



*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**

March 13, 2021

9:30am ET

(or a convenient time for you)

THE YEAR OF ST. JOSEPH

December 8, 2020-December 8, 2021

**Feast of St. Joseph
March 19, 2021**



St. Joseph...
The Crossroads
between the Old Testament and the New Testament
Second Only to Mary

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: [A Strange Way to Save the World](#) by Rascal Flatts
Why me? Why her?

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 1:18-23

Joseph did as the angel commanded him.

Now this is how the birth of Jesus Christ came about.

When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy Spirit.

Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly.

Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet:

"Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel," which means "God is with us."

The Gospel of the Lord
Thanks be to God.

REFLECTION #1: ["The Year of St. Joseph"](#) by Daily Rosary Family
At the crossroads of the Old Testament and the New Testament



Take a moment to *selah*... pause... breathe... Reflect on what you have received from Reflection #1.
Clear your mind before focusing on Reflection #2.

REFLECTION #2: [Pope Francis Proclaims the Year of St. Joseph](#)

by Fr. James Tracey

St. Joseph is a father in the shadows. Like St. Joseph, we are not the center of attraction. He teaches us how to live life in response to God's call.

PRAYER

Pope Francis states:

Every day, for over forty years, following Lauds I have recited this prayer to Saint Joseph taken from a nineteenth-century French prayer book of the Congregation of the Sisters of Jesus and Mary. It expresses devotion and trust, and even poses a certain challenge to Saint Joseph:

Glorious Patriarch Saint Joseph,
whose power makes the impossible possible,
come to my aid in these times of anguish and difficulty.

Take under your protection the serious and troubling situations
that I commend to you, that they may have a happy outcome.

My beloved father, all my trust is in you.

Let it not be said that I invoked you in vain,
and since you can do everything with Jesus and Mary,
show me that your goodness is as great as your power. Amen.

CLOSING HYMN: [Joseph's Song](#) by Michael Card
How could it be?

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 as, together, we pray,

May the husband of the Mother of God, pray for us

May the foster father and faithful guardian of the Son of God, pray for us

May the head of the holy family, pray for us

May the model of workers, pray for us.

May the patron of the dying, pray for us.

May the prayers of St. Joseph help us to follow Christ.

We pray 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:

- [Why St. Joseph is the Saint We Need in 2021](#) by Fr. James Martín.

Joseph's hidden life says to all of us in this pandemic, "God sees."

- [Litany of St. Joseph](#) by The Catholic Crusade
The Litany of St. Joseph was approved by Pope Pius X and carries a partial indulgence when prayed with reverence

- [Indulgences: 2021: Embracing the Year of St. Joseph to Grow](#)
Through St. Joseph, patron of the Universal Church, we grow in love and faith with Jesus through His Church.



COMING UP!

SPRING EMMAUS MINISTRY

VIRTUAL PROGRAMS

JOIN 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 ET

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

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

PLEASE NOTE:

I email the Saturday Morning Remote Retreat Guides by 9pm every Friday night. If you don't receive yours, please email me at diane@emfgp.org asap and I will resend it.

Some people are not receiving their guides and I am still researching why this is happening. I apologize for any inconvenience.



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