



*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 28 , 2020
9:30am ET
(or a convenient time for you)**

ADVENT

WEEK ONE

We Wait With Hope

"What I say to all of you, I say to all...Watch!"



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: [Wait for the Lord](#) by Jacques Berthier
Keep Watch... Take Heart

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

Mark 13: 33-37

Jesus said to his disciples:

“Be watchful! Be alert!

You do not know when the time will come.

It is like a man traveling abroad.

He leaves home and places his servants in charge,
each with his own work,

And orders the gatekeeper to be on the watch.

Watch, therefore;

You do not know when the Lord of the house is coming,
whether in the evening, or at midnight,
or at cockcrow, or in the morning.

May he not come suddenly and find you sleeping.

What I say to you, I say to all: ‘Watch!’”

The Gospel of the Lord.
Thanks be to God.

REFLECTION #1: [The Spirituality of Advent](#) by Bishop Robert Barron.

In God's Time... Maybe we're not ready for it yet?



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: [Advent: More Than A Chocolate Calendar](#) by Fr. Mike Schmitz

If Jesus showed up in your life today, would there be any space for him?

PRAYER

Father...

In this season of Advent,

We prepare our hearts for your coming.

You are the vine, we are the branches.

Come and tend us, prune us, clean us.

Discard in us everything that does not bear fruit,

Nourish in us everything that bears fruit.

As we celebrate your coming as a vulnerable baby, our hearts wait for your glorious return as the eternal King.

Nurture in us expectant hearts, O Lord.

Cultivate in us a deep longing for more of you.

Until that day when you burst through the heavens,

And flood our horizons with your glorious splendour.

For yours is the kingdom and the power and the glory, throughout all ages and generations.

Amen.

--www.lords-prayer-words.com

CLOSING HYMN: [O Come, O Come, Emmanuel](#) by Thomas Alexander Lacey
Rejoice! Rejoice! Emmanuel.

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...

Lord Jesus,

Master of both the light and the darkness, send your Holy Spirit upon our preparations for Christmas.

May we who have so much to do and seek quiet spaces hear your voice each day,

May we who are anxious over many things look forward to your coming among us.

May we who are blessed in so many ways long for the complete joy of your kingdom.

May we whose hearts are heavy seek the joy of your presence.

May we who are your people, walking in darkness, seek Your Great Light.

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:

• [The Spiritual Life and the Advent Season](#)

By Dr. Brant Pitre

Get ready for Jesus! Advent is a time for intensified spiritual exercise.

- [First Sunday of Advent](#) by Jeff Clavins
Watch... How Do We Watch?
- [The True Meaning of Advent](#) by Fr. Mike Schmitz.
What If You Used Advent As a Way to Get Ready to Die?

*God calls you out of darkness
To walk in the light of His coming*



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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