



Spiritual Retreats and Reflections

For grieving parents whose children of any age have died by any cause, no matter how long ago.

Losing a child under any circumstances is horrendous. Focusing on the spirituality of the grieving process can help tremendously.

Just as He comforted his grieving disciples on the road to Emmaus, Jesus comforts us and we comfort each other in this very special Catholic ministry.

With other Emmaus Parent Companions and Spiritual Leaders, find spiritual nourishment in a warm and loving place—to think, talk, feel, and pray. Find compassion, rest and peace...at least for a time.

HALF HOUR SATURDAY MORNING SELF-DIRECTED RETREATS

Join other grieving parents remotely at 9:30am Saturday mornings for a very rewarding, concentrated half hour to explore Scripture, hear meaningful spiritual reflections and pray together at the same time. You will receive your Retreat Guide via email every Thursday.

ONE-HOUR WEDNESDAY MIDWEEK GATHERINGS

Join us for an hour of spiritual nourishment offered by an Emmaus Parent Companion or Spiritual Leader, followed by a short discussion with other grieving parents who know somewhat of your pain. Participation in the discussion is not required. Third Wednesday of the month. 8pm-9pm ET

ONE-DAY AND WEEKEND SPIRITUAL RETREATS

Give yourself the gift of getting away from everyday life to focus on where God is in your life right now—and where your child is. Share as much or as little as you like.

EMFGP YOU TUBE CHANNEL

Our EMFGP YouTube Channel offers more than 50 comforting, inspirational reflections, specifically for grieving parents.



Learn more at www.emfgp.org
or call (800) 919-9332



**ARCHDIOCESE
of NEW YORK**

**ONE-DAY RETREAT
ST. PATRICK'S
CHURCH
137 Moseman Avenue
Yorktown Heights, NY
Saturday, November 8, 2025
9:30am-7:30pm ET
REGISTER TODAY!**

ALSO COMING UP!

EMFGP RETREATS

Washington, DC
Palm Beach, FL
Saginaw, MI
Green Bay, WI
Fullerton, CA
Attleboro, MA
Scottsdale, AZ

For more information, see
[EMFGP UPCOMING SCHEDULE](#)