



*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 17, 2021
9:30am EDT**



PRAYER

A Conversation Among Friends Take the Time...

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: [Anima Christi \(Soul of Christ\)](#) sung by Liezel Garcia
*Based on the prayer of St. Ignatius of Loyola. Passion of Christ... Give me strength
From all the evil that surrounds me, defend me.*

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

MATTHEW Chapter 6: 5-8

“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.”

REFLECTION #1: Is God Talking to Me? by Fr. John Bartunek and Dan Burke
Is God really talking to me—or is what I am hearing only in my own mind?

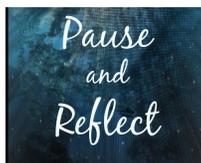


Take a moment to pause... breathe... savor what you have received from the Reflection #1.

Clear your mind before focusing on Reflection #2.

REFLECTION #2: Unanswered Prayers

God's ways are not our ways. When you are powerless, I am strong. Try asking God... God, what are you trying to teach me? Show me your way.



PRAYER

In the words that Jesus taught us...

Our Father, who art in heaven,

We dare to call you Father... Our Loving Father in heaven. We truly are your sons and daughters.

Hallowed be thy name.

May your name be glorified and honored forever and ever by all.

Thy kingdom come, Thy will be done, on earth as it is in heaven.

Not what I want, but what you want, O God, because you rule both heaven and earth. May we have the strength and courage to accept this difficult command.

Give us this day our daily bread.

We hunger and thirst for your Son's body and blood this day and every day. Come, Lord Jesus, come.

And forgive us our trespasses

Whatever they are...

As we forgive those who trespass against us.

Help us know and understand the redeeming and restorative qualities of forgiving others.

Lead us not into temptation

May we recognize the forces of evil and stay focused on your will, not the things of this world.

And deliver us from evil.

Deliver us, Father, from every evil, so that we can always be shining examples of your fatherly love.

CLOSING SONG: [Prayer of St. Francis](#)

by Sebastian Temple (lyrics) and Susan Boyle (vocal)

Make me your instrument...

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

May you give us the strength we need today, O Lord,

May we thrive in the power of your spirit.

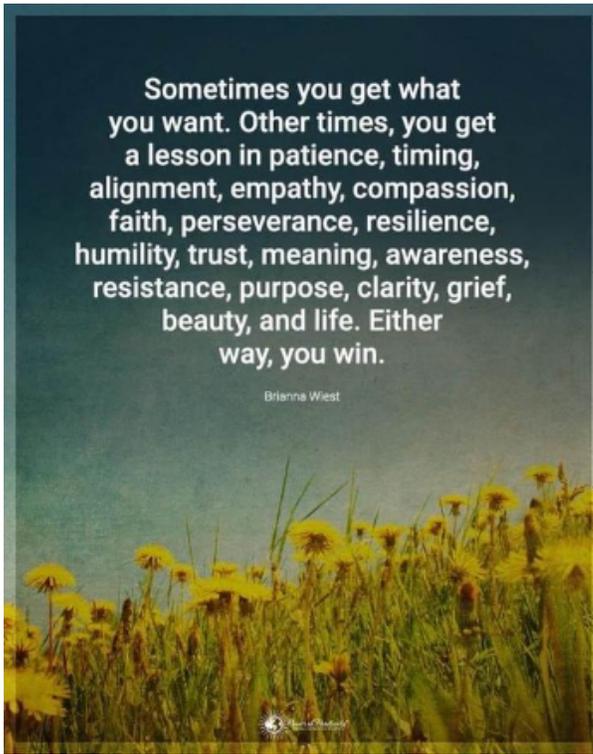
May your love be the passion in our hearts.

May your joy be our strength when times are hard.

May your presence be our peace that overflows.

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...**



• **Ten Prayers God Always Says**

Yes To by Anthony DeStefano
Why doesn't God answer my prayers? Here are ten prayers He will always say yes to.

• **Bishop Barron on the Lord's Prayer**

by Bishop Robert Barron
The prayer of prayers. The prayer that changes us.

• **Jesus, You Take Over**

by Fr. Dolindo Ruotolo
I will comfort and guide you.

IMPORTANT MESSAGE
FOR SATURDAY MORNING RETREATANTS:

THESE RETREATS WILL END 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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