



*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 31, 2020

9:30am ET

(or a convenient time for you)

**FRIENDS IN HIGH PLACES
THE COMMUNION OF SAINTS**

*"And I ask Blessed Mary Ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God."*



The Communion of Saints tapestry by John Nava, for the Cathedral of Our Lady of the Angels, Los Angeles, CA, 2001

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: [Litany of the Saints](#), by Michelle Sherliza, OP and Veronica Morrissey

All you holy men and women, pray for us.

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

Hebrews 12: 1-2

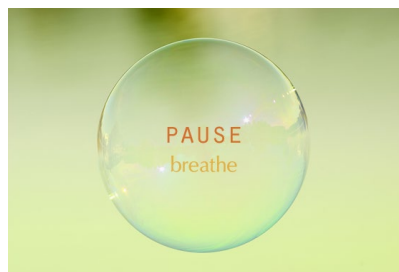
Therefore, since we are surrounded by so great a *cloud of witnesses*, let us rid ourselves of every burden and sin that clings to us and persevere in *running the race* that lies before us

While keeping our eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right of the throne of God.

The Word of the Lord.
Thanks be to God.

REFLECTION #1: [The Communion of Saints](#), by Fr. John Williamson

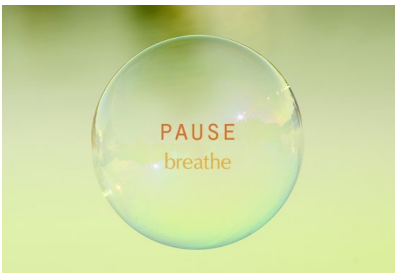
We are part of the Communion of Saints and have a special relationship with each other.



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: [All Saints Day Pep Talk](#) by Fr. Mike Schmitz

What does a triathlon have to do with the Communion of Saints?



Take a moment to pause... breathe... savor what you have received from the Reflection #2.
Clear your mind before focusing on Reflection #3.

REFLECTION #3: [The Veil Removed](#), by Iloilo Vlogs TV

The veil that stands between us and our deceased children is thinnest during Mass when we are joined with them through the Communion of Saints. This short film envisions what really happens at every Mass, every day, in every church across the world! It reveals the coming together of Heaven and Earth at Mass, as seen by saints and mystics, revealed by Scripture and in the Catechism of the Catholic Church. This is what we believe.

PRAYER

We thank you, O God, for the saints of all ages;

For those who in times of darkness kept the lamp of faith burning;

For the great souls who saw visions of larger truth and dared to declare it;

For the multitude of quiet and gracious souls whose presence has purified and sanctified the world;

And for our children, who have been known and loved by us, those who have passed from this early fellowship into the fuller light of life with you

Where you live and reign,
Father, Son, and Holy Spirit, forever and ever.

Amen

CLOSING HYMN: [Friends in High Places](#), by Chris Tomlin

The saints contemplate God, praise him, and care for those they have left here on earth.

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...

Loving God,

We thank you for all of the Saints, living and deceased.

May we rejoice in their triumphs and profit by their example.

May you grant our desire to join them in worshiping you forever in heaven.

May you help us follow their footsteps.

May you help us to seek your will in all things, as they did.

May you help us to devote ourselves and all that we do, to your glory and to the service of our neighbors.

We ask you 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:**

- [**What is the Communion of Saints?**](#) by Catherine O'Connell-Cahill
The best thing about the communion of saints is that it connects us all—because we are one body.
- [**The Communion of Saints**](#), by Pope Francis
One big family... we are all part of the Communion of Saints.

ALL SAINT'S DAY



**DO NOT WEEP, FOR I SHALL BE MORE USEFUL TO YOU
AFTER MY DEATH AND I SHALL HELP YOU THEN
MORE EFFECTIVELY THAN DURING MY LIFE.
ST. DOMINIC AS HE WAS DYING, TO HIS BROTHERS.
ALL SAINTS PRAY FOR US.**

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!
[For more information on our November 21 Virtual Retreat, see here](#)



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