



*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
December 12, 2020
9:30am ET
(or a convenient time for you)**

**ADVENT
WEEK THREE**

REJOICE!



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: [Come, Thou Long-Expected Jesus](#) by Shannon Wexelberg
Let us find our rest in thee.

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

Luke 1:46-48, 49-50, 53-54

My soul rejoices in my God.

My soul proclaims the
greatness of the Lord;
my spirit rejoices in God my Savior,
for he has looked upon his lowly servant.
From this day all generations will call me blessed:

R. My soul rejoices in my God.

The Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.

R. My soul rejoices in my God.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,

R. My soul rejoices in my God.

REFLECTION #1: *It is the End of the World As We Know It and I Feel Fine*

by Fr Michael O'Connor

Am I waiting hopefully for the coming of Christ?



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: [Third Sunday of Advent](#) by Fr. Burns at UCatholic
Darkness before the dawn.

PRAYER

God of Comfort,

These times seem so uncertain, so scary. The world seems darker than it has in the past and I am less sure of myself.

Maybe that's a good thing; maybe now I am turning to you with a realization that I need you so much more and that my life is not in my own control.

Let me not forget all of those around the world who are frightened at this moment.

Help those who are victims of terrorism, war, and the pandemic.

Be with those who have lost so much in the past year.

Hold us all in your loving arms and let us be comforted by the strength and peace you want to offer us through the birth of your son, Jesus.

We ask you this through Your Son, Our Lord, Jesus Christ.

Amen.

CLOSING HYMN: [My Soul Rejoices](#) by Classic Dameans
My spirit proclaims the greatness of the Lord. Holy is his name.

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 rejoice in your coming, O Lord, and pray for peace.

May we rejoice in your coming, O Lord, and refuse to dampen the joy of others.

May we rejoice in your coming, O Lord, and celebrate the fact that our children are safe in your arms.

May we rejoice in your coming, O Lord, and use the remaining days of Advent to grow in love.

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:

- [Advent Wreath](#) by Dan Schutte
Love is stronger than death.
- [Gaudete Sunday](#) by 3 Minute Theology
We can't spread the gospel if we are gloomy.
- [Joy-Advent Week 3 by RockPointe Church](#)
The Season of joy may be more trouble than it is worth,



You will receive a new Emmaus Remote Retreat email next Friday.

Please join your fellow
Emmaus Parent Companions
again next Saturday at 9:30am ET

Until then, may God bless you and keep you.
Sending many warm, virtual hugs

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



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