



*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 29 , 2021  
9:30am ET**



***MARY,  
OUR MOTHER  
and  
MOTHER OF OUR CHURCH***

ON THE CROSS...  
Jesus gave Mary to us  
as Our Mother  
and  
as Mother of Our Church

On this Last Saturday of Mary's Month of May, 2021,  
We Honor Mary's Motherhood.

**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:** [Memorare](#) rendition by Ong TeckHua  
*Never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided.*

### **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 READINGS**

#### **John 19:25-34**

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son."

Then he said to the disciple, "Behold, your mother."  
And from that hour the disciple took her into his home.

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

#### **Acts 1:12-14**

After Jesus had been taken up to heaven, the Apostles returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away.

When they entered the city they went to the upper room where they were staying. Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Zealot, and Judas son of James.

All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.

The Word of the Lord.

Thanks be to you, Lord Jesus Christ.

**REFLECTION #1:** [Mary, Mother of the Church](#) by Friar Derrick Yap, ofm  
*From robe to maid to Mother.*



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 Do Catholics Call Mary Their Mother?](#)  
by Fr. Mike Schmitz  
*The more you love His mother, the more you love God.*

### **PRAYER TO MARY, MOTHER OF THE CHURCH**

Mother, help our faith!

Open our ears to hear God's word and to recognize his voice and call.

Awaken in us a desire to follow in his footsteps, to go forth from our own land, and to receive his promise.

Help us to be touched by his love, that we may touch him in faith.

Help us to entrust ourselves fully to him and to believe in his love, especially at times of trial, beneath the shadow of the cross, when our faith is called to mature.

Sow in our faith the joy of the Risen One.  
Remind us that those who believe are never alone.

Teach us to see all things with the eyes of Jesus, that he may be light for our path.

And may this light of faith always increase in us, until the dawn of that undying day which is Christ himself, your Son, our Lord!  
--Pope Francis

**CLOSING HYMN:** [Salve Regina](#) by Mount St. Mary Seminarians  
*To you we sigh, mourning and weeping in this valley of tears. Turn then, our advocate, those merciful eyes toward us.*

## **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:

Mary, Our Mother and Mother of the Church...

We thank Our Lord, Jesus Christ, for giving you to us as Mother. at the moment of his redeeming death.

May you hear our prayers as a mother listening to her child.

May you share our deepest needs tenderly with your Son, Our Lord, Jesus Christ.

May you help us conquer the grasp of evil, which so easily takes root in our hearts.

May you help us strengthen our faith, intensify our hope, and increase our love.

May we follow your *Fiat* in total surrender to Our Lord.

We ask this as we bless each other...

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

Amen.



## **ADDITIONAL RESOURCES**

- [\*\*Why Do Catholics Worship Mary?\*\*](#)  
by Fr. Michael Nixon  
*Hint: They don't!*
- [\*\*Mary, the Mother of the Church\*\*](#)  
by Archbishop William Goh  
*Mary is the mother of the Church because the Church would not have come into being if not for the cooperation of Mary at the incarnation.*

**ARE YOU BEING CALLED TO  
FOCUS ON YOUR SPIRITUAL  
JOURNEY AFTER THE DEATH OF  
YOUR CHILD?**

**COMING SOON!  
2021 Virtual and  
In-Person Retreats**

[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 ET**

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

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