



*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  
May 1 , 2021  
9:30am ET**



## ***COME, HAVE BREAKFAST!***

### ***The Last Supper Wasn't Their Last Meal***

When they climbed on shore,  
they saw a charcoal fire with fish on it.  
Jesus said, "*Come, have breakfast!*"

Amazing. He invites us to do the same.

#### **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 EDT (our normal retreat beginning time) 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:** [Peter's Song \(Face to Face\)](#) by Michael O'Brien  
*I have seen my savior face to face. You are alive!*

### **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 21: 1-14**

After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way:

Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples.

Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing.

When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus.

Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No."

So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish.

So the disciple whom Jesus loved said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea.

The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish.

When they climbed out on shore, they saw a charcoal fire with fish on it and bread.

Jesus said to them, "Bring some of the fish you just caught."

So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn.

Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord.

Jesus came over and took the bread and gave it to them, and in like manner the fish.

This was now the third time. Jesus was revealed to his disciples after being raised from the dead.

The Word of the Lord.

Thanks be to God.

**REFLECTION #1:** [Come, Have Breakfast](#) by Fr. Jack Peterson, Y.A.  
*The Eucharist is his greatest gift. Come often. Come and have breakfast.*



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:** [When We Least Expect It, Jesus Will Appear](#)  
by Fr. Alex Brito  
*When we listen to the Word of God, miracles happen.*



Take a moment to selah... pause... breathe... Reflect on what you have received from  
Reflection #1. Clear your mind before focusing on Reflection #3.

**REFLECTION #3:** [Breakfast with Jesus](#) by Fr. John Grieco  
*In and through ordinary things, we can become very close to God. The measure is the love with which we do them.*

## PRAYER

### ANIMA CHRISTI

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.

Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds hide me.  
Suffer me not to be separated from Thee.  
From the malignant enemy, defend me.  
In the hour of my death, call me.  
And bid me come to Thee.  
That with Thy saints I may praise Thee.  
Amen

**CLOSING HYMN:** [I Am the Bread of Life](#) by Suzanne Toolan  
*If you eat of this bread, you shall live forever. I will raise you up on the last day.*

### **CLOSING BLESSING**

Let us end our time of retreat...united with Brother John Maganzini, OFM and the Franciscan Friars at Saint Anthony Shrine, by blessing one another.

Raise your right hand and, together, let us virtually give this Blessing:

Lord Jesus, you are the bread of life, the manna that sustains us in the desert of our daily lives.

May we continue to hunger for your love and direction.

May you feed us, O Lord, and keep us in your graces.

May we find you in the most holy body and blood of the Eucharist.

May you, alone, satisfy the hunger in our hearts.

We ask this as we bless each other...  
In the name of the Father, the Son, and the Holy Spirit.  
Amen.



### **ADDITIONAL RESOURCES**

• [Foods from the Time of Jesus](#) by Christian Media Center  
*A reflection on foods from Jesus' time and their health benefits.*

• [John 21: 1-14](#) by John Michael Talbot  
*Jesus came and took the bread and gave it to them, and in like manner the fish.*





EMMAUS MINISTRY FOR GRIEVING PARENTS

[UPCOMING 2021 SCHEDULE.](#)

[PLEASE JOIN US! FOR MORE INFORMATION--OR TO REGISTER, CLICK HERE.](#)

**You will receive a new email next Friday.**

**Please join your fellow  
Emmaus Parent Companions  
again next Saturday at 9:30am EDT**

**Until then, may God bless you and keep you.  
Sending many warm, virtual hugs**

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