



ON THE ROAD TO EMMAUS SELF-DIRECTED RETREAT

***“Were not our hearts burning [within us] while he spoke to us
on the way and opened the scriptures to us?”***

Our eyes are now open in hopeful recognition.

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: [I Can See \(The Emmaus Road\) by Steve Green](#)

And from that moment in time, I felt the emptiness subside and all the wonder of creation shining through.

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

Luke 24:13-35

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred.

And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast.

Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people,

how our chief priests and rulers both handed him over to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning

and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive.

Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke!

Was it not necessary that the Messiah should suffer* these things and enter into his glory?"

Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther.

But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them.

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them.

With that their eyes were opened and they recognized him, but he vanished from their sight.

Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?"

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them

who were saying, "The Lord has truly been raised and has appeared to Simon!"

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

REFLECTION #1 :

[The Road to Emmaus](#) by Fr. Michael Sparrough. SJ

Our Lenten and Easter journeys merge on the road to Emmaus. The dark veil of Lenten despair is lifted in the breaking of the bread; the disciples' eyes are opened to the glory of the Lord!



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: [Scott Hahn Reflects on the Road to Emmaus](#)

This is why we are Catholics. This is why we are Easter people!

PRAYER

God of Healing, God of Hope...

In Jesus, you meet us in our suffering and fear, just as you met the disciples on the road to Emmaus.

Look with mercy and compassion on those of us whose children have died.

Look with mercy and compassion on those of us who are also suffering and in fear.

Look with mercy and compassion on those of us who have been affected by this pandemic.

Through this global trial, by your Holy Spirit, bring out the best in us. Help us to help each other.

Make us more aware of our interdependence on each other and of the strength that comes from being One Body in you.

Let us remember that we are Resurrection people who place our trust in you.

Through Christ our Wounded Healer,
Amen.

CLOSING HYMN: [The Emmaus Song](#) by Monica Brown

(Official song of the Emmaus Ministry for Grieving Parents!)

Come Journey With Me [Note: may take a minute to load]

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 *On the Road* Blessing:

May each of us, during these very difficult times,
Join the disciples on the road to Emmaus.

May we rediscover the transforming grace of Our Risen Lord, as He reveals it to us.

May we recognize the very real presence of Our Risen Lord in our lives.

May we recognize the very real presence of our children in our lives.

May we use this knowledge to soften the pain of others.

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

ADDITIONAL RESOURCES

[Note: Because we have an obvious affinity for this gospel reading, we are providing more additional resources than normal. Please check them out.]

[EMMAUS STORY DRAMATIZATION](#)

The Road to Emmaus-Full Episode

Fr. Michael Sparough, SJ

Fr. Michael performs his dramatization of the encounter between two disciples and Jesus as they walk on the road to Emmaus. He reminds us that we are the un-named disciple, invited to walk along with Jesus and to share our story with him.

[EMMAUS IMAGINATIVE PRAYER](#)

A meeting on the road to Emmaus.

[REFLECTION ON THE EMMAUS STORY](#) by Father Jeffrey F. Kirby

The heaviness and hardships of our lives are not the end, and they do not define us. Try as they might, they do not define our world. The sorrows and sufferings of the world have no power over us.

EMMAUS STORY IN ART

Robert Zund's "Road to Emmaus."

COMMENTARY on a beloved, very popular depiction of the disciples on the road to Emmaus.

EMMAUS STORY IN MUSIC

Another beautiful rendition of "*I Can See (The Emmaus Road)*" by Steve Green performed by Alessandra Sorace