



*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 18, 2020  
9:30am EDT**

**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:** [Easter Hallelujah](#)

*"Do not abandon yourselves to despair. We are an Easter people and Hallelujah is our song!"*

--Pope St. John Paul II

**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.

**REFLECTION:**

[2020 Easter Sunday-Cardinal Sean O'Malley, OFM Cap](#)

*"There is life beyond the cross...there is meaning to suffering. Love is stronger than death."*

**PRAYER OF HOPE**

O God of Healing and Hope...

In Jesus, you meet us in our suffering and fear.  
Look with mercy and compassion on those of us whose children have died.

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

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: [I Am the Bread of Life.](#)**

*If you eat of this bread, you shall live forever. You shall live forever.*

**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 Easter Blessing from Pope Francis:

May Christ, who has already defeated death  
and opened for us the way to eternal salvation,

Dispel the darkness of our suffering humanity  
and lead us into the light of His glorious day.

A day that knows no end.

We ask this... in the name of the Father, the Son, and the Holy Spirit.  
Amen.

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**EMMAUS MINISTRY RESOURCES OF THE WEEK:**

[Music for Hope](#) by Andrea Bocelli (even better the second time)

The world-renowned opera singer, who is Catholic, performed this prayer in the empty Duomo di Milano in Italy on Easter Sunday, 2020.

*He said, "I believe in the strength of praying together; I believe in the Christian Easter, a universal symbol of rebirth that everyone--whether they are believers or not--truly needs right now. This is not a concert. It is prayer."*

**AND**

[The Hallelujah Chorus, 2020](#)

The Royal Choral Society in the United Kingdom, performed the Hallelujah Chorus from Handel's Messiah virtually this Good Friday, continuing a 144 year tradition-- broken only by the Blitz in 1940/1.

Following the cancellation of this year's annual performance due to Covid-19, members formed a virtual choir to allow audiences everywhere to enjoy this Easter institution.

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**You will receive a new email next Friday.  
Please join your fellow  
Emmaus Parent Companions  
again next Saturday at 9:30am EDT**

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

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**REMINDER**

**If you would like to join our other virtual program...  
LIVE Emmaus Ministry  
Wednesday Evening**

Virtual Gatherings at 8pm EDT

Continuing on Wednesday, April 22, 2020  
with Charley Monaghan  
one of the original founders  
of the Emmaus Ministry!

**IMPORTANT:** You do [need to register](#)  
for each week's Wednesday night event.



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