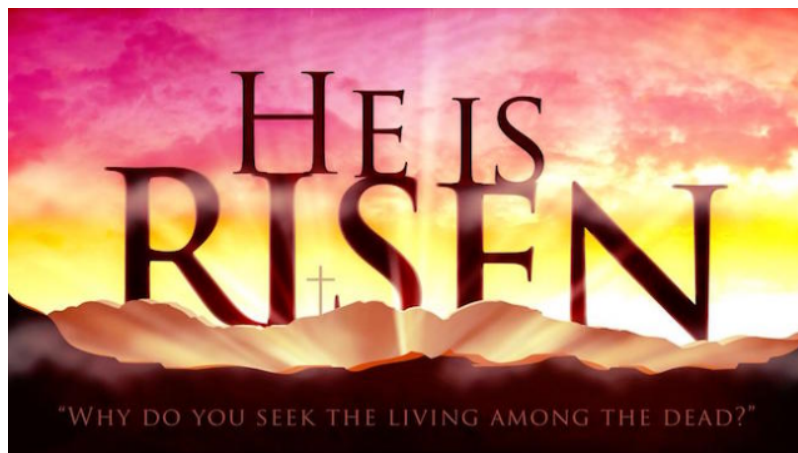
Amen.



with this information.

FOR FURTHER REFLECTION:

- [Seeds of Joy, Stories for Easter](#) by Heart to Heart, a Catholic Minsitry
What are you dealing with today that you'd like God to help you with?
- [Fr. Mike's Easter Special](#)
by Fr. Mike Schmitz
*You are important to Him;
You will know what to do*



PLEASE NOTE:

We email the Saturday Morning Remote Retreat Guides by 9pm every Friday night. If you don't receive yours, please email us at info@emfgp.org asap and we will resend it.



c/o 194 Bishops Forest Drive Waltham, MA 02452

Copyright © 2021 emfgp.org all rights reserved.

[unsubscribe](#) | emfgp.org | info@emfgp.org | +1 800 919 9332