



*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
July 31 , 2021
9:30am EDT**



JUST HAVE FAITH

HEALING OF JARIUS' DAUGHTER

*When He was on earth, Jesus publicly raised
seven people from the dead. Most were children.*

*As grieving parents, we believe
He recognizes the depths of our pain.
"The child is not dead, only asleep."*

and

HEALING OF THE HEMORRHAGING WOMAN

*"If I but touch his clothes, I shall be cured."
"Your faith has saved you."*

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: [Be Still My Soul; In You I Rest](#) by Kari Jobe
In You I rest; in You I found my hope/In You I trust; 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

Mark 5: 21-43

When Jesus had crossed again [in the boat] to the other side, a large crowd gathered around him, and he stayed close to the sea.

One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, “My daughter is at the point of death. Please, come lay your hands on her that she may get well and live.”

He went off with him, and a large crowd followed him and pressed upon him.

There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse.

She had heard about Jesus and came up behind him in the crowd and touched his cloak.

She said, “If I but touch his clothes, I shall be cured.”

Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction.

Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, “Who has touched my clothes?”

But his disciples said to him, “You see how the crowd is pressing upon you, and yet you ask, ‘Who touched me?’”

And he looked around to see who had done it.

The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told him the whole truth.

He said to her, “Daughter, your faith has saved you. Go in peace and be cured of your affliction.”

While he was still speaking, people from the synagogue official’s house arrived and said, “Your daughter has died; why trouble the teacher any longer?”

Disregarding the message that was reported, Jesus said to the synagogue official, “Do not be afraid; just have faith.”

He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James.

When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly.

So he went in and said to them, “Why this commotion and weeping? The child is not dead but asleep.”

And they ridiculed him. Then he put them all out. He took along the child’s father and mother and those who were with him and entered the room where the child was.

He took the child by the hand and said to her, “Talitha kum,” which means, “Little girl, I say to you, arise!”

The girl, a child of twelve, arose immediately and walked around. [At that] they were utterly astounded.

He gave strict orders that no one should know this and said that she should be given something to eat.

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

REFLECTION #1: [The Healing of Jarius' Daughter](#)

by Fr. Joseph, Capuchin Province of St. Conrad

In the face of the impossible, he told her to get up. He says to us today, "Do not be afraid; just have faith."



Take a moment to pause... breathe... savor what you have received from the Reflection #1.

Clear your mind before focusing on Reflection #2.

REFLECTION #2: [Extraordinary Faith](#) by My Catholic Life

He is constantly speaking and revealing the depth of His love to us, calling us to enter into a life of extraordinary faith.

PRAYER OF A PARENT ON THE LOSS OF A CHILD

Loving Father,

The loss of my child has broken me. I am like a shattered pane of glass; pieces of me are missing and I will never find them again.

I am enveloped in sadness, anger, bitterness, sorrow and grief. I have no words to describe the pain that consumes me.

No one can comfort me. No one understands me. What will happen to me, and will I ever experience gladness, joy and peace again?

Stay close by me, Lord, in my suffering. Put your arms under mine and bear me up, for I fear that if I fall, the weight of my suffering will prevent me from ever getting up again.

Support my arms, Lord, so that they will not be closed, but outstretched, to support others when they need my comfort.

Let me place my grief in you, Lord, so that it does not burn me into a shell, unable to radiate love ever again.

Protect me from the anger and bitterness that attack me, Lord. Let me not seek out the dark places that beckon me with their false promises of protection and relief.

Place your finger into this open hole that is in my heart, so that it will respond to the healing power of your comfort, presence, and love.

And give me your assurances, Lord, so that in time, I will be able to feel certain hope and true faith that my child and I will be together again, with You, in heaven.

I ask you this through Christ, Our Lord.
Amen.

CLOSING SONG: [**African Credo-I Believe**](#) by Catholic Television of Nigeria
Jesus said, "Just have faith." With this grace-filled song, we say, "We believe."

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.

Raise your right hand and, together, let us give this blessing

Heavenly Father...

May you be with us and console us, Father, for it is only in you that we find the strength to go on.

May you help us hold onto the good memories of our children, not the pain.

May you instill in us the certain hope that, one day, we will definitely be together once again.

We ask this of you, Father, as we end these remote retreats and bless each other in your

name, and of the Son, and of the Holy Spirit.
Amen.



Thank you for praying together with us over the past 70 weeks
(more or less, depending on your availability).

It has been a privilege and an honor to share these Saturdays with you as we tried to delve deep inside our faith to find answers to the very hard questions that continue to plague grieving parents. In the end, through these many Half Hour Retreats, many of us did, at least, find hope.

Hope in joining together with each other and knowing that we are not alone. Hope in hearing and trying to understand the Word of the Lord. Hope in the knowledge and true faith that our children are alive and well and that we will definitely be together with them again.
Hope in the promise of Eternal Life.

As we end this series of Saturday Morning Remote Retreats, we have found Joy. Please join us in singing the beautiful [*Ode to Joy*](#), the triumphal song of life.

And join us again for more spiritual nourishment at any of our upcoming in-person retreats near you--or at our next Virtual Retreat in 2022 (date TBD).

**Please continue to [check our website](#),
as we frequently add new retreats.**



FINALLY!

**IN-PERSON
EMMAUS
MINISTRY
RETREATS**

For past Remote Retreats, see [here](#).



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