



*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
April 3 , 2021
9:30am ET
(or a convenient time for you)**



*"Holy Saturday is the best reminder that the
silence of God doesn't equal the absence of God."*

-- Tullian Tchividjian

We all know the meaning of Good Friday,
the day when Jesus died on the cross for our sins.

The same is true of Easter Sunday,
the day when he rose from the dead in triumph over death.

But what about Holy Saturday?
What does this day commemorate?

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 ET 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: Waiting in Silence by Carey Landry
Waiting in silence, waiting in hope; we are you people, we long for new life.

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

1 Peter 3: 13-22

Now who is going to harm you if you are enthusiastic for what is good?

But even if you should suffer because of righteousness, blessed are you. Do not be afraid or terrified with fear of them, but sanctify Christ as Lord in your hearts.

Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame.

For it is better to suffer for doing good, if that be the will of God, than for doing evil.

For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the spirit.

In it he also went to preach to the souls in prison,
who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water.

This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

The Word of the Lord.
Thanks be to God.

REFLECTION #1: What Does It Mean That Jesus "Descended into Hell"?
by the Diocese of Springfield, IL

Did Jesus really go to hell on Holy Saturday, as we say in the Apostles Creed?



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: An Ancient Homily on Holy Saturday (attributed by some to Bishop Melito of Sardis around A.D. 165)

Jesus said to the souls in prison, "Awake, O sleeper, and rise from the dead."

PRAYER

SAVING GOD,

All creation on this day waits with groaning and longing for the salvation promised to our ancestors, and revealed in the resurrection of your Son Jesus.

Teach us how to wait for the bursting forth of your saving power when all will be reconciled to you in Christ Jesus.

We wait in hope, O God.

We wait in the company of all the angels and saints of heaven. Through their intercession may we have the power to say: "*Holy, Holy, Holy is our God.*"

Amen.

CLOSING HYMN: All the Ends of the Earth by Bob Dufford

For the Lord of the earth, the Master of the sea, has come with justice for the world.

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.

Bow your head, raise your right hand as, together, we pray,

Lord, Our Savior...

May we watch and wait with your sorrowful mother at the cross during this barren, in-between, time.

May we watch and wait with your apostles as they are frozen with fear in the upper room during this barren, in-between, time.

May we hear the joyful voices of the dead rise in glory as you visit them this day.

May we look forward with joyful hope to the coming of Our Lord, Jesus Christ tomorrow.

We pray this as we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

- [**Holy Saturday: An Animation**](#) by Full of Eyes
A very beautiful and creative animation of Jesus descending into hell on Holy Saturday.
- [**Cardinal Dolan on Holy Saturday, 2021: A One-Minute Reflection**](#) by Cardinal Timothy Dolan, Archdiocese of New York
The tension in our lives is because we experience a bit of Good Friday and a bit of Easter Sunday... we are between the "already" and the "not yet."
- [**Passion Song: The Story of Holy Week**](#) by Sean Carter
A moving music video depiction of the Passion
- [**Solidarity With a Mother Grieving Her Dead Son**](#) by Hosffman Ospino
Some Catholic communities remember Mary on Holy Saturday as "Our Lady of Solitude," evoking how she must have felt after losing her child and finding herself not only without her most precious gift, but also more vulnerable than ever as a woman.



PLEASE NOTE:

We email the Saturday Morning Remote Retreat Guides by 9pm every Friday night. If you don't receive yours, please email us at info@emfgp.org asap and we will resend it.



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