



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

H O L Y



W E E K

*"If any man would come after me, let him deny himself and take up his cross and follow me."
– Jesus Christ*

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: [Jesus, Remember Me](#) by Taizé and the Franciscan Institute
Together, with the good thief, we ask Jesus over and over again to remember us--and to reassure us and our children--that "This day you will be with me in paradise."

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

From Psalm 22

I

My God, my God, why have you abandoned me?

Why so far from my call for help, from my cries of anguish?

My God, I call by day, but you do not answer;
by night, but I have no relief.

Yet you are enthroned as the Holy One;
you are the glory of Israel.

In you our fathers trusted;
they trusted and you rescued them.

To you they cried out and they escaped;
in you they trusted and were not disappointed.

But I am a worm, not a man,
scorned by men, despised by the people.

All who see me mock me;
they curl their lips and jeer;
They shake their heads at me.

“He relied on the LORD—let him deliver him;
if he loves him, let him rescue him.”

For you drew me forth from the womb,
made me safe at my mother’s breasts.

Upon you I was thrust from the womb;
since my mother bore me, you are my God.

Do not stay far from me,
for trouble is near, and there is no one to help.

III

Then I will proclaim your name to my brethren;
in the assembly I will praise you:

You who fear the Lord, give praise!
All descendants of Jacob, give honor;
show reverence, all descendants of Israel!

For he has not spurned or disdained
the misery of this poor wretch,

Did not turn away from me, but heard me when I cried out.

I will offer praise in the great assembly;
my vows I will fulfill before those who fear him.

The poor will eat their fill;
those who seek the Lord will offer praise.

May your hearts enjoy life forever!

REFLECTION #1: [The Triduum](#) by Fr. Ed Steiner of the Diocese of Nashville
As a listener, you become part of the story. What role do you play today in the Triduum?



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: [Stations of the Cross for Grieving Parents](#) by Fr. David Convertino, ofm, one of the original founders of the Emmaus Ministry, written specifically for Emmaus Ministry parents.

PRAYER

Psalm 31

Together with King David and Jesus, we pray...

Into Your Hands, O Lord, I Commend My Spirit

In you, Lord, I take refuge;
let me never be put to shame.

In your righteousness deliver me;
incline your ear to me;
make haste to rescue me!

Be my rock of refuge,
a stronghold to save me.

For you are my rock and my fortress;
for your name's sake lead me and guide me.

Free me from the net they have set for me,
for you are my refuge.

Into your hands I commend my spirit;
you will redeem me, Lord, God of truth.

You hate those who serve worthless idols,
but I trust in the Lord.

I will rejoice and be glad in your mercy,
once you have seen my misery,
[and] gotten to know the distress of my soul.

You will not abandon me into enemy hands,
but will set my feet in a free and open space.

CLOSING HYMN: [Where You There When They Crucified My Lord?](#) by
Collin Raye
Were you there? Are you there now?

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,

LORD JESUS,

May you forgive us for all the times we've taken your death and forgiveness for granted.

May you remember us when you come into your kingdom,

May you recognize the sword that pierces our heart after the death of our children--just
as it pierced the heart of your beloved o Mother.

May we see, Lord Jesus, that you are always in control.

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:**



- [Understanding Holy Week](#) by Catholic Miscellany. *A short overview of what Holy Week is.*
- [Holy Week in Two Minutes](#) by Busted Halo *Why Catholics wave palms on Palm Sunday; wash each other's feet on Holy Thursday; or kiss the cross on Good Friday*



PLEASE NOTE:

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

COMING UP!
APRIL 17, 2021
VIRTUAL RETREAT
REGISTER BY APRIL 1
TO ENSURE YOUR SPACE.
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](#).



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