



*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  
February 27, 2021  
9:30am ET  
(or a convenient time for you)**



***"Lord, teach us to pray."***

***We dare to say  
The words that Jesus taught us...***

**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:** [Our Father](#), composed by Craig Courtney

**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 Gospel of the Lord  
Thanks be to God.

**REFLECTION #1: [We Dare to Say](#)** by Seminarian Joseph at St. John's Catholic Church, Delphos, OH  
Why do we "dare" to say the Our Father?



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: [On the Lord's Prayer](#)** by Bishop Robert Barron  
*The prayer of prayers. All prayers are versions of the Our Father.*

## **PRAYER**

**Our Father, who art in heaven, hallowed by thy name.**

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

**And deliver us from evil.**

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

We ask you this in your name, Father, our comforter; in the name of Your Son, our hope; and in the name of the Holy Spirit, our guide.

Amen

**CLOSING HYMN:** [Our Father](#) composed by J. Nez F. Marcelo

**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 we live these Lenten days in the warm embrace of our Beloved Christ.

May we hear our Beloved Christ call us to come away and rest awhile alone with Him in a place apart.

May we feel called by our Beloved Christ to a deeper life of prayer.

May we fast for our Beloved Christ from all that is not healthy.

And, for our Beloved Christ, may we give from our hearts to those in need this Lent.

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:**

**[The Our Father-How? Why? Scandalous](#)**

by Fr. Brad Doyle  
*Why is the Catholic version of the Lord's Prayer different from the Protestant version?*

**[Why the "Our Father" is called the "Lord's Prayer"](#)** by

Archbishop William Goh  
*Meditate on each word and it will come alive!*

**[What It Really Means to Pray the "Our Father"](#)** by Br.

Malachy and Fr. Mark-Mary  
*We pray this prayer together at Mass as family.*



**NEW! EMMAUS MINISTRY**  
**Thursday Morning**  
**PSALM 23 SERIES**  
**FOR GRIEVING PARENTS**  
**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](#).



c/o 194 Bishops Forest Drive Waltham, MA 02452  
Copyright © 2021 [emfgp.org](http://emfgp.org) all rights reserved.  
[unsubscribe](#) | [emfgp.org](http://emfgp.org) | [info@emfgp.org](mailto:info@emfgp.org) | +1 800 919 9332