



*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 15 , 2021  
9:30am ET**



## ***THE ASCENSION***

***He had departed but was fully alive.  
The Ascension is about what comes next.***

### **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:** [The Ascension](#) by Phil Wickham  
*Let's start the ascension. Let us start the climb.*

**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**

**Matthew 28: 16-20**

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them.

When they saw him, they worshiped, but they doubted.

Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you.

And behold, I am with you always, until the end of the age."

The Gospel of the Lord.  
Praise be to you, Lord Jesus Christ.

**REFLECTION #1: [The Ascension and the Eucharistic Sacrifice](#)**

by Dr. Brant Pitre

The Ascension shows us that it is Christ Jesus who died... who was raised from the dead... who is at the right hand of the Father,...who indeed intercedes for us.



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: [The Ascension of the Lord](#)** by My Catholic Life.

*Departures can be painful, none more than the mysterious finality of a soul's departure from this life. For those without faith, confusion deepens the pain. Without God there is, after life, just the void.*

## **PRAYER**

Dear Lord Jesus Christ,

Right before your Ascension into heaven, you told your apostles to be His witnesses to the ends of the earth upon receiving the Holy Spirit.

May we be similarly inspired to spread your Gospel message in word and deed, according to your will for us.

And may we do so wisely and joyfully, with your help, your guidance, and your grace!

And remembering this glorious event, help us to seek what is above...

Heaven

Where you are seated at the right hand of God the Father.

Amen.

**CLOSING HYMN:** [\*\*Open the Eyes of My Heart\*\*](#) by Michael W. Smith  
*I want to see you... see you high and lifted up, shining in the height of your glory...*

## **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:

Let us pray...

May the Risen Christ lead us to eternal life.

May God, Our Father, make us joyful in the ascension of His Son, Jesus Christ.

May we follow the Risen Christ into new creation, for his ascension is our glory and our hope.

May the Ascension of the Risen Christ reinforce our dignity.

Through the Ascension, may we stand taller and straighter knowing that we are meant to live forever in our Father's house in heaven.

We ask this as we bless each other...

In the name of the Father, the Son, and the Holy Spirit.

Amen.

## **ADDITIONAL RESOURCES**



- **[Why Does the Ascension Matter to Me?](#)** by Bishop Robert Barron  
It's the meeting of heaven and earth. Our job is continuing the work of bringing heaven and earth together.
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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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