



*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**

October 3, 2020

9:30am EDT

(or a convenient time for you)

**TO EVERYTHING
THERE IS A SEASON**

*A time to weep and a time to laugh.
A time to mourn and a time to dance*

Ecclesiastes 3:4



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: *Parable* by M.D. Ridge
A time to be born and a time to die.

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

Ecclesiastes 3: 1-11

There is an appointed time for everything,
and a time for every affair under the heavens.

A time to give birth, and a time to die;

A time to plant, and a time to uproot the plant.

A time to kill, and a time to heal;

A time to tear down, and a time to build.

A time to weep, and a time to laugh;

A time to mourn, and a time to dance.

A time to scatter stones, and a time to gather them;

A time to embrace, and a time to be far from embraces.

A time to seek, and a time to lose;

A time to keep, and a time to cast away.

A time to rend, and a time to sew;

A time to be silent, and a time to speak.

A time to love, and a time to hate;

A time of war, and a time of peace.

God has made everything appropriate to its time.

What profit have workers from their toil?

I have seen the business that God has given to mortals to be busied about.

God has made everything appropriate to its time, but has put the timeless into their hearts so they cannot find out, from beginning to end, the work which God has done.

REFLECTION #1: [All Will Be Well](#) by CRUMBZ from Gerard
You do your best. The rest... accept.



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: [ECCLESIASTES 3:1-11](#), Word Among Us, September 25, 2020
It is remarkable how appropriate this reading from Ecclesiastes is for this particular moment in history.

PRAYER FOR TRUST

Faithful God,

Your timing is perfect.

I know that everything happens when it should.

I know that everything happens as it should

You are a God full of wisdom.

May I trust you with the seasons of my life.

May I trust you with my child.

In Jesus' name,

Amen.

CLOSING HYMN: [Turn, Turn, Turn](#) by the Byrds
For every thing, there is a season... Turn. Turn. Turn.

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...

Lord,

May we understand that our timing is not your timing.

May we know the times that we should and the times that we should not

May we have the courage to do and the wisdom to do not.

May our hearts be open to what we needs to stay and what needs to go.

In all things, may we surrender to your will, O Lord

We ask you to bless us, as we bless each other, in the name of the Father, the Son, and the Holy Spirit.

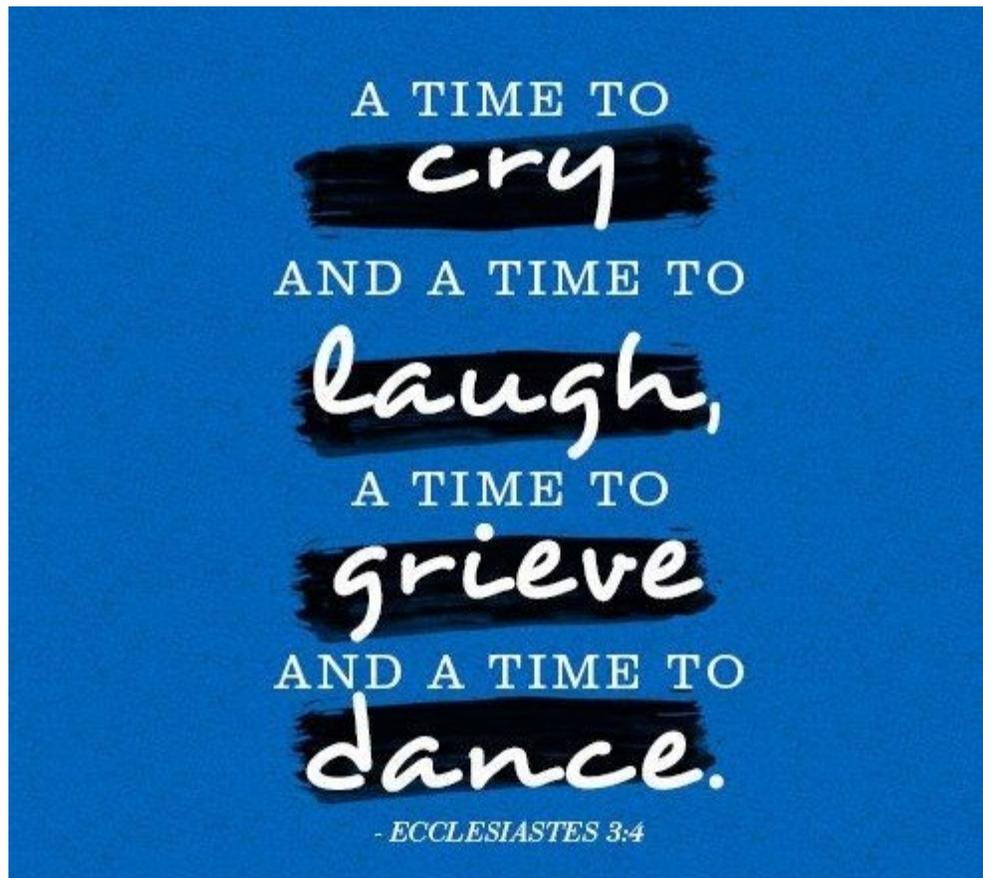
Amen



FOR FURTHER REFLECTION:

- **Lectio Divina:** Which one of the "TIMES" in today's Scripture reading seems to be speaking to you in a special way right now? Reflect on how you can specifically address this particular "time."

- [A Time For Everything](#) by Albcsteve
A creative exploration of Ecclesiastes 3
- [Ecclesiastes 3: 1-8](#) by Manna Media.
God's Time.



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](#).

NEW!
FALL. 2020
EMMAUS MINISTRY
LIVE FOUR-HOUR VIRTUAL RETREATS!
The October Virtual Retreat is now closed.
[For more information on our November 21 Virtual Retreat, see here](#)



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