



*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
November 21, 2020
9:30am ET
(or a convenient time for you)**

GRATITUDE

If the only prayer you ever say
in your entire life
is "*Thank You,*"
it will be enough.
--Meister Eckhart



Gratitude can change everything.

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: [Thankful](#) by Josh Groban
There is so much to be thankful for.

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

Colossians 3:12-17

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience,

Bearing with one another and forgiving one another,

If one has a grievance against another; as the Lord has forgiven you, so must you also do.

And over all these, put on love; that is, the bond of perfection.

And let the peace of Christ control your hearts, the peace into which you were also called in one body.

And be thankful.

Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God.

And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [Gratitude and Thanksgiving](#) by Fr. Michael Sparough, SJ
Our thanksgiving adds nothing to God's greatness. It does, however, change us for the better. There is always something to be grateful for.



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: [Gratitude Journal](#) by Rachael Dawson

It was such a simple practice, but it made such a big impact on my life and my attitude.

PRAYER

Father in Heaven, Creator of all,
And source of all goodness and love,

Please look kindly upon us,
And receive our heartfelt gratitude
In this time of giving thanks.

Thank you for all of the graces and blessings
You have bestowed upon us, spiritual and Temporal...

Our faith and religious heritage,

Our food and shelter, our health,

The love we have for each another,

The comfort of our family and friends.

The miracle of our precious children.

Heavenly Father, in your infinite generosity,

Please grant us continued graces and blessings throughout this coming year.

We ask you this through your son, our Lord Jesus Christ, who lives and reigns with you
and the Holy Spirit, One God, forever and ever.

Amen.

CLOSING HYMN: [Give Thanks](#) by Janella Salvador

And now let the weak say, "I am strong."

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 and, together, we pray...

May we enter His gates with thanksgiving, and His courts with praise!

May we give thanks to Him and bless His name!

May we give thanks to the Lord for He is good, and His love endures forever.

May Jesus Christ, our Lord and Savior, fill our hearts with gratitude and love this day.

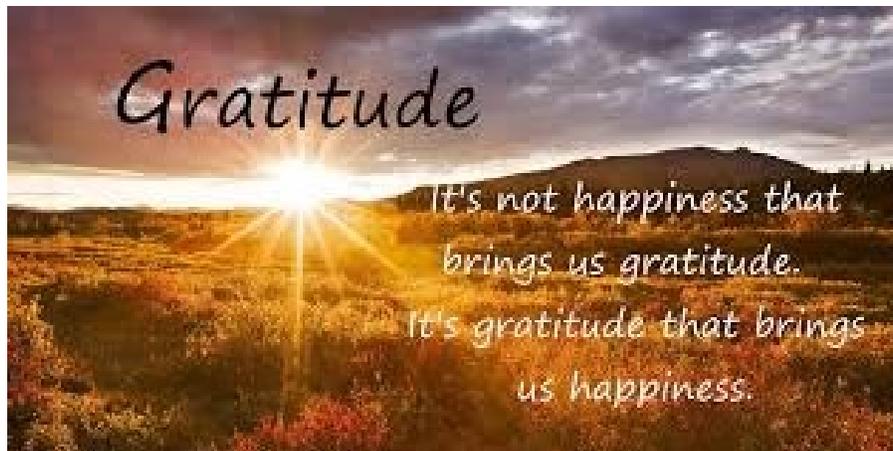
We ask for all of this, as we bless each other in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

- [Thank You, God...](#)
A short video reflection on Gratitude from Catholic Online
- [Why Gratitude?](#) by Fr Brice Higginbotham
Gratitude requires us to remember. Remembering what God has done helps to foster hope for what God will do.
- [Want to be Happy? Be Grateful!](#) by Brother David Steindl-Rast
The one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.



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](#).



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