



*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 11, 2020
9:30am EDT**

MY PEACE I GIVE TO YOU

When we truly put our faith, hope, and love in God,
we obtain an inner peace that no wound or suffering can destroy.
This inner peace--this gift of love from God--heals us in ways the world cannot.
True peace has nothing to do with the absence of suffering or discomfort
and everything to do with trusting in God's plan and the hope for heaven.



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 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: [*Peace*](#) by Josh Baldwin
Your Peace won't let me go.

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

John 14:27-31A

Jesus said to his disciples:
“Peace I leave with you; my peace I give to you.
Not as the world gives do I give it to you.
Do not let your hearts be troubled or afraid.
You heard me tell you,
‘I am going away and I will come back to you.’
If you loved me,
you would rejoice that I am going to the Father;
for the Father is greater than I.
And now I have told you this before it happens,
so that when it happens you may believe.
I will no longer speak much with you,
for the ruler of the world is coming.
He has no power over me,
but the world must know that I love the Father
and that I do just as the Father has commanded me.”

REFLECTION #1: [***Peace Be With You***](#) by Fr. Michael Sparough, SJ
He breathes it into you...



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: [***I Am the Peace the World Cannot Give***](#) by Archbishop William Goh
If there is peace in your heart, you will find peace everywhere.

Lord, please put Your peace in my heart.
I'm worried and anxious.
My mind races and obsesses.
I can't help thinking about my problems.
And the more I think about them,
the more depressed I become.
I feel like I'm sinking down in quicksand
and can't get out.
Calm me, Lord.
Slow me down, put Your peace in my heart.

No matter what problem I have, Lord,
You are bigger,
You are more powerful than it is.
So I bring my problem to You.
I know what I want.
I know my will.
I do not know Yours.
I do not know how You will use this problem for my salvation.
I do not know what good You will workout from this evil.
But I trust You.
I trust Your goodness and Your wisdom.
So I place myself in Your hands.
Please fill my heart with peace.

- Author Unknown

CLOSING SONG: [Agnus Dei](#), Grant Us Your Peace

Agnus Dei, qui tollis peccata mundi, miserere nobis
Agnus Dei, qui tollis peccata mundi, miserere nobis
Agnus Dei, qui tollis peccata mundi, dona nobis pacem

Lamb of God, who takes away the sins of the world, have mercy on us.
Lamb of God, who takes away the sins of the world, have mercy on us.
Lamb of God, who takes away the sins of the world, give us peace

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 pray...

May the LORD bless you and keep you!
May the LORD let his face shine upon you and be gracious to you!
May the LORD look upon you kindly and give you peace!

In the Name of the Father, and of the Son, and of the Holy Spirit.
Amen

**FOR FURTHER
REFLECTION...**



[May the Lord Bless You and Keep You](#) - Global Choir

[Peace Be With You](#)-Word Among Us
Peace is more than inner calm and tranquility. It is a promise and a gift from Almighty God!

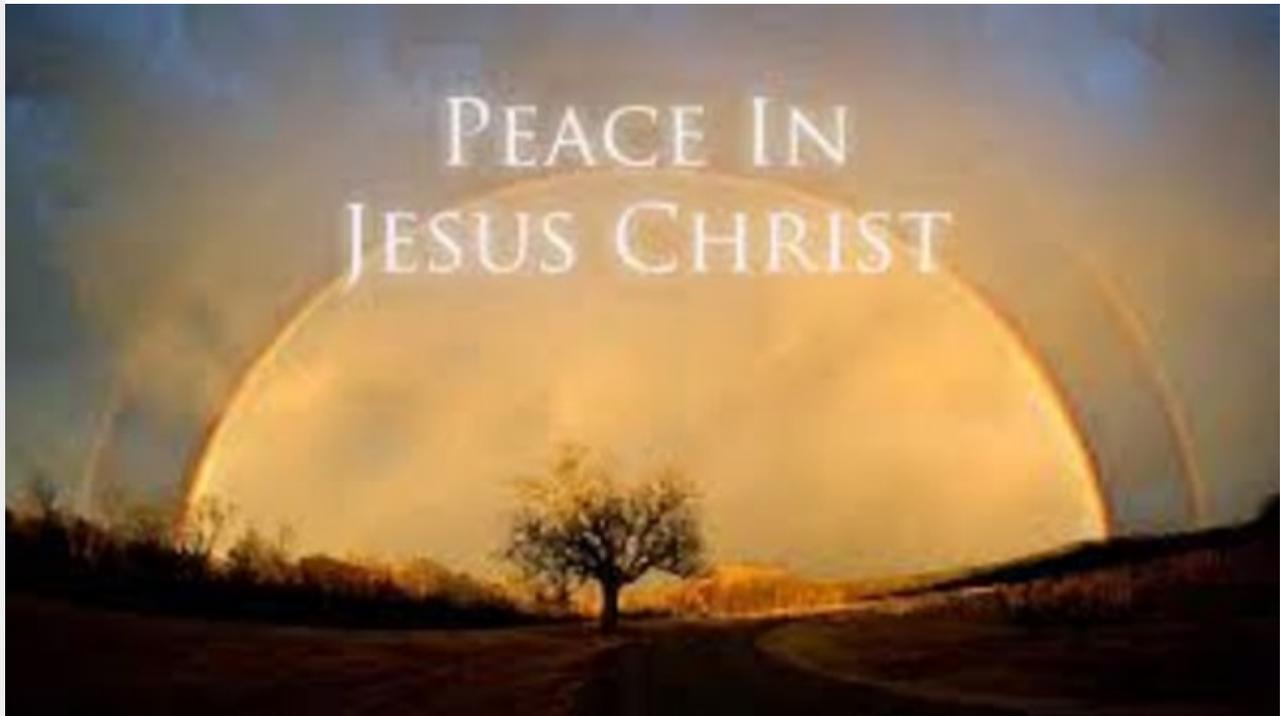
[Through Jesus, We Have the Peace the World Cannot Give!](#)

By Pastor Gunnar Ledermann

Only Jesus can give you forgiveness for your sins and only Jesus can take away your fear of death. Jesus gives us true peace that the world cannot give because he gives us life.

[Let Peace Flow in Your Heart Like a River](#) by Sr. Emmanuel Maillard

Come, Jesus, fill up my heart. I need your peace, your Shalom.



You will receive a new Emmaus Remote Retreat 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

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

REMINDER

We have concluded our
Emmaus Ministry LIVE Virtual Gathering Series.
If you were not able to join us for our Reflections
--or would like to see them again--
you can access these inspiring talks [here](#).



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