



*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**

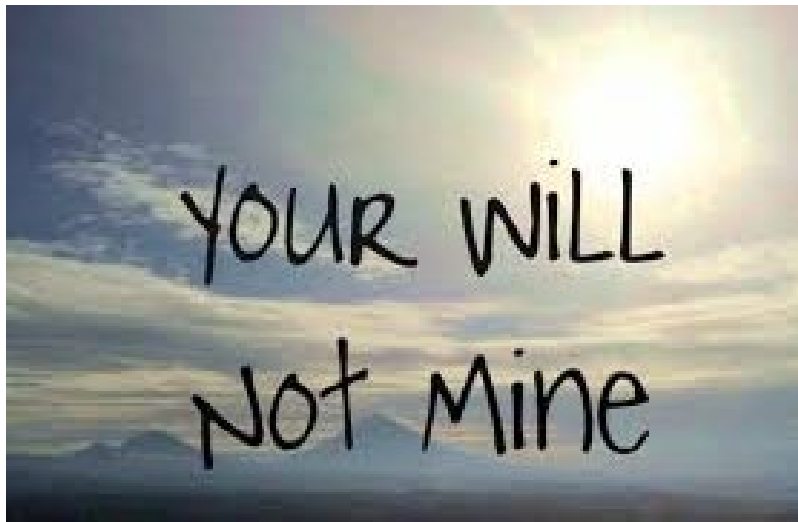
October 24, 2020

9:30am ET

(or a convenient time for you)

THY WILL BE DONE

*"Sometimes I gotta stop and remember...
You are God and I am not."*



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: [Thy Will Be Done](#) by Hillary Scott and the Scott Family
Sometimes I gotta stop and remember you are God and I am not.

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

Matthew 6: 5-13

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward.

But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

In praying, do not babble like the pagans, who think that they will be heard because of their many words.

Do not be like them. Your Father knows what you need before you ask him.”

“This is how you are to pray:

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread;

and forgive us our debts,

as we forgive our debtors;

and do not subject us to the final test,

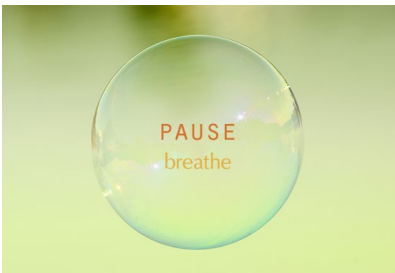
but deliver us from the evil one.”

The Word of the Lord.

Thanks be to God.

REFLECTION #1: [Thy Will Be Done](#) by Fr. Michael Sparough, SJ

Listen and obey. These are often the commands we give our children. Should we expect any less of God?



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: [God's Ways are Not Our Ways](#) by Fr. Mike Schmitz
Sometimes it's not the process we want, but it is the process we need. Trust the process, even if it's going to hurt, and God will lead you to greater things.

PRAYER

Lord,

Teach me to be patient - with life, with people, and with myself. I sometimes try to hurry things along too much, and I push for answers before the time is right.

Teach me to trust your sense of timing rather than my own and to surrender my will to Your greater and wiser plan.

Help me let life unfold slowly, like the small rosebud whose petals unravel bit by bit, and remind me that in hurrying the bloom along, I destroy the bud and much of the beauty therein.

Instead, let me wait for all to unfold in its own time. Each moment and state of growth contains a loveliness.

Teach me to slow down enough to appreciate life and all it holds.

Amen.

--Catholic Household Blessings and Prayers

CLOSING HYMN: [Our Father in Song](#) by Marc Sherwin Del Rosario Carlos

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...

In all things, may your holy, just, and lovable will be done, O God.

May you grant us the gift of acceptance this day.

May you help us understand the lessons and blessings hidden in the challenges we face today.

May you know that we are grateful to you for our lives, and for the incredible gift and

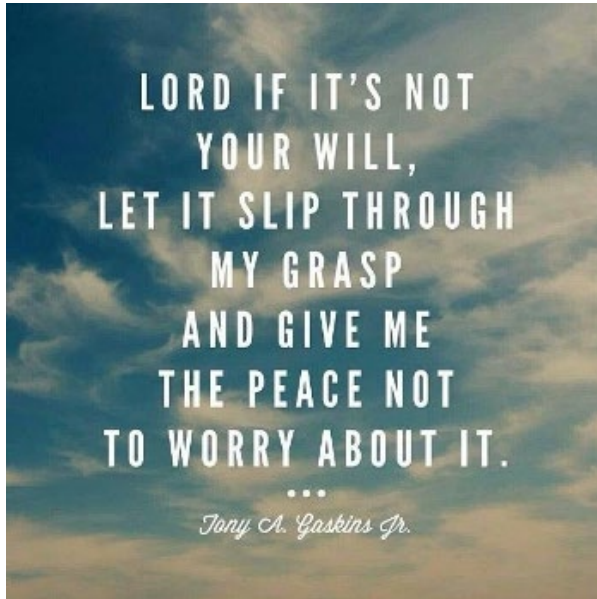
sacrifice of your son, Jesus Christ.

May your will--not ours--be done.

May your will be done, O Lord.

We ask you this, in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.



FOR FURTHER REFLECTION:

- [Thy Will Be Done](#) by Father Dan O'Reilly
The moment we renounce self, we are content.
- [Thy Will Be Done](#) as found in the *Catechism of the Catholic Church*.
By prayer we can discern "what is the will of God" and obtain the endurance to do it.



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!
The October Virtual Retreat is now closed.
[For more information on our November 21 Virtual Retreat, see here](#)



c/o 194 Bishops Forest Drive Waltham, MA 02452
Copyright © 2020 emfgp.org all rights reserved.
[unsubscribe](#) | emfgp.org | info@emfgp.org | +1 800 919 9332