



*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
July 10 , 2021
9:30am EDT**



YOU CALM THE STORM YOU BURY PEACE

Come, Lord Jesus, Come

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 (our normal retreat beginning time) 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: [Calm the Storm](#) by Union Creative
In your presence, darkness turns to light.

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

Mark 4: 35-41

On that day, as evening drew on, he said to them, "Let us cross to the other side."

Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him.

A violent squall came up and waves were breaking over the boat, so that it was already filling up.

Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?"

He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm.

Then he asked them, "Why are you terrified? Do you not yet have faith?"

They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"

Psalm 107

They reeled, staggered like drunkards;
their skill was of no avail;

In their distress they cried to the LORD,
who brought them out of their peril.

He hushed the storm to silence,
the waves of the sea were stilled.

They rejoiced that the sea grew calm,
that God brought them to the harbor they longed for.

Let them thank the LORD for his mercy,
such wondrous deeds for the children of Adam.

REFLECTION #1: [The Stilling of the Storm](#) by Dr. Brant Pitri
Why are you afraid? Why don't you have faith? Why don't you have trust?



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: [Calming Life's Storms](#) by Catholic Daily Reflections
He can handle any hardship that we face. Turn to Jesus and know that he is there, ready to bring peace and calm. Jesus, I trust in you.

PRAYER

Lord,

I turn to You in the midst of the challenges of life and desire that You to come to my aid.

I know You are always near, waiting for me to trust You in all things.

Help me to turn my eyes to You and to have faith in Your perfect love for me.

Jesus, I trust in You.

Amen.

CLOSING SONG: [Anchor Me](#) by The Tenors
Every breath a battle; every step a war. This night an angry storm. When fear is deeper than the sea... will you come and anchor me? Can you be my faith tonight?

LYRICS

*All my soul is troubled
All my will is worn
Tired and discouraged*

*Trampled on and torn
Every breath a battle
Every step a war
My heart-broken vessel
This night an angry storm*

***When sadness crashes like an ocean
When fear is deeper than the sea
When I am swallowed by the darkness
Will you come and anchor me?***

*I cannot see through this
Can you be my eyes?
I'm completely hopeless
Can you shine a light?*

*I have no more strength left
Can you stand and fight?
I'm dying in this doubt
Can you be my faith tonight?*

***When sadness crashes like an ocean
When fear is deeper than the sea
When I am swallowed by the darkness
Will you come and anchor me?***

*Holding me still and hold me close
Until it all passes away
I beg you not to let go
All I really have to know
Is that you are here
And I am not alone*

***When sadness crashes like an ocean
When fear is deeper than the sea
When I am swallowed by the darkness
Will you come and anchor me?***

*(When sadness crashes like an ocean)
When fear is deeper than the sea (Deeper than the sea)
When I am swallowed by the darkness
Will you come and anchor me?*

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 give this blessing

Lord, whatever may come our way, we trust You....

May we know that You are always near, calming the storm, as long as we ask.

May we know that the world will give us more than we can handle, but that You will always give us the strength to overcome.

May we always trust in you.

May we not be afraid.

May we just have faith.

May we be still and know that You are God.

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



FOR FURTHER REFLECTION...

- [Do Your Really Trust in God?](#) by Fr. Mark-Mary
Jesus challenges us to be park rangers!
- [Jesus Calms the Storms of Life](#) by Pope Francis
Knock at the door of His heart.

SATURDAY MORNING RETREATS

ENDING JULY 31, 2021.

[SEE HERE FOR MORE INFORMATION.](#)



[COMING SOON!](#)

[IN-PERSON EMMAUS MINISTRY RETREATS](#)

You will receive a new 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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